




Mahnoor Ayub



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 English (Professional)

 Braga, Portugal

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Personal Profile: Quick, sharp, confident and ingenious **Food Scientist** with a strong outgoing personality, superior communication skills, and great work ethics. Having a background in **Product Development & Nutrition**, I am specialized in developing healthy and innovative food products. I urge to tackle current & upcoming food-related business in the food industry with artistic vision, mind and strong values; motivated to creatively innovate & improvise food that can fulfil the demand of growing food challenges and contribute in the advancement of food industry.

EDUCATION

Master in Food Innovation and Product Design

Sept'2017-Sept'2019

*Erasmus Mundus Scholar- Studied in the following universities; (Obtained 3 Masters degrees)

Lund University | Lund Sweden

Feb'2019- July'2019

- Master Thesis

University of Naples Federico II | Naples, Italy

Sept'2018-Jan'2019

- Master in Food Science and Technology | **Specialized in Healthy Food Design**

Technological University of Dublin | Dublin, Ireland

Jan'2018-June'2018

- Master of Science in Culinary Innovation

AgroParisTech University | Paris, France

Sept'2017-Jan'2018

- Master in Nutrition, Food Science and Engineering

BS (Hons.) in Food Science and Nutrition

Oct'2012-Jun' 2016

Government College University | Faisalabad, Pakistan

Specialization: Human Nutrition and Dietetics (HND), **CGPA:** 3.67/4

PROFESSIONAL EXPERIENCE

Research Fellow | International Iberian Nanotechnology Laboratory | Braga, Portugal

Oct'2020-Present

Project: "Development of Oleogels for ice creams as a healthier substitute"

- To design the framework of the project for ideation and prototyping.
- Scientific research and prototyping of the samples.
- Implementation of the research and results for final product development.

Research Assistant | Lund University | Lund, Sweden

Feb'2019- July'2019

Thesis Project: "Development of Nutrient-Rich Probiotic beverage based on Fermented Quinoa"

- Designed project framework and ideation for product development.
- Prototype development was successfully followed by stage gate process, kitchen trials, chemical analysis, sensory evaluation and documentation.

Product Developer | University of Naples Federico II | Naples, Italy

Sept'2018-Jan'2019

Senior project: Development of innovative red and black carrot jam with reduced sugar

- Developed an innovative jam with red and black carrots mixed with apples using food gels to obtain a good jam texture while aiming low in sugar claim (15-20% sugar).
- Managed all kitchen trial for prototyping till scaling up of the project using Roboqbo (Food Processing equipment for industrial use) and handled sensory evaluation on large scale.

Product Developer | AgroParisTech | Paris, France

Sept'2017-Jan'2018

Industrial project: Development of plant-based beef burgers (hybrid beef burgers)

- Was responsible for intensive bibliography research to discover maximum possible plant-based sources for the development of meat analogues.
- Was responsible for contacting potential suppliers for the supply of selected texturized vegetable protein.
- Managed all kitchen trial for prototyping and handle sensory evaluation on large scale.

Consultant Nutritionist | Al-Rehman Clinic | Faisalabad, PAK

June' 2016-Jan' 2017

- Communicating and counselling patients regarding weight management and diet related issues
- Developing healthy diet plans & formulating existing recipes according to different needs (health issues) of people and motivating patients to follow the diet plan.

Radio Broadcaster | UPF Radio | Lund, Sweden

Feb'2019- May'2019

Radio Broadcaster and Voice over artist | Dhamaal FM 94 | Faisalabad, Pakistan

Nov'2014-July'2017

- Hosting live shows and directly interacting with the listeners; conducting branded shows and hosting celebrities; Training new Radio broadcasters as Trainer; Confidently recording TV and Radio Ads.

Internee | Aziz Fatimah Hospital | Faisalabad, PAK

Mar'2016- May'2016

- Developing and modifying Medical Nutrition Therapies (MNTs) with food to tackle health issues of patients; for example, formulation of iron rich food (Red bean balls) for anemic patients.
- Communicating needs of different patients with food in the form of diet charts and developed counselling techniques to convince and to handle different mentalities of people.

DIPLOMAS

- Master of Science, Technologies, Health, Nutrition & Food Science | Universite Paris-Saclay | Paris, France
- The Diploma in Food Innovation and Product Design | AgroParisTech | Paris, France

SKILLS

- **Research and Scientific report writing**- Wrote several scientific reports and writing research paper.
- **Communication skills**- Skills gained during work experience as Radio Broadcaster, Tour guide and presenting at various international platforms.
- **Equipment handling skills**- Quick learner; Texture analyzer, Freeze- dryer, Advance protein analyzer, spectrophotometer, spray-dryer, centrifugal machine, mineral analyzer etc.
- Competent with Microsoft office programs and windows operating system

HONORS AND ACHIEVEMENTS

- **Received Erasmus Mundus Scholarship** - A highly competitive programme (choosing candidates from all over the world) which gives specialized training in product development in 4 European top institutes with 3 Master degrees and 2 diplomas.
- Received **professional communication award** for master thesis during my graduation ceremony in Paris, France (September 2019).