Nutritionist Dietitian

### Culinary Arts

**Education**

April 1, 2014 Bachelor of Science in Holistic Nutrition with Culinary Arts

*Magna Cum Laude*

**Manila Tytana Colleges *formerly Manila Doctors College***

Philippines

April 4, 2005 Bachelor of Secondary Education in Computer Applications and Bachelor of Science in Mathematics

*Cum Laude*

**De La Salle University**

Philippines

**Core Strengths**

* Spearheaded all Culinary Arts functions during culinary arts education by functioning as Student Executive Chef in Manila Tytana Colleges batch 2014.
* Completed several product development and recipe enhancement projects.
* Maintained an excellent academic record with substantial performance in out-of-school organizations and while working as a bookkeeper-auditor to a food supply company.

**Personal Information**

Civil Status: Single – No Children

August 2014 – August 2015 Shitamachi Japanese Chashu House

Philippines

Kitchen Apprentice

* Prepared ingredients for food production operations in the commissary kitchen of Shitamachi Japanese Chashu House
* Managed food inventory records for issuances, requisitions and procurement maintaining coordination with purchasing department and
* Operated kitchen equipment for storage (reach-in freezers, chillers) and for processing (dough mixer, noodle cutter, food processors) and cooking (convection ovens, steam ovens, steamers, steam-jacket kettles).

June 2005 - August 2015 Elbing’s Store

Pasay City

Bookkeeper - Accountant

* Provides back-end support for primary business functions including but not limited to bookkeeping, accounting, client transactions, purchase processing, and office management.
* Performs preliminary accounting for daily store transactions.
* Calculates and disburses employee salaries and bonuses.
* Performs daily bookkeeping of store transactions.

June 2007 - March 2008 Malate Catholic School

High School Department

Philippines

* Taught Introduction to Algebra, Advanced Algebra and Introductory Statistics classes for the High School Department of Malate Catholic School.
* Held the position of Academic Club Moderator for the Eureka Mathematics Club of the High School department.
* Trained candidate students for city-wide and regional academic competitions on Mathematics, English, and Science.
* Handled the trigonometry classes for the Adult Night High School of Malate Catholic School.

August 2005 - May 2007 One Ninety Three Internet Shop

Philippines

Chief Administrator and Operator

* Operated and maintained a small-scale computer internet shop offering services to a wide range of clientele from desktop publishing, academic research and gaming.
* Experienced in Computer Networks with a working understanding of how a computer network is setup.
* Experienced in maintaining Personal Computers (PCs) to perform in top condition.
* Knowledgeable in minor hardware troubleshooting, assembly, and software installation and maintenance.
* Has excellent skills in text typing and laying out of materials for printing/publishing.

**Trainings**

December 2013 On the Job Training - Shitamachi Japanese Chashu House Commissary and Restaurant Outlet (150 hours)

Philippines

* Spearheaded the successful development of a recipe for a new bread (green tea bun) to be introduced in the outlet together with the resident bakers.
* Prepared staff scheduling for weekly shift assignments.
* Completed inventory forms for use by the product purchasing and procuring personnel.
* Facilitated the receiving of new batch of dining implements including careful inspection following purchase specifications.
* Coordinated with food suppliers to ensure prompt delivery of goods purchased.
* Prepared the routine daily production requirements of hand wrapping dumplings and making ramen noodles based on specifications of the executive chef.

October 2013 On the Job Training – Our Lady of Lourdes Hospital (200 hours)

Our Lady of Lourdes Hospital Nutrition Department

Philippines

* Assisted with the daily rounds performed by physicians to report on nutritional performance of patients.
* Conducted diabetes education counseling to patients and family members prior to hospital discharge.
* Conducted diet counseling to patients undergoing routine nutritional clinic consultation involving various metabolic conditions and food restrictions.
* Developed a new monthly hospital cycle menu utilizing the existing cookware and lineup of currently available ingredients that caters to seven different clinical dietary requirements.
* Modified recipe cards to show correct nutritional facts based on quantity of ingredients used instead of estimated nutritional content based on recipe.
* Dispensed food
* Prepared tube feeding preparations according to doctors’ orders.
* Conducted several nutrition assessment consultations arriving at dietary prescriptions for various medical conditions.
* Developed recipes for a desert item that can be modified for patients with varying dietary restrictions.

**Professional Skills**

* Certified by the Technological Education and Skills Development Authority of the Philippines for Commercial Cooking (National Certificate II) and for Bread and Pastry Production (National Certificate II).
* Certified for practice by the Professional Regulation Commission as a Licensed Nutritionist-Dietician (August 2015).
* Certified for teaching by the Professional Regulations Commission as a Professional Teacher (August 2005).
* Extremely Proficient in the use and instruction of numerous computer software applications including Microsoft Word, PowerPoint, Excel, Access, Microsoft Visual Basic, Adobe Photoshop CS6, PageMaker, and InDesign.
* Efficient in following instructions and very capable in producing consistent results in production activities.
* Excellent learning capabilities and proficient learning transference, able to adapt to certain situations and react immediately to situations that require immediate shift from normal procedures.
* Highly trainable and willing to work for extended periods in order to achieve necessary goals and complete time-sensitive tasks with very high efficiency.

**Languages**

Filipino Native

English Proficient

French Basic

Arabic Basic



**Gulfjobseeker.com CV No:** **1509894**