

# CURRICULUM VITAE

Name : HAYATI BINTI MOHD YUSOF  
Department :  
Post : SENIOR LECTURER  
Gender : FEMALE  
Race : MALAY  
Nationality : MALAYSIA  
Address : LOT 53104, KAMPUNG PULAI BARU  
KUALA TERENGGANU  
21060 TERENGGANU  
Tel. No. :  
Handphone No. :  
Email : hayatimy@umt.edu.my

## ACADEMIC QUALIFICATION

(Institute),(Qualification),(Discipline),(Year)

University of Southampton, PhD, Nutritional Immunology, 2009

Universiti Kebangsaan Malaysia, MSc, Biochemistry, 2000

Universiti Kebangsaan Malaysia, BSc (Hon), Dietetics, 1996

## PROFESSIONAL QUALIFICATIONS

(Qualification),(Discipline),(Awarding Institute),(Year Awarded).

## PREVIOUS APPOINTMENT

(Post),(Organisation),(From)-(Until)

Research Officer- GRA, PORIM/MPOB, August 1997-July 2000

Research Officer, Malaysian Palm Oil Board-MPOB, August 2000-January 2001

## ADMINISTRATIVE DUTIES

(Role),(From)-(Until),(Level), (Organisation)

Penyelaras PITA, February 2009, June 2009, D, UMT

Wakil Jabatan bagi Sistem Moodle-PTM, December 2009, Present, U, UMT

Panel Persijilan Halal, Majlis Agama Islam Negeri Terengganu, June 2010, Present, N, UMT

J/K Induk (Kewangan), October 2011, July 2012, U, MSAB

J/K Saintifik UMTAS, December 2011, July 2012, U, UMT

Deputy Dean (Postgraduate and Research), January 2012, Present, F, UMT

Ahli J/K Pengurusan Fakulti, January 2012, December 2013, F, UMT

J/K Penerbitan dan Promosi, January 2012, January 2013, F, UMT

J/K Penyelidikan dan Inovasi, January 2013, Present, F, UMT

J/K Akademik Pengajian Siswazah, January 2012, January 2012, U, UMT

J/K Operasi Penyelidikan, January 2012, December 2012, U, UMT

Urusetia UMTAS, April 2012, July 2012, F, UMT

## **RESEARCH**

(Project title),(Role in project),(From)-(Until),(Source),(Level).

**MODULATING THE NON-COMMUNICABLE DISEASES AND IMPROVING COGNITIVE FUNCTION OF CHILDREN VIA LOW DOSE OF HONEY SUPPLEMENTATION**, April 2015 - In Progress, UMT, National

Elucidation of a novel angiotensin-1 converting enzyme (ACE) inhibitory peptide from waste of fish processing industry., January 2014 - In Progress, FRGS, National

Antioxidant and anticancer activities of enzymatic hydrolysates extracted from eel (Monopterus sp) protein., January 2014 - In Progress, RACE, National

Cardiovascular risk modulation of honey and blackseed mixture in healthy and hypercholesterolemia subjects. (68007), January 2013 - December 2013, UMT, International

Identification of the mechanism of thymoquinone and honey polyphenols in modulating the risk of cardiovascular disease. (59275), January 2013 - January 2015, KPT-FRGS, National

Elucidation of the Molecular Mechanisms of the Anti-inflammatory Activity of Hibiscus Sabdariffa L: Towards Reducing the Risk of Cardiovascular Disease, April 2010 - March 2012, KPT, National

Screening of inflammatory markers level in relation to cardiovascular disease risk in healthy adults. (53033), January 2009 - December 2010, UMT, National

Effect of moderate dose of EPA and DHA supplementation on cardiovascular risk factor in middle-aged healthy men., December 2005 - November 2006, British Heart Foundation, International

Screening of inflammatory markers level in relation to cardiovascular disease risk in healthy adults, November 2009 - October 2010, UMT, National

Effect of the mixture of NIGELLA SATIVA and Honey (NSXH) on the Immune system and overall nutritional status, July 2004 - December 2004, KUSTEM, National

Nutrient analysis on selected edible resources from mangrove of Kemaman district, Terengganu, Malaysia, July 2004 - December 2004, KUSTEM, National

Study of the interrelationship between economic factors in determining the nutritional status in Pulau Redang and Pulau Perhentian, July 2003 - June 2004, KUSTEM, National

Study of the relationship between traditional herbs consumption and nutritional status of aborigines in Lembah Belum, Perak, June 2002 - May 2003, KUSTEM, National

Hubungan di antara status pemakanan ibu dengan status pemakanan anak (10-12 thn) di kawasan pedalaman : Kajian di Hulu Terengganu, April 2002 - March 2003, KUSTEM, National

## **PROFESSIONAL AFFILIATIONS**

(Client),(Role),(From)-(Until).

## **EXPERT TECHNICAL/CONTRIBUTION**

(Activity),(Client),(Role),(From)-(Until),(Level).

Food Composition Database, Ministry of Health, Researcher, January 2010 - Present, International

Preparation of Document for Nutrition Research Priority in Malaysia, Ministry of Health, April 2009 - April 2009, International

Programme Standards for Medical and Health (Nutrition), MQA, March 2009 - March 2009, International

Malaysia RNI 2005, Ministry of Health, October 2004 - October 2004, International

USR 2010: Program penggalakan pemakanan dan kesihatan untuk komuniti terpilih di Terengganu, Penduduk Pulau Redang, Pulau Perhentian dan warga UMT, Project Leader, July 2010 - December 2010, International

USR 2011: PROGRAM PENGGALAKAN PEMAKANAN DAN KESIHATAN UNTUK KOMUNITI ORANG ASLI DI LEMBAH BELUM, GRIK, PERAK, Orang asli, Lembah Belum, Gerik, Project Leader, October 2011 - November 2011, International

USR2011: PROGRAM PENDIDIKAN PEMAKANAN- TERAPI DIET KEPADA KANAK-KANAK SR PULAU REDANG DAN SR PULAU PERHENTIAN DAN KAKITANGAN UMT, Penduduk Pulau Redang dan Pulau Perhentian, Project Leader, August 2011 - October 2011, International

INOVASI SOSIAL KUALA BESUT, Researcher, December 2015 - November 2016, International

## **AWARD AND RECOGNITIONS**

(Awards),(Awarding Institute),(Year),(Level).

## **KEYNOTE ADDRESS / INVITED SPEAKER**

(Title),(Event),(Venue),(Organizer),(Date),(Level).

Nutrigenomics and its potential application for NCDs treatment and prevention., International Symposium on Food and Nutrition (ISFAN), Balai Kartini, Jakarta, Indonesia, Food and Nutrition Society of Indonesia, 04/06/2015, International

Effects of Fatty Acids on Cardiovascular Risk Factors including Inflammatory Markers Studied in in vivo, World Congress of Clinical Nutrition, India Habitat Centre, New Delhi, International College of Nutrition, 13/09/2011, International

## **INTELLECTUAL PROPERTY RIGHTS**

(Product),(Type),(Year),(Year Awarded).

## **UNPATENT INTELLECTUAL PROPERTY RIGHTS**

(Product),(Type),(Reg. No),(Owner),(Cost)

## **PUBLICATIONS**

(Publication),(Level).

### **Articles in Journals**

Yusof HM, Ching TS, Ibrahim R, Lola S, (2007), *Anthropometric indices and life style practices of the indigenous Orang Asli adults in Lembah Belum, Grik of Peninsular Malaysia.*, Asia Pac J Clin Nutr, Vol 16(1) : 49-55

Yusof HM, Miles EA, Calder P, (2008), *Influence of very long chain n-3 fatty acids on plasma markers of inflammation in middle-aged men*, Prostaglandins Leukot Essent Fatty Acids, Vol 78(3) : 219-228

Yusof HM, Miles EA, Calder P, (2008), *Influence of very long chain n-3 fatty acids on plasma markers of inflammation in middle-aged men*, Prostaglandins Leukot Essent Fatty Acids, Vol 78 : 219-228

Lai Chiew Ping, Nor Hayati Ibrahim and Hayati Mohd Yusof, (2013), *Effect of pretreatments on chemical and antioxidant properties of sky fruit (Swietenia macrophylla) seed oil*, J. Teknol dan Industri Pangan, Vol 23(2) : 205-209

Razak SNA, Ng ESA, Kamaruddin KS and Yusof HM\*, (2013), *Practices and awareness of ergogenic aids related to physical fitness and blood lipid profiles of regular fitness center users*, IOSR Journal of Environmental Science, Toxicology and Food Technology (IOSR-JESTFT), Vol 6(1) : 56-63

Yusof HM, Cawood AL, Ding R, Williams JA, Napper FL, Sherman CP, Grimble RF, Payne SPK and Calder PC, (2013), *Limited impact of 2 g/day omega-3 fatty acid ethyl esters (Omacor) on plasma lipids and inflammatory markers in patients awaiting carotid endarterectomy*, Marine Drugs, Vol 11(9) : 3569-3581

Sarina Mohamad, Hayati Mohd Yusof and Nor jana Salim, (2013), *Effects of Nogella sativa seeds and honey mixture in modulating lipid profile of hypercholesterolemia*, Journal of E-academia UiTM, Vol 2(2) : 19-26

Sarina Mohamad, Nor Hayati Ibrahim & \*Hayati Mohd Yusof, (2014), *Blood*

*pressure and lipid lowering effects of Nigella sativa seeds and honey mixture.*, IOSR Journal of Nursing and Health Science, Vol 3(5) : 86-96

Chui Y. C., Jaafar, S.N. and \* Mohd Yusof, H., (2014), *Knowledge, Attitudes and Practices of nutrition among complementary alternative medicine users*, The International Journal of Social Sciences, Vol 27(1) : 26-35

Sarina Mohamad, Hayati Mohd Yusof, Nor Jana Salim, Ruzana Omar, (2015), *The effects of N.sativa seeds and honey mixture on lipid profile: gender comparison*, J. Basic Appl. Sci Res, Vol 5(9) : 38-42

### **Thesis Dissertations**

*Effects of fatty acids on inflammatory markers studied in vitro and in vivo.*, University of Southampton, Medicine, 2008

### **Articles in Proceedings**

Hayati Mohd Yusof, Cawood AL, Napper FL, Williams J, Grimble RF and Calder PC (2010), *Effects of fatty acids on cardiovascular risk factors including inflammatory markers studied in vivo*, Proceedings of Symposium of the Malaysian Society of Applied Biology 2010, 13/06/2010, 15/06/2010, Kota Bharu, Kelantan

Yusof HM, Ling LP, Muhamad S and Suhaimin N (2012), *Effect of Nigella sativa and honey mixture (NSxH) on cardiovascular risk factors in healthy adults*, UMT 11th International Annual Symposium on Sustainability Science and Management, 09/07/2012, 11/07/2012, Kuala Terengganu

Yusof HM (2013), *Nutritional status of indigenous Aborigines in Royal Belum of Malaysia*, 18th Congress of the European Anthropological Association, 03/09/2012, 06/09/2012, Ankara, Turkey

Yusof HM and Hong TL (2013), *Effects of Orthosiphon stamineus on blood glucose, blood pressure and lipid profile in healthy adults*, The 12th Symposium of the Malaysian Society of Applied Biology, 01/06/2012, 03/06/2012, Kuala Terengganu

\* 1Hayati Mohd Yusof, 1Ching Yuan Ke, 1,2 Norhayati Hadi & Khairil Shazmin Kamarudin (2014), *Effect of Gelam and Kelulut Honey Supplementation on Cardiovascular Disease Risk Factors in Hypercholesterolemia Adults*, 13th Symposium Malaysian Society of Applied Biology, 08/06/2014, 10/06/2014, The Legend Resort, Cherating

Nur Fatin Talib, Nur Husna Bahriah Zulkifli and Hayati Mohd Yusof (2015), *Knowledge, attitudes and perceptions towards complementary alternative medicine use among Malay health professional and public in Kelantan.*, ISFAN 2015, 02/06/2015, 05/06/2015, Balai Kartini, Jakarta, Indonesia

Ow Su Yong, Lim Suit Leng and Hayati Mohd Yusof (2015), *Body weight status, supplement knowledge and use among developmental athletes.*, ISFAN 2015, 01/01/2016, 01/01/2016

Chong Set Lin, Nur Syuhada Mat Beyi, and Hayati Mohd Yusof (2015), *Knowledge, awareness and behaviours of parents towards adverse reaction to foods (ARFs) in childrens and its effects*, ISFAN 2015, 01/01/2016, 01/01/2016, Balai Kartini, Jakarta, Indonesia

Sarah Ng Mei Ler, Lam Toh Wai and Nurul Adilah Zainuddin and Hayati Mohd Yusof (2015), *In vitro hypolipidemic potential of quercetin and kaempferol in human hepatocellular carcinoma (HepG2) cells*, ISFAN 2015, 02/06/2015, 05/06/2015, Balai Kartini, Jakarta, Indonesia

### **Posters**

Yusof HM, Anthony FW and Calder PC, (2010), *Effects of fatty acids on inflammatory in five different types of endothelial cells*, 2010 keystone Symposia Bioactive Lipids: Biochemistry and Disease, Kyoto, Japan

Yusof HM and Chee LM, (2013), *Anticancer and antioxidant activity of sweet corn (Zea mays) extracts against human breast cancer (MCF-7) cell line*, International Functional Food Conference 2013, 02

### **EXPERT LINKAGES**

(Client),(Linkage),(Year Involve),(Duration),(Level Award).

### **ACADEMIC PROJECT SUPERVISION**

(Student's Name),(Degree),(Thesis Title),(Year Awarded).

Lam Toh Wai, Master, Anti-inflammatory effect of polyphenols, quinones and their mixtures in modulating atherosclerosis in HUVECs, 2015

Sarina binti Mohamad, Master, Effects of black seed and honey mixture on cardiovascular disease risk modulation, 2013

Zamzy bin Hj. Abd Rahman, Bachelor, Amalan dan pengetahuan pemakanan di kalangan atlit remaja di Sekolah Sukan Bukit Jalil, Kuala Lumpur, 2002

Masdeina binti Mas'aut, Bachelor, Kajian perbandingan status pemakanan warga tua yang tinggal di rumah sendiri dengan di rumah orang tua., 2002

Noraini binti Mohd. Safri, Bachelor, Masalah kekurangan nutrien di kalangan penduduk Malaysia, 2002

Fazly Mas Fauizzuddin bin Ramli, Bachelor, Pemakanan dan Osteoporosis, 2002

Siti Nur Hanani binti Kamaruddin, Bachelor, Vitamin A dan karotenoid dalam pemakanan manusia, 2002

Azleena binti Mohamad @ Md.Nor, Bachelor, Kajian mengenai perubahan berat badan di kalangan pelajar KUSTEM semasa puasa., 2002

Puteri Nureen Alwanee binti Mokhtar, Bachelor, Pengurusan pemakanan untuk pesakit jantung, 2002

Azrina binti Ba'i, Bachelor, Kajian pengendalian pemakanan bayi di Klinik Kesihatan Seberang Takir, Kuala Terengganu, 2002

Noorhaslina binti Hashim, Bachelor, Masalah pemakanan semasa kehamilan: Anemia, 2002

Sharifah Azmani binti Tuan Muda, Bachelor, Kajian hubungan tahap pengetahuan dan amalan pemakanan di kalangan kanak-kanak sekolah rendah darjah 6 di daerah Marang., 2002

Engku Suriati binti Engku Ali, Bachelor, Kajian tahap pengetahuan dan amalan pemakanan di kalangan pelajar Kolej Universiti Sains dan Teknologi Malaysia (luar kampus), 2002

Shaiful Hendra bin Abdul Rahman, Bachelor, Masalah dan status pemakanan penduduk miskin di Malaysia, 2002

Nor Irayati binti Abdul Rahim, Bachelor, Pengurusan dan rawatan berkaitan obesiti, 2002

Norlinda @ Aisyah binti Faman, Bachelor, Pengurusan diet untuk pesakit diabetes, 2002

Ida Fadznelinda binti Kassim, Bachelor, Pola pengambilan makanan wanita hamil: Kajian di Klinik Kesihatan Seberang Takir, Kuala Terengganu, 2002

Ting Siew Ching, Bachelor, Penentuan status pemakanan (pengukuran data antropometri) dan amalan gaya hidup di kalangan orang asli dewasa Lembah Belum, Grik, Perak, 2003

Loo Hock Wee, Bachelor, Kajian keaktifan fizikal (aktiviti harian) bagi wanita yang ada sejarah GDM, 2003

Teh Kate Ying, Bachelor, Kajian tahap risiko penyakit jantung di kalangan kakitangan KUSTEM, 2003

Chan Yuen Kee, Bachelor, Pengambilan nutrient di kalangan kanak-kanak darjah lima dan enam di kawasan pedalaman Hulu Terengganu, 2003

Mohd. Fadzli bin Bahari, Bachelor, Penilaian status pemakanan kanak-kanak orang asli di Lembah Belum, 2003

Wong Jan Chian, Bachelor, Kajian penentuan status pemakanan ibu-ibu (kepada kanak-kanak darjah 5 dan 6) di kawasan pedalaman Hulu Terengganu., 2003

Norhayati binti Abdul Hadi, Bachelor, Kajian pengambilan nutrien di kalangan ibu-ibu (kepada kanak-kanak darjah 5 dan 6) di kawasan pedalaman Hulu Terengganu, 2003

Syarifah Shyfaniza binti S. Mohamed Salleh, Bachelor, Penilaian tahap kesihatan dan pengambilan nutrien di kalangan kanak-kanak orang asli di Lembah Belum, Perak, 2003

Mohd. Suhaimi bin Zakaria, Bachelor, Penilaian status pemakanan kanak-kanak (11 hingga 12 tahun) di pedalaman Hulu Terengganu, 2003

Hayati Adilin binti Mohd. Abd. Majid, Bachelor, Kajian insiden obesity di kalangan kanak-kanak sekolah rendah 11-12 tahun di pedalaman Hulu Terengganu, 2003

Noraisyah binti Ali, Bachelor, Penentuan status pemakanan di kalangan orang asli dewasa (data biokimia): Kajian di Lembah Belum, Grik, Perak, 2003

Karmani Rahanum binti Mat Piah, Bachelor, Penentuan pengambilan nutrient di kalangan orang asli dewasa di Lembah Belum, 2003

Nurhanani binti Idrus, Bachelor, Hubungan di antara faktor ekonomi dengan status pemakanan di kalangan orang dewasa: Kajian di Pulau Redang dan Pulau Perhentian, Terengganu., 2004

Ang Kah Ling, Bachelor, Kajian hyperlipidemia di kalangan subjek dengan julat BMI yang normal, 2004

Chin Shy Wei, Bachelor, Kajian kes anemia di kalangan pelajar sekolah rendah darjah 5 dan 6 mukim Kuala Kerus, Kuala Terengganu, 2004

Nasuha binti Bidin, Bachelor, Amalan dan faktor yang mempengaruhi penyusuan susu ibu di Bandar dan luar Bandar negeri Terengganu, 2004

Lee Lian Onn, Bachelor, Hubungan di antara anemia dan IDD di kalangan orang dewasa Pulau Redang dan Perhentian, 2004

Chua Hui Li, Bachelor, Kajian hubungan di antara faktor sosio-demografi ke atas pengambilan nutrien penduduk dewasa di Pulau Perhentian dan Pulau Redang, 2004

Chow Weng Leong, Bachelor, Corak makan kanak-kanak berumur 10-12 tahun di Pulau Redang dan Pulau Perhentian serta faktor-faktor yang mempengaruhinya., 2004

Teh Wai Siew, Bachelor, Kajian status pemakanan dan kekurangan iodine di kalangan kanak-kanak Pulau Redang dan Pulau Perhentian, 2004

Saripah binti Embong, Bachelor, Kesan berpuasa Ramadhan terhadap profil lipid, 2005

Lee Sook Ling, Bachelor, Aktiviti antibakteria bago campuran (Nigella sativa) dengan madu pada dua dos dan kesannya terhadap sistem keimunan manusia, 2005

Nur Bazlina binti Baharudin, Bachelor, Aktiviti antioksidan dalam formulasi campuran madu dengan Nigella sativa serta kesannya ke atas profil lipid, 2005

Loo Pui Koon, Bachelor, Penentuan aktiviti anti-oksida madu dan jintan hitam (Nigella sativa) dan kesan terhadap profil lipid serum, 2005

Suzaira binti Bakar, Bachelor, Ciri-ciri antibakteria madu dan Nigella sativa (jintan hitam) dan kesannya ke atas sistem keimunan manusia (IgG), 2005

Noor Farahi binti Kamaruddin, Bachelor, Kajian risiko penyakit jantung di kalangan remaja sekolah menengah, 2005



Nurul Ain binti Mohd Nor, Bachelor, Nutritional status among athletes in University Malaysia Terengganu, 2009

Siti Aisyah binti Othman, Bachelor, Nutritional status of the Food Science students at year 1., 2009

Wang Boon Phoey, Bachelor, Cardiovascular risk modulation via andrographolide on human umbilical vein endothelial cells, 2010

Liow Zen Yee, Bachelor, Nutrient composition of canteen food and food preference of primary school children in Skudai, Johor Bahru, 2010

Tan Jie Wei, Bachelor, Intake of dietary supplements among women in Klang, Selangor, 2010

Mohd Saifol Sarbini, Bachelor, Intakes of essential nutrients and energy expenditures among female underweight adult, 2010

Nurul Ain Basri, Bachelor, Nutritional status of drug addicts at rehabilitation centre in East Coast Malaysia, 2010

Lee Li Peng, Bachelor, Nutritional composition and antioxidant activity in sky fruit seed (*Swietenia macrophylla*), 2010

Fatimah Ismail, Bachelor, Nutritional status among elderly at home care in Terengganu, 2010

Farhana Che Dah, Bachelor, Risk assessment of osteoporosis among healthy adult, 2010

Tan Bee Ling, Bachelor, Effect of different types of selected local fruits on blood glucose response in healthy adults, 2010

Tan Li Hong, Bachelor, Effect of *Orthosiphon stamineus* on blood glucose, blood pressure and lipid profiles in healthy adults, 2010

Law Pei Ling, Bachelor, Effect of *Nigella sativa* and honey mixture on cardiovascular disease risk factors, 2010

Lee Boon Hong, Bachelor, Impact of Adolescents' Lifestyle and Dietary Habits towards Their Body Mass Index (BMI), 2011

Chang Con Ting, Bachelor, HEALTH BEHAVIOUR AMONG VEGETARIAN AND  
<br>NON VEGETARIAN IN PETALING JAYA, SELANGOR, 2011

Chin Mei Fang, Bachelor, KNOWLEDGE, ATTITUDE AND CONSUMPTION OF  
FUNCTIONAL FOOD AMONG YOUNG ADULTS IN IPOH, 2011

Chua Tong Eng, Bachelor, Study Of The Relationship Between Habitual Beverage  
Intake With Energy Intake And BMI Among Adolescent In Kuala Terengganu, 2011

Lai Sher Fang, Bachelor, THE ASSOCIATION OF BIRTH WEIGHT AND CURRENT  
BODY WEIGHT AND ITS ASSOCIATED FACTORS OF PRIMARY SCHOOL

## STUDENTS IN JOHOR BAHRU., 2011

Lee Mei Chee, Bachelor, Anticancer and antioxidant activity of sweet corn (*Zea mays*) extracts against Human Breast Carcinoma (MCF-7) cell line, 2011

Leong Hui Min, Bachelor, Anti-inflammatory effect in relation to cardiovascular risk of stevioside in human umbilical vein endothelial cells (huvecs), 2011

Lim Ying Jye, Bachelor, Public Awareness and Knowledge towards Consumption of Probiotics and Its Health Effects: A study in Johor, 2011

Liyana Madrus, Bachelor, Factors Influencing Breastfeeding Trends among Mothers in Kelantan, 2011

Liyana Zaidi, Bachelor, EFFECTS OF HIGH-PROTEIN AND LOW-CARBOHYDRATE DIET ON HEALTHY ADULT'S POSTPRANDIAL GLUCOSE AND TRIGLYCERIDES, 2011

Nurulashikin Mohd Ariffin, Bachelor, ETHNIC DIFFERENCES IN BLOOD LIPID AND DIETARY INTAKE AMONG FEMALE ADULT IN EAST COAST OF PENINSULAR MALAYSIA, 2011

Nurzezadila Mohamed Zainuzain, Bachelor, IODINE STATUS AMONG PREGNANT WOMEN IN EAST COST OF PENINSULAR MALAYSIA, 2011

Yeap Pei Ching, Bachelor, IODINE DETERMINATION AND EFFECT OF COOKING METHODS ON IODINE CONTENT IN SELECTED FISHES, 2011

Yin Wai Look, Bachelor, STUDY OF FACTORS INFLUENCING JUNK-FOOD CONSUMPTION PATTERNS AMONG PRIMARY SCHOOL STUDENTS, 2011

Yoganand a/l Veloo, Bachelor, Iodine status among primary school children in Pulau Redang and Pulau Perhentian, Terengganu, 2011

Nurulashikin binti Mohd Aiffin, Bachelor, Cardiovascular disease risk including blood lipid and dietary intake among female adults in the East Coast of Peninsular Malaysia, 2012

Nur Zezadila binti Mohamed Zainuzain, Bachelor, Iodine status among pregnant women in Kelantan, 2012

Chua Tong Eng, Bachelor, Study of the relationship between habitual beverage intake with energy intake and BMI among adolescent in Kuala Terengganu, 2012

Nur Liyana binti Mohd Zaidi, Bachelor, Effects of high protein diets on healthy women adult's postprandial blood glucose and triglycerides, 2012

Norliyana binti Madrus, Bachelor, factors influencing the breastfeeding trends among mothers in Kelantan, 2012

Lee Mei Chee, Bachelor, Anticancer and antioxidant activity of sweetcorn (*Zea Mays*) extracts against human breast cancer (MCF-7) cell line, 2012

Leong Hui Min, Bachelor, Anti-inflammatory effects of stevioside in relation to cardiovascular risk in human umbilical vein endothelial cells (HUVECs), 2012

Chang Con Ting, Bachelor, Health behaviour among vegetarian and non-vegetarian in Petaling Jaya, Selangor, 2012

Chin Mei Fang, Bachelor, Knowledge, attitude and consumption of functional food among young adults in Ipoh, 2012

Yin Wai Lok, Bachelor, Study of factors influencing junk food consumption patterns among primary school children, 2012

Lee Boon Hong, Bachelor, Dietary behaviours and lifestyles of adolescents in Kuala Terengganu urbanized area and their relationships with body mass index status, 2012

Lim Ying Jye, Bachelor, Public awareness and knowledge towards consumption of probiotics and its health effects: Study in Johor bahru, 2012

Yeap Pei Ching, Bachelor, Iodine determination and effects of cooking methods in iodine content in selected fishes, 2012

Chia Chui Yi, Bachelor, Knowledge, attitudes and practices of nutrition among Complementary Alternative Medicine (CAM) users in main towns of Johor, 2013

Chai Zi Fei, Bachelor, Social cognitive predictors of university's student fruits and vegetables intake, 2013

Siti Noor Najibah binti Abdul Razak, Bachelor, Awareness and practices towards ergogenic aids including physical fitness and blood lipid status among fitness centre attendees, 2013

Pamela Chee Pei Chee, Bachelor, Eating behaviour, health behaviour and self-concept among adolescents in urbanized area of Kuching, 2013

Lim Mei Hui, Bachelor, Anti-inflammatory action in relation to cardiovascular disease risk modulation of Vernonia amygdalina extract, 2013

Lee Kah Yan, Bachelor, Dietary supplement use among children, 2013

Tan Bee Him, Bachelor, Consumer's attitude towards understanding and use of health claim and nutrient content claim, 2013

Tang Yefei, Bachelor, Knowledge, attitude and eating practices towards chronic disease among midlife women in urbanized area of Kuala Lumpur and Selangor, 2013

Emma Sarah binti Amar Ng, Bachelor, Antioxidant content of selected supplements, 2013

Tan Yeong Kai, Bachelor, Nutrients intake, dietary behaviours and stress in affecting menstrual cycle, 2013

Lam Toh Wai, Bachelor, Dietary supplement use among elderly in Kuala Lumpur and Selangor, 2013

Norhayati binti Abdul Hadi, Doctor of Philosophy, The potential of honey polyphenols in management of cardiovascular disease, N/A

Sit Wai Yee, Bachelor, Nutrient composition of 5 selected traditional Malaysian kuih, 2014

Ching Yuan Kei, Bachelor, Effects of honey supplementation on cardiovascular risk factors in hypercholesterolemia adults, 2014

Tan Shir Yen, Bachelor, Nutrition knowledge, attitudes and practices of pregnant women in Kuala Lumpur and Selangor, 2014

Choong Zhi Hui, Bachelor, Nutritional knowledge, attitudes and practices among nurses in private hospital in Pulau Pinang, 2014

Winnie Lai Shi Hui, Bachelor, Breastfeeding practices among Chinese mothers in Kuching, 2014

Lye Yueeen Mei, Bachelor, The Nutrient Composition of Five Selected Glutinous Rice Based Traditional Malaysian Kuih, 2014

Goh Mei Hean, Bachelor, Knowledge, attitude and practices of nutrition towards weight management among weight loss supplement users in Penang, 2014

Tan Peh Fen, Bachelor, Antioxidant and Anti-inflammatory Action in relation to Cardiovascular Disease Risk Modulation of N.sativa?s Active Compounds in L-6 Cells, 2014

Nor Fadhlil Ahmad Zaki, Bachelor, NON VITAMIN AND NON MINERAL (NVNM) SUPPLEMENTS USE AND ANALYSIS OF CLAIM, 2014

Hung Yau Yee, Bachelor, Maternity Care Practices and Breastfeeding Experiences among Women in Urbanized Area of Kelantan, 2014

Koh Teck Wee, Bachelor, HEALTH MOTIVATION, EATING BEHAVIOR AND SELF-CONCEPT AMONG LECTURERS IN UNIVERSITI MALAYSIA TERENGGANU, 2014

Mohd Hazim Aidil bin Faudzi, Bachelor, Knowledge, Attitudes and Health Behavior on CVD Risk Factor among Teenager in Kelantan, 2014

Che Norhidayu Che Noh, Bachelor, Nutrient Composition of Five Selected Malaysian Traditional Kuih, 2014

Chuah Soo Pui, Bachelor, ANTIOXIDANT AND ANTI-INFLAMMATORY EFFECT OF HONEYS AND ITS PHENOLIC EXTRACTS IN RELATION TO CARDIOVASCULAR RISK MODULATION IN L6 CELLS, 2014

Nurul Izzati Azizi, Bachelor, Health perception and nutritional practices according to Islamic dietary laws among religious person, N/A

Chong Set Lin, Bachelor, Knowledge, awareness and behaviours of parents toward adverse reaction to foods (ARFs) in children and its effect., 2015

Sarah Ng Mei Ler, Bachelor, In vitro hypolipidemic potential of quercetin and kaempferol in HepG2 cells., 2015

Lim Chen Mee, Bachelor, Knowledge, belief and practice about traditional chinese

medicine among Chinese ethnic in Penang., 2015

Lim Foo Yek, Bachelor, Nutritional status and supplement use among primary dysmenorrhea university students in Terengganu., 2015

Ow Su Yong, Bachelor, Nutritional status, supplement knowledge and use among developmental athletes in Malacca., 2015

Chin Jia Wen, Bachelor, Supplement use among diabetic patients in Johor Bahru., 2015

Wan Nurain Wan Juhari, Bachelor, The composition of vitamin and total dietary fiber on selected traditional kuih., 2015

Poa Choi Voon, Bachelor, Verification of nutrition labelling and detection of coconut milk adulteration., 2015

Nurfatin Talib, Bachelor, Knowledge, attitudes and perceptions towards complementary alternative medicine use among Malay health professional and CAM practitioners in Kelantan., 2015

Yee Lye Kuen, Bachelor, Nutritional knowledge and attitudes of maternal complications among primiparity and multiparity women., 2015

Nurul Izzati Azizi, Bachelor, Nutritional status, religious adherence and islamic dietary practices among mosque attendees in Bandar Baru Bangi., 2015

Mohd Syahmi Mohd Sapri, Bachelor, Effects of stingless bee (Kelulut) honey supplementation on renal and liver function tests in hypercholesterolemia adults, 2014

Ong Siow Kian, Bachelor, Knowledge, attitude and eating practices towards chronic diseases among midlife men., 2015

Afifah Abdul aziz, Bachelor, Study on iron-rich food intake among anemic pregnant women in Southwest District, Penang., 2010

Lau Chiew Ping, Bachelor, Effect of pretreatments on chemical and antioxidant properties of sky fruit (*Swietenia macrophylla*) seed oil, 2013

Poh Eng Yong, Bachelor, The potential effect of honey and blackseed extracts on lipid uptake in HepG2 cells, 2016

Chong Kah Hui, Bachelor, Knowledge, attitude and practices of university students towards EDCs via the usage of selected plastic type food contact materials in Kuala Terengganu, 2016

Ng Guet Kian, Bachelor, Health and nutritional status of lipid lowering supplement users in Kuala Lumpur, 2016

Lim Suit Leng, Bachelor, Knowledge, attitude and practices towards osteoporosis among adults in Kuala Lumpur, 2016

Loke Mi Mi, Bachelor, Use of Chinese Herbal Medicine and health-related quality of life among cancer patients., 2016

Jasmine Koh Xin Yi, Bachelor, Knowledge on nutrition label and supplement and the use among lecturers., 2016

Chai Chin Sian, Bachelor, Optimization of niacin and folic acid determination for 14 selected traditional kuih., 2016

Er Chia Ti, Bachelor, Knowledge, dietary practice and health status towards back pain occurrence among adults., 2016

Aida Kartini Mohd Ismail, Bachelor, Effects of black seed honey supplementation on cardiovascular disease risk factors in hypercholesterolemia adults., 2016

Nurul Najihah Mokhtar, Bachelor, Re-evaluation of nutritional indices and iodine status among children in Perhentian Island., 2016

Nurul Adilah Zainuddin, Bachelor, Claim analysis and consumption of alkaline water in Penang., 2016

Nur Husna Bahriah Zulkifli, Bachelor, Re-evaluation of nutritional indices and iodine status among adults in Redang Island., 2016

Nur Syuhada Mat Beyi, Bachelor, Re-evaluation of nutritional indices and iodine status among adults in Pulau Perhentian., 2016

Lee Wen Li, Bachelor, Health and nutritional status among pet owners and non-pet owners in Kuala Lumpur, 2016

Chai Ern Theng, Bachelor, Knowledge, attitude on consumption of iron supplement among pregnant women in Kuala Terengganu, 2016

Que Lee Siang, Bachelor, Detection of coconut milk adulteration, 2016

## **SUBJECT TAUGHT**

(Subject),(Session),(Credit Hour),(Student Level),(Organisation).

Pemakanan Sepanjang Hayat, Dis 2008/09, 3, 50, 3, Universiti Malaysia Terengganu

Pemakanan Komuniti, Dis 2008/09, 2, 50, 3, UMT

PEMAKANAN TERAPI, Jul 2009/10, 3, 52, 3, UMT

KAEDAH PENYELIDIKAN MAKANAN, Jul 2009/10, 3, 50, 3, UMT

PEMAKANAN DAN KESIHATAN, Jul 2009/10, 2, 50, 3, UMT

PEMAKANAN KOMUNITI, Jul 2009/10, 2, 1, 3, UMT

PEMAKANAN SEPANJANG HAYAT, Dis 2009/10, 3, 62, 3, UMT

PEMAKANAN KOMUNITI, Dis 2009/10, 2, 50, 3, UMT

Peralatan dalam Analisis Makanan, Dis 2009/10, 3, 68, 3, UMT

Pemakanan Sepanjang Hayat, Jul 2010/11, 3, 60, 3, UMT

Pemakanan dan Kesihatan, Jul 2010/11, 3, 64, 3, UMT

Pemakanan Terapi, Jul 2010/11, 3, 50, 3, UMT

Kaedah Penyelidikan Makanan, Jul 2010/11, 3, 60, 3, UMT

PEMAKANAN DAN KESIHATAN, Sept 2010/11, 3, 3, UMT

PEMAKANAN SEPANJANG HAYAT, Sept 2010/11, 3, 3, UMT

KAEDAH PENYELIDIKAN MAKANAN, Sept 2010/11, 3, 3, UMT

PERALATAN DALAM ANALISIS MAKANAN, Sept 2010/11, 4, 3, UMT

PEMAKANAN KOMUNITI, July 2011/12, 2, 3, UMT

PEMAKANAN DAN KESIHATAN, July 2011/12, 3, 3, UMT

PERALATAN DALAM ANALISIS MAKANAN, Sept 2011/12, 4, 3, UMT

PEMAKANAN KOMUNITI, Sept 2011/12, 2, 3, UMT

KAEDAH PENYELIDIKAN MAKANAN, Sept 2011/12, 3, 3, UMT

PEMAKANAN TERAPI, Sept 2011/12, 3, 3, UMT

SEMINAR, 2- 11/12, 1, 67, 3, UMT

PERALATAN DALAM ANALISIS MAKANAN, 2-11/12, 4, 3, UMT

PEMAKANAN DAN KESIHATAN, 2- 11/12, 3, 3, UMT

KAEDAH PENYELIDIKAN MAKANAN, 1-12/13, 3, 3, UMT

PEMAKANAN TERAPI, 1-12/13, 3, 3, UMT

PERALATAN DALAM ANALISIS MAKANAN, 1-2012/13, 4, 7, 3, UMT

PEMAKANAN DAN KESIHATAN, 2 (2012/13), 3, 3, UMT

PEMAKANAN LANJUTAN, 2 (2012/13), 3, 3, UMT

PERALATAN DALAM ANALISIS MAKANAN, 2 (2012/13), 4, 3, UMT

PEMAKANAN KOMUNITI, 1 (2013/14), 3, 78, 3, UMT

PERALATAN DALAM ANALISIS MAKANAN, 1( 2013/14), 4, 84, 3, UMT

PEMAKANAN TERAPI, 1 (2013/14), 3, 3, UMT

KAEDAH PENYELIDIKAN MAKANAN, 1 (2013/14), 3, 80, 3, UMT

PERALATAN DALAM ANALISIS MAKANAN, 1(2014/2015), 4, 80, 3, UMT

PEMAKANAN TERAPI, 1(2014/2015), 3, 77, UMT

PEMAKANAN KOMUNITI, 1(2014/2015), 2, 3, UMT

KAEDAH PENYELIDIKAN MAKANAN, 1(2014/2015), 3, 80, 3, UMT

PERALATAN DALAM ANALISIS MAKANAN, 2 (2013/14), 4, 3, UMT

PEMAKANAN LANJUTAN, 2 (2013/14), 3, 3, UMT

PEMAKANAN DAN KESIHATAN, 2 (2013/14), 3, 3, UMT

SEMINAR, 1 (2014/2015, 1, 78, 3, UMT

PERALATAN DALAM ANALISIS MAKANAN, 1 (2014/2015, 4, 80, 3, UMT

PEMAKANAN DAN KESIHATAN, 1 (2014/2015, 3, 3, UMT

PEMAKANAN KOMUNITI, 1 (2014/2015, 2, 3, UMT

### **EXPERT CONSULTATION**

(Consultation),(Role),(Client),(Level), (From - Until), (Cost).

### **COMMERCIALIZATION**

(Comm. Type),(Industry Type),(Product),(Company Name),(Comm. Value).

### **EXPO/EXHIBITION**

(Expo),(Venue),(Organizer),(Level),(Date),(Cost).

Pameran Penyelidikan UMT, Konvokesyen UMT, UMT, UMT, National, 01/01/2015

International innovation, Invention & Design, Terengganu, UiTM, National, 01/01/2015

### **EXTERNAL/INTERNAL/INDEPENDENT EXAMINER**

(Candidate/Body),(Degree Level),(Role),(From)-(Until).

Norfazeiana binti Mat Rani, Bachelor, UMT, Internal, 01/11/2009

Liew Chiew Thing, Bachelor, UMT, Internal, 01/11/2009

Nurul Najwa binti Mat Yusof, Bachelor, UMT, Internal, 01/11/2008

Noor Asiah binti Mamud, Bachelor, UMT, Internal, 01/11/2009

Nadila binti Ahmad Daud, Bachelor, UMT, Internal, 01/11/2009

Afifah binti Abdul Aziz, Bachelor, UMT, Internal, 01/11/2009



Stephenie Yvonne Anak Jatan, Bachelor, UMT, Internal, 01/11/2009

### **EXTERNAL REVIEWER/EDITORIAL**

(Activity),(Role),(From)-(Until)

HAYATI Journal of Bioscience, Reviewer, 01/10/2014 - 01/10/2014

Sains Malaysiana, Reviewer, 01/04/2014 - 01/04/2014

International Food Research Journal, Reviewer, 01/04/2014 - 01/04/2014

International Food Research Journal, Reviewer, 01/08/2014 - 01/08/2014

Phytochemical Reviews, Reviewer, 01/10/2014 - 01/10/2014

### **ATTENDED COURSE/SEMINARS**

(Name of Seminar/Course),(Role),(From)-(Until),(Place),(Title of Paper Presented - if applicable).

International Symposium of Food and Nutrition, Invited speaker, 02/06/2015 - 05/06/2015, Balai Kartini, Jakarta Indonesia, Nutrigenomics and its potential application for NCDs treatment and prevention

14th International Nutrition Diagnostic Conference, Prague, Oral presenter, 02/09/2014 - 05/09/2014, Prague, Czech republic, Antioxidative and anti-inflammatory effects of honeys and their phenolic extracts on adhesion molecules expression in L6 cells

13th Symposium Malaysian Society of Applied Biology, Oral presenter, 08/06/2014 - 10/06/2014, The Legend Resort, Cherating, Pahang, Effect of Acacia and Kelulut honey supplementation on cardiovascular disease risk factors in hypercholesterolemia adults.

International Functional Food Conference, Cyberview, Participant, 18/08/2013 - 20/08/2013, Cyberjaya, ANTICANCER AND ANTIOXIDANT ACTIVITY OF SWEET CORN (Zea Mays) EXTRACTS AGAINST HUMAN BREAST CANCER (MCF-7) CELL LINE

18th Congress of the European Anthropological Association, Participant and Presenter, 03/09/2012 - 06/09/2012, Ankara, Turkey, Nutritional status of indigenous Aborigines in Royal Belum of Malaysia

17th National Conference on Medical and Health Sciences, Participant and Presenter, 27/05/2012 - 28/05/2012, USM, Kota Bharu, Cardiovascular risk modulation via anti-inflammatory action of andrographolide in normal L6 cells

The 12th Symposium of the Malaysian Society of Applied biology, Participant and Presenter, 01/06/2012 - 03/06/2012, Kuala Terengganu, Malaysia, Effects of Orthosiphon stamineus on blood glucose, blood pressure and lipid profile in healthy adults

UMT 11th International Annual Symposium on Sustainability Science and Management, Participant and Presenter, 09/07/2012 - 11/07/2012, Kuala Terengganu, Malaysia, Effects of Nigella sativa and honey mixture (NSxH) on cardiovascular disease risk factors in healthy adults

An Introduction to Statistical Data Analysis using R, Participant, 26/06/2012 - 28/06/2012, USM, Pulau Pinang

World Congress of Clinical Nutrition, Keynote Lecture-selected paper, 11/09/2011 - 14/09/2011, New Delhi, Effects of Fatty Acids on Cardiovascular Risk Factors including Inflammatory Markers Studied in in vivo

NATIONAL CONFERENCE FOR CLINICAL RESEARCH, PARTICIPANT, 20/06/2011 - 21/06/2011, SUNWAY

National Conference on Clinical Research: Research Governance and Ethic, Participant, 20/06/2011 - 21/06/2011, Sunway Pyramid Convention Centre

Moodle Workshop, Participant, 09/12/2009 - 09/12/2009, UMT

PTK-3, Participant, 24/05/2009 - 29/05/2009, Riyaz Heritage

Video-conferencing UMT- UNPAD, Participant, 23/12/2009 - 23/12/2009, UMT

Bengkel Pelan Tindakan Masalah Kekurangan Iodin Peringkat Negeri Terengganu, Participant, 01/01/1960 - 22/03/2010, Perpustakaan Awam Negeri Terengganu

Keystone Symposia Conference on Bioactive Lipids: Biochemistry and Disease, Participant, 06/06/2010 - 11/06/2010, Westin Miyako Kyoto, Effects of Fatty Acids on Inflammatory Markers Studied in Five Types of Endothelial Cells

Integriti Dalam Pengurusan Kewangan, 28/12/2010 - 28/12/2010, UMT

Kursus Pkb (Tk5) Komponen Generik Bagi Pensyarah : Perancangan Strategik, Participant, 21/12/2010 - 21/12/2010, Kuala Terengganu

Bengkel E-Kuliah Siri 4/2010, Moderator/participant, 14/12/2010 - 14/12/2010, UMT

Taklimat Pengurusan Inventori & Aset, Participant, 18/08/2010 - 18/08/2010, UMT

Program Latihan Research Management Utk Ahli Akademik Tawaran Drpd Akept, Participant, 29/07/2010 - 30/07/2010, Shah Alam

Simposium Persatuan Biologi Gunaan Malaysia Ke-11 2010, Oral presenter/ participant, 13/06/2010 - 15/06/2010, Kota Bharu, Effects of fatty acids on cardiovascular risk factor studied in vivo

9th National Workshop On Basic Statistical Methods In Medical Research, Participant, 24/05/2010 - 26/05/2010, Kota Bharu

Syarahan Inaugural Bil. 2/2010, Participant, 29/03/2010 - 29/03/2010, UMT

Bengkel Peningkatan Profesionalisme Pensyarah (Siri Obe), Participant, 25/04/2010 - 26/04/2010, UMT

Seminar "Best Halal Practices In The Food Industry", Participant, 15/04/2010 - 15/04/2010, UMT

Workshop For Special Interest Group (Sig) On Rossele, Participant, 04/04/2010 -

04/04/2010, UMT

Taklimat Pengurusan Kewangan Geran Penyelidikan Frgs Fasa 1/2010, Participant, 31/03/2010 - 31/03/2010, UMT

Structural Equations Modelling and Its Applications, 29/10/2013 - 30/10/2013, USM Penang

SLEU COURSES UIAM: HOW TO DEVELOP QUALITATIVE RESEARCH, PARTICIPANT, 28/02/2015 - 28/02/2015, UIAM GOMBAK

SEMINAR KELULUT UMT: SIRI 1, Invited speaker, 30/07/2015 - 30/07/2015, UMT, MADU SEBAGAI MAKANAN TAMBAHAN UNTUK RAWATAN KESIHATAN

### **PROFFESIONAL DEVELOPMENT**

(Name of Training),(From)-(Until),(Place),(Sponsor).

### **INTERNSHIP SUPERVISION**

(Student Name),(Organisation),(From)-(Until)

### **STUDENT ADVISORY**

(Matric),(Student),(From)-(Until).

### **OTHER CONTRIBUTIONS**

(Activity),(Role),(From)-(Until),(Level).

USR:Program Penggalakkan Pemakanan Dan Kesihatan Untuk Komuniti Terpilih di Pulau Perhentian, Pengarah Program, 18 June 2010 - 19 June 2010, National

USR:Program Penggalakkan Pemakanan Dan Kesihatan Untuk Komuniti di Pulau Redang, Pengarah Program, 28 June 2010 - 29 June 2010, National

USR:Program Penggalakkan Pemakanan Dan Kesihatan Untuk Staf UMT, Pengarah Program, 09 January 2011 - 09 January 2011, National

USR: PROGRAM PENDIDIKAN PEMAKANAN- TERAPI DIET KEPADA KANAK-KANAK SR PULAU REDANG, Pengarah Program, 21 October 2011 - 22 October 2011, National

USR: PROGRAM PENDIDIKAN PEMAKANAN- TERAPI DIET KEPADA KANAK-KANAK SR PULAU PERHENTIAN, Pengarah Program, 15 October 2011 - 16 October 2011, National

USR; PROGRAM PENGGALAKAN PEMAKANAN DAN KESIHATAN UNTUK KOMUNITI ORANG ASLI DI LEMBAH BELUM, GRIK, PERAK, Pengarah Program, 30 October 2011 - 01 November 2011, National

BENGKEL PENJAGAAN KESIHATAN DAN PEMAKANAN ORANG KURANG UPAYA UNTUK GURU PUSAT PEMULIHAN DALAM KOMUNITI NEGERI TERENGGANU, PENYELARAS -UMT/USM KUBANG KERIAN, 12 December 2011 - 13 December 2011, National

MESYUARAT CADANGAN KERJASAMA BAHAGIAN KESELAMATAN DAN KUALITI MAKANAN IPT DALAM MENJALANKAN LI BAGI PELAJAR SAINS TEKNOLOGI, WAKIL UMT, 20 July 2011 - 20 July 2011, National

PROGRAM PENGANTARABANGSAAN PELAJAR SEKOLAH MENENGAH KE BANGKOK, THAILAND, PENGARAH, 07 November 2012 - 10 November 2012, National

PROGRAM PROMOSI SISWAZAH DI BANGKOK, THAILAND, PESERTA, 29 March 2012 - 02 April 2012, National

Program Sehari Bersama Lebah dan Madu, PENGARAH PROGRAM & Penceramah, 20 October 2014 - 20 October 2014, National

Bengkel Lebah Kelulut, Penceramah, 06 December 2014 - 06 December 2014, National

Jom Sihat UMT, Penceramah, 31 October 2014 - 31 October 2014, National