

MANAL ABDULAZIZ BIN OBEAD

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SUMMARY

I am a hardworking individual who strives for knowledge and progress. Over the years, I have developed the ability to work under pressure which ensures that I maintain a strong sense of responsibility. In addition to using my initiative individually, I work well as part of a team and use my communication skills to interact with others.

EDUCATION

PhD Degree 2016

King saud university, collage for food and agriculture science

Thesis: effect of sleeve gastrectomy on vitamin d level and metabolic bone disease in children and adolescents.

Master's Degree 2008

King saud university, collage for food and agriculture science

Thesis: effect of tomatoes and lycopene on blood and liver lipid peroxidation in rats.

Bachelor's Degree 2002

Princess nourah university, college of education for home economics and art education.

EXPERIENCE

Professor Dr. 05/2025 - Present

Department of food science and nutrition, college of food and agriculture sciences, king saud university

Associate Professor 03/2021 - 05/2025

Department of food science and nutrition, college of food and agriculture sciences, king saud university

Assistant Professor 04/2016 - 03/2021

Department of food science and nutrition, college of food and agriculture sciences, king saud university

Lecture 03/2009 - 04/2016

Department of food science and nutrition, college of food and agriculture sciences, king saud university

Teaching Assistant 05/2008 - 03/2009

Department of food science and nutrition, college of food and agriculture sciences, king saud university

COURSES

- Academic quality practitioner from the education and training evaluation commission 2024
- Developing advisory project initiatives at king saud university 2023
- Dat CTN clinical coordinating center
- Nida clinical trials network certificate of completion
- Citi program course animal biosafety (curriculum group) animal biosafety (course learner group) 1 - biosafety/biosecurity (stage) king saud university
- Attended the symposium on 4th international conference of saudi society for clinical nutrition 23- 27 october 2022
- Attending the dubai international nutrition conference (challenges, resilience and sustainability in nutrition) on 4-5-6 / november / 2021
- Attending six courses for the standards of the developer software accreditation and obtaining the international sida certificate on 3/3/2021
- Teaching miniature for a day- deanship of skills development - king saud university on 6/4/1438 H.

- Design and construction of the course for 2 days- deanship of skills development - king saud university on 3/4/1438 H.
- Effective university teaching for 3 days- deanship of skills development - king saud university on 28/3/1438H.
- Assessment of learning outcomes for 2 days- deanship of skills development - king saud university on 22/3/1438 H.
- Attendance the foundation (building up) course for new teaching institution members in king saud university under supervision of skills development for 2 days (36-3-1438 H).
- Rehabilitation of administrative leaders for 3 days- deanship of skills development - king saud university on 20/2/1438h.
- Leadership and administrative creativity for a day- deanship of skills development - king saud university on 12/5/1437h.
- Attend a session in prezi presentations for a day-research center- king saud university on 10-5-143h.
- Attend a session in the endnote program for a day-research center-king saud university on 10-1-1436h.
- Attend a course in the software writing and cataloging references for a day - deanship of skills development - king saud university on 13/9/2014.
- Attend a program in parametric and non-parametric tests using spss held at king saud university by the deanship of skills development during the period 10-12/2/1435 H by 15 training hours.
- Educational design
- Scientific methodology to write master's and doctorate letters in for 3 days -research center-king saud university on 28-4-1434h
- IELTS test in 2010
- A course in preparing the IELTS test at the british council institute for two weeks.
- A course in english at the british council institute for three months
- A course in the english language in the preparatory year of king saud university for four months at a rate of 15 hours per week
- Course in english at princess noura university by king saud university for three months.
- Attend a program in preparing data using spss held at king saud university by deanship of skills development during the period 25- 27/5/2009 by 15 training hours.
- Attend a course in e-learning and its tools held at the national center for e-learning and distance education during the period 20-21/1/2009, 12 hours training.
- Attend a course in educational design held at king saud university by the national center for e-learning and distance education during the period 25-27/11/2008 with 18 training hours.
- Attend a course in personal relations management skills held at king saud university by the deanship of skills development during the period 24-25/1/2009, 10 training hours.
- Attend a course in the performance of the university professor in a renewed world, held at king saud university by the deanship of skills development during the period 6-7 / 1 / 2009, 10 training hours.
- Attend a course in test construction held at king saud university by the deanship of skills development during the period 8-10/11/2008, 10 training hours.
- Attendance the foundation (building up) course for new teaching institution members in king saud university under supervision of skills development for 3 days (13-15/10/2008).
- Course in english in al-faisel universal academy for one month (equal 80 hours).
- Course in nutritive meals planning in saudi-german hospital (equal 14 hours) (4-5/3/2008).

COMMITTEES & MEMBERSHIP

- Graduate students committee 2025 – present
- Rapporteur at training, society service, and skills development committee, food science and nutrition department 2019 – present
- Examiner at comprehensive exam committee for postgraduate student, department of food science and nutrition 2019 – present
- Rapporteur at scientific and cultural events committee, king saud university 2016 – present
- Member at quality and academic accreditation committee 2009 – present

- Member at skills development committee, food science and nutrition department 2008 – present
- Member at cooperative education committee, food science and nutrition department 2016 – 2020
- Member at postgraduate committee, food science and nutrition department 2008 – 2020
- Rapporteur at electronic portal committee, food science and nutrition department 2008 – 2019
- Member at scientific research committee, food science and nutrition department 2008 – 2016

SERVICES

- Participation in two international conferences with a research poster entitled (Nutritional Status of Saudi Children with Celiac Disease who Following the Ministry of Health's Program for a Gluten-Free Food in Riyadh City)
- 1st Emirates Clinical Nutrition Conference (1st ECNC) 2024
- 1st Annual Pediatric Nutrition Conference: "Advances in Pediatric Nutrition and Healthy Lifestyle 2024
- Participation in organizing an awareness campaign on celiac at King Saud University 2023
- Giving a lecture on childhood obesity at Hessa Bint Abdulaziz School 2023
- Participation in a booth in the Celiac Awareness Campaign that was held in the lobby of the College of Food and Agricultural Sciences 2023
- Participation in the World Diabetes Day at King Saud University 2022
- Participation in the Obesity Forum at Shaqra University 2022
- Participation in a healthy and aesthetic nutritional forum – International Obesity Day at King Saud University 2021
- Holding an event entitled "Food Habits in Society" at King Saud University 2021
- Creating a video that talks about shopping and food products, and it was displayed at King Saud University 2018
- Holding an event entitled "Time vs Meal Planning and Food Choices" at King Saud University 2018
- Participation in the workshop titled "performance evaluation, trust and affiliation" at King Saud University 2016
- Attending a workshop about "innovation technology" College of Food and Agricultural Sciences at King Saud University 2016
- Participation in the World Conference on Obesity College of Food and Agricultural Sciences at King Saud University 2015 - 2108
- Participation in the first international conference on halal food control for a period of four days - General Authority for Food and Drug 2012
- Participation in measurement tests as a member of the (control) committee 2008 - 2011
- Attending the activities of the development and quality week for five days at King Saud University 2011
- Participation in the exhibition accompanying the alternative medicine symposium in the vegetable and fruits corner 2009
- Attending a workshop on the main factors of success and failure in preparing and implementing the strategic plan for the academic establishment - Research Center 2008
- Participation in organizing the activities of the fourth international conference on development and environment 2008
- Attending a workshop on the role of the faculty at the external university for institutional and program development evaluation – Nayara 2008
- Attending the Institutional Development Self-Assessment Workshop at King Saud University 2007

CONFERENCES

- The effect of food allergen exclusion on the growth of Saudi children at the 3rd International Conference on Nutrition and Healthcare 2023
- The 2nd International Conference of the Saudi Society for Clinical Nutrition (SSCN) 2022
- The Symposium on 4th International Conference of Saudi Society for Clinical Nutrition 2022
- The Dubai International Nutrition Conference (Challenges, Resilience and Sustainability in Nutrition) 2021
- The Genes and Obesity Conference 2019
- The World Diabetes Day and International Obesity Day 2018

- The Forth, The Fifth and The Seventh Saudi Conference For Food and Nutrition 2009,2010,2018
- The First Annual Saudi Community Health Symposium (Women's Health and Wellbeing) 2017
- The Sixth Meeting for The Saudi Society for Food and Nutrition 2012
- The 2nd Gulf Conference on Child and Adolescent Nutrition 2012

WORKSHOPS

- Attended the workshop entitled Guidelines of academic writing and steps to publish in ISI journal 12-13/11/2017.
- Attend the workshop of polymerization chain reaction (PCR) held King Saud University center of sciences and medical colleges on 28/1/2013.
- Attended of the workshop of Agarose gel electrophoresis at King Saud University center of sciences and medical colleges on 6/12/2013.
- Attended the sixth meeting for the Saudi Society for Food and Nutrition on 19/3/2012.
- Attendance of the 2nd Gulf Conference on Child and Adolescent Nutrition during the period 23-25 April 2012.
- Attend a Visiting Professor's Conference at King Saud University (Genetics of Stroke – Pharmacokinetics of Aspirin Resistance in Stroke - Genetics Disorders) on 18-20-24 /4/2011.
- Attended the Fifth Saudi Conference for Food and Nutrition (Food Technology, Control and Health Nutrition) 9-11/2/2010.
- Attend the workshop of the role of the faculty at the external university for the evaluation of institutional and program development held in Niarah on 20/10/2008.
- Attend the workshop the main factors for success and failure in the preparation and implementation of the strategic plan of the academic institution held at the Research Center on 5/11/2008.
- Attended the self-assessment workshop of institutional development held at King Saud University on 30/10/2007.

RESEARCH

More than 56 scientific papers have been published in classified scientific journals affiliated with the Web of Science (WOS)

Hydropriming And Nano-Priming With Zinc And Iron Oxide Nanoparticles Improved Growth And Physio-Biochemical Attributes Of Sugarcane (*Saccharum Officinarum* L.) Propagated Through Bud Nodes
Journal Of Soil Science And Plant Nutrition 2025

Nutritional And Phytochemical Potential Of Diospyros Kaki L. Fruit From The Foothills Of Hindukush Ranges, District Dir Upper, Khyber Pakhtunkhwa, Pakistan
Genetic Resources And Crop Evolution 2025

Improving Morpho-Physiological Attributes And Yield- Related Traits Of Rice Seedlings By Applying Salicylic Acid And Proline Under Drought
Applied Ecology And Environmental Research 2025

ZnO-Nanoparticles And Stage-Based Drought Tolerance In Wheat (*Triticum Aestivum* L.): Effect On Morpho-Physiology, Nutrients Uptake Grain Yield And Quality
Scientific Reports 2025

Impact Of Microwave Processing And High-Pressure Processing On Omega-3 Fatty Acid-Enriched Snack Of Microalgae (*Nannochloropsis* Sp)-Cocoa Balls
International Journal Of Food Science And Technology 2025

Enhanced Nutritional Contents Of Dried And Germinated Legumes With Perspective Of Antioxidant Activity And Phenolic Contents
International Agrophysics 2025

Exploring Multivariate Relationships Among Seed Morphometric And Yield-Related Traits In Bread Wheat (*Triticum Aestivum* L.)
Polish Journal Of Environmental Studies 2025

Impact Of Microplastic On Roadside Vegetable Cultivation: A Case Study Of Agricultural Farmland
Polish Journal Of Environmental Studies 2025

Effect Of Organic Amendments Against *Sclerotium Rolfsii* Sacc. Causing Damping Off And Stem Rot Of Cowpea
Applied Ecology And Environmental Research 2025

Effects Of Titanium Oxide Nanoparticles And 24-Epibrassinosteroid To Mitigate The Toxicity Of Cadmium (Cd) And Improve Physio-Morphological Traits Of Soybean (*Glycine Max* L.) Cultivated Under Cd-Contaminated Soil
Environmental Technology & Innovation 2025

Characterization And Toxicity Evaluation Of Chitosan/Zno Nanocompoite As Promising Nano-Biopolymer For Treatment Of Synthetic Wastewater
Journal Of King Saud University Science 2025

Characterization Of Brown Rust Resistance In Bread Wheat Using Yield Related Morphological Indices
Genetic Resources And Crop Evolution 2025

Suitability And Structural Optimization Of Vegetation Restoration On The Loess Plateau: A Maxent Model-Based Study Of Environmental And Anthropogenic Impacts
Forests 2025

Comparative Efficacy Of Low-Carbohydrate And Ketogenic Diets On Diabetic Retinopathy And Oxidative Stress In High-Fat Diet-Induced Diabetic Rats
Nutrients 2025

Cubic Structured Zinc Ferrite Methodically Incorporated Into Porous Graphene Sheets As A Selective Electrocatalyst For Electrochemical Detection Of Carbendazim
Food Chemistry 2025

Irradiation-Induced Modifications Of Apple Seed Protein Isolate: Exploring Techno-Functional, Structural, Thermal, And Morphological Characteristics
Radiation Physics And Chemistry 2025

Chemical Composition And Biological Properties Of *Achillea Cucullata* Extracts From Leaves And Flowers
Separations 2024

Association Between Dietary Carbohydrate Intake And Polycystic Ovary Syndrome Among Reproductive-Aged Women
American Journal Of Health Behavior 2024

Polyphenolic Contents And Antioxidant Potential In *Nasturtium Officinale*
Journal Of King Saud University Science 2024

Exploring Parental Knowledge Of Phenylketonuria (Pku) And Its Demographic Determinants
International Journal Of Pharmacology 2024

High Performance Liquid Chromatography (Hplc) Based Genetic Diversity Profiling Of Chilli Germplasm For Fruit Pungency And Phytochemical Contents
Bmc Plant Biology 2024

Association Of Meal Irregularity And Chronotypes With Dietary And Sleep Patterns: A Cross-Sectional Study
Journal Of Clinical And Diagnostic Research 2024

Nephroprotective And Anti-Diabetic Potential Of Beta Vulgaris L. Root (Beetroot) Methanolic Extract In A Rat Model Of Type 2 Diabetes Mellitus
Medicina-Lithuania 2024

Chemical Composition And Bioactivities Of The Methanol Root Extracts Of Saussurea Costus
Open Chemistry 2024

Cross Sectional Study On The Nonnutritive Sweetener Consumption And Its Association With Socio-Demographic Characteristics Among Saudi Pregnant Women
International Journal Of Biosciences (Ijb) 2024

Impact Of Iodine Supplementation And Mtdna Mutations On Papillary Thyroid Cancer In Saudi Women Following A Vegetarian Diet
Cellular And Molecular Biology 2023

The Effect Of Food Allergen Exclusion On The Growth Of Saudi Children
Children 2023

Ameliorative Effect Of Omega-3-Rich Fish Diet On The Neurotoxic Effects Of Propionic Acid In A Rodent Model Of Autism
Applied Sciences – Basel 2023

Association Of Cyp2r1 And Cyp27b1 Genes With The Risk Of Obesity And Vitamin D Metabolism In Saudi Women
Journal Of Genetic Engineering And Biotechnology 2023

Awareness Of Food Allergies And Allergens On The Menus Of Restaurants And Cafes Among Saudi Female University Students
Healthcare 2023

Luteolin-7-O-Rutinoside Protects Rin-5f Cells From High-Glucose-Induced Toxicity, Improves Glucose Homeostasis In L6 Myotubes, And Prevents Onset Of Type 2 Diabetes
Metabolites 2023

Effect Of Low-Carbohydrate Diet On Beta-Hydroxybutyrate Ketogenesis Metabolic Stimulation And Regulation Of Nlrp3 Ubiquitination In Obese Saudi Women
Nutrients 2023

LANGUAGES

- Arabic
- English