



Dr. Wahidah H. Alqahtani

Associate professor of Nutritional Biochemistry



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summary

- ✚ Faculty member at the Department of Food and Nutrition, College of Food and Agriculture Sciences, King Saud University (KSU).
- ✚ PI in the HICI program
- ✚ PI in the Researchers supporting Program (RSP 293).
- ✚ Team Player and leading in many occasions inside/outside KSU.
- ✚ Reading and social work.
- ✚

Education

- ✚ PhD in Microbiology, Faculty of Science, Biochemistry and Nutrition, King Saud University, Riyadh, Saudi Arabia, 2016, GPA 4.8/5.0. Excellent with first honor
- ✚ Language course, University Institute of Surgeons, the University of Nottingham, Nottingham, the United Kingdom, 2008-2009.
- ✚ M.Sc. in Human Nutrition, College of Food and Agriculture Sciences, King Saud University, Riyadh, Saudi Arabia, 2007, GPA 4.7/5.0. Excellent with first honor
- ✚ B.Sc. in Home Economics, College of Agriculture, King Saud University, Riyadh, Saudi Arabia, 1996, GPA 4.28/5.0, Second degree Honor Student.

Work

Associate Professor, Department of Food Science and Nutrition, College of Food and Agriculture Sciences, King Saud University, Riyadh, 1444- now.

Assistant Professor, Department of Food Science and Nutrition, College of Food and Agriculture Sciences, King Saud University, Riyadh, 1438- 1444.

Teaching Assistant, Department of Food Science and Nutrition, College of Food and Agriculture Sciences, King Saud University, Riyadh, 1425- now.

Lecture, Department of Food Science and Nutrition, College of Food and Agriculture Sciences, King Saud University, Riyadh, 1425- 1438.

Teaching Assistant, College of Agricultural Sciences, King Faisal University, Hafoof, 1418- 1425.

Teaching Experience

- + **317 FSN**: Food Analysis
- + **321 FSN**: Food Microbiology
- + **322 FSN**: Food Microbiology
- + **325 FSN**: Sanitation and Food Safety
- + **381 FSN**: Nutritional Consultations
- + **401 FSN**: Cooperative education
- + **597 FSN**: Selected Topics in Human Nutrition
- + **598 FSN**: Research Proposal Preparation
- + **599 FSN**: Research project
- + **522 FSN**: Food Safety Advanced
- + **600 FSN**: Thiess

Research Interests

Natural Biotechnology; Chemical Biology; Microbiology; Environmental Sciences; Protein Chemistry;
Secondary Metabolites of Algae; Medicinal Plants; Cytotoxic Compounds.

Academic Links

<https://www.researchgate.net/profile/Whaida-Al-Qahtani>

<https://scholar.google.com/citations?user=17Z5S8YAAAAJ&hl=en>

Web of Science Researcher ID: CBC-5983-2022

Skills

- + **Head of the cultural and social activity**, Department of Food and Nutrition, the College of Food and Agriculture Sciences, 2005- 2007.
- + **Committee member of Academic Evaluation Process**, Department of Food and Nutrition, the College of Food and Agriculture Sciences, 2006-2008.
- + **Committee member of quality and academic accreditation**, Department of Food and Nutrition, the College of Food and Agriculture Sciences, 2017

Work Experience

Quality practitioner and academic training from K.S.U.

Vice Chairman of the Board of Directors of the Cooperative Society for Physical Activity and Healthy Nutrition PULS, 2019- now.

Active member of the Saudi Anti-Fraud Association SAFA, 2020- now.

Head of Curriculums Review Team. I was in charge of reporting for the evaluation of curriculums and the assistant of the committee that supports teaching students, 2008.

Member of Faculty Evaluation Process Team. I was one of the members charged with participating in the questionnaire of consultation the students' opinion about the teaching process, 2007.

Member in the committee of scientific creativeness of King Abdulaziz and his men, 2011-2016.

Conference

- ✚ Third Regional Conference on Public Health, Riyadh, 2019.
- ✚ International Conference of Food Safety and Health Care, Poster title “Application of Spirulina to enhance liver’s functions: Effects and safety”, Riyadh, 2017.
- ✚ Thirty second Conference of the Saudi Biological Sciences Society, Poster title “Protective effects of dietary blue grain algae *Spirulina platensis* in D-galactosamine induced liver injury in Westar rats”, Makkah, 2017.
- ✚ Sixth Conference of the World Day for Research, Riyadh, 2014.
- ✚ Fourth International Conference on Clinical Nutrition and Community Nutrition, Riyadh, 2008.
- ✚ Fourth Conference for Development and Environment, Riyadh, 2008.

Training Courses

- ✚ Training in “Quality practitioner and academic”, K.S.U, 2019.
- ✚ Training in “Food Safety, Lead Reviewer”, Decar, Dubai, United Arab Emirates, 2017.
- ✚ Training in Infection and Immunity, King Faisal Specialist Hospital Research center, Six months, 2017.
- ✚ Training in evaluation of learning outcomes and course design and construction, KSU, 2017.
- ✚ Training in Miniature Teaching and Effective Teaching Course, KSU, 2017.
- ✚ Training in Data processing for statistical operations and parametric and non-parametric testing program using SPSS program, KSU, 2010.
- ✚ Self-development (Communication - Time management - Computer - Developing the ability of the professor to attract and increase the effectiveness) training, KSU, 2007.
- ✚ Training in "Mental maps and memory development and strengthening", KSU, 2007
- ✚ Training in "Social and emotional intelligence", King Fahad Cultural Center, 2006.

Workshops

- ✚ Quality practitioner and academic training, 2019.
- ✚ Chemical safety workshop, 2017.
- ✚ Reading the scientific paper workshop, 2017.
- ✚ E-learning convoy workshop, 2012.
- ✚ Results-Based Education workshop, 2010.
- ✚ Updating the sites of faculty members – beginner workshop, 2010.
- ✚ Updating the sites of faculty members – advanced workshop, 2010.
- ✚ Strategic Plan for the College of Food Science and Agriculture workshop, 2010.
- ✚ The first workshop for analyzing SWOT specialized for the staff of the strategic plan of King Saud University, 2009.
- ✚ The first workshop for the epistemic, cognitive, dynamic and social skills, 2009.
- ✚ The learning management system workshop, 2009.
- ✚ Developing the ego (communication skills – skills of arranging time – skills of using the computer – skills of developing one's self – Developing the teacher's ability to attract and increase the effectiveness of the students during the lecture), 2008.
- ✚ The first workshop of cognitive, motor and social skills, 2008.
- ✚ Workshop of "Integrating Information and Communication Technology in University Teaching, 2008.
- ✚ SWOT for Strategic Plan Staff Members Workshop, King Saud University, 2007.
- ✚ The Best Method for Academic Achievement workshop, 2007.

Publications

More than 59 publications had been published in high impact journals in the field of Nutrition & Molecular Biochemistry. For more information, please visit my web page at google Scholar

<https://scholar.google.com/citations?user=17Z5S8YAAAAJ&hl=en>