

CURRICULUM VITAE

Laila Ruwaida Binti Mohd Zainuddin

Lecturer

Fakulti Sains Kesihatan, Kampus Gong Badak, Universiti Sultan Zainal Abidin, Terengganu Darul Iman.

Personal Information

Email : lailaruwaida@unisza.edu.my
Gender : Female
D.O.B : 21 November 1985
Age : 36
Race : Malay
Religion : Islam
Current Scheme: DS45
Started in UniSZA: 18 September 2008
Qualification : Sarjana Sains (pemakanan), *Universiti Sains Malaysia*, 2012.
Sarjana Muda Sains Makanan, *Universiti Malaysia Terengganu*, 2007.
H-Index : [Scopus: 2][Google Scholar: 3]

Area of Research

Health Science, Food Services

Work Experience

Research Assistant 2007-2008 (UMT)

Teaching

1. NDD30303 - Food Service and Management, SEM I 2017/2018,
2. NDD20803 - Principle of Food Preparation, SEM II 2016/2017,
3. NDD10302 - Introduction to Food Science, SEM I 2016/2017,
4. HFS3203 - Principles of Food Preparation, SEM II 2012/2013,
5. HFS4352 - Advanced Nutrition, SEM II 2012/2013,

6. HFS3023 - Basic Food Science and Nutrition, SEM I 2012/2013,
7. HFS4333 - Food Service Management, SEM I 2012/2013,

Training

1. 1st Southeast Asia Public Health Nutrition Conference, 14 May 2017 - 17 May 2017, Hotel Istana, Kuala Lumpur

Publication

Journal Article

1. Development of Digital Food Photographs as a Tool to Visually Estimate Food Portion Size in Multi-Ethnic Malaysian Adults (2019), *Annals of Nutrition and Metabolism*, pp. 162-163, ISSN: 0250-6807 [*Indexed by: ISIQ2 - Co-author*]
2. Dietary Intake Among Breast Cancer Survivors in East Coast of Peninsular Malaysia (2017), *Malaysian Journal of Public Health Medicine*, pp. 59-65, ISSN: 1675-0306 [*Indexed by: Scopus - Main Author*]
3. Association Between Serum 25-Hydroxyvitamin D Level and Anthropometric Indices Among Institutionalized Elderly People in Kelantan, Malaysia (2017), *Journal of Fundamental and Applied Sciences*, pp. 121-136, ISSN: 1112-9867 [*Indexed by: ISI - Co-author*]
4. Association Between Physical Activity and Health-Related Quality of Life in Children: a Cross-Sectional Study (2016), *Health and Quality of Life Outcomes*, pp. 71-72, ISSN: 14777525 [*Indexed by: ISIQ2 - Co-author*]
5. Paracetamol Induced Liver Morphological Changes After Acute Dosing (2015), *Research Journal of Pharmacy and Technology*, pp. 382-388, ISSN: 0974-3618 [*Indexed by: Scopus - Co-author*]
6. Women Are at a Higher Risk of Metabolic Syndrome in Rural Malaysia (2013), *Women & Health*, pp. , ISSN: 0363-0242 [*Indexed by: ISIQ3 - Co-author*]

Conference Proceedings

1. Design and Validation of Web and Computer-Based Food Frequency Questionnaire: a Scoping Review (2019), 34th Nutrition Society of Malaysia Scientific Conference, Kuala Lumpur - **Co-author**
2. Development of Digital Food Photographs as a Tool to Visually Estimate Food Portion Size in Multi-Ethnic Malaysian Adult (2019), Asian Congress of Nutrition, Bali, Indonesia - **Co-author**
3. Dietary Intake Pattern Among Breast Cancer Survivors in East Coast of Peninsular Malaysia (2016), 31st Scientific Conference of Nutrition Society of Malaysia, Hotel Istana, Kuala Lumpur - **Co-author**

Research Grant

Principal Investigator

1. Dietary Pattern and Its Association with Serum Leptin Concentration Among Breast Cancer Survivors, Geran Dalam Universiti, University (2015), **Grant Value: RM20,000**

Co-Researcher

1. Objectively Measured Physical Activity, Adiponectin and Its Association with Quality of Life Among Breast Cancer Survivors, Dana Pembudayaan Penyelidikan - Rags, Government (2014), Grant Value: **RM70,000**

Postgraduate Student

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