

**Academic Personnel Short Profile / Short CV / Fotini Lappa**

|                             |                        |
|-----------------------------|------------------------|
| <b>Institution:</b>         | Intercollege - Nicosia |
| <b>Surname:</b>             | Lappa                  |
| <b>Name:</b>                | Fotini                 |
| <b>Rank:</b>                | Part time Lecturer     |
| <b>Program of Study:</b>    | Aesthetics             |
| <b>Scientific Domain: *</b> | Nutrition-Dietetics    |

| <b>Academic qualifications<br/>(list by highest qualification)</b> |                 |   |                   |   |
|--|-----------------|---|-------------------|---|
| <b>Qualification</b>   | <b>Year</b>     | <b>Awarding Institution</b>   | <b>Department</b> | <b>Thesis title</b>   |
| MSc in Human Nutrition with specialisation in Sports Nutrition     | 2001-2002       | University of Glasgow   |                   | Dietary profiles and some performance characteristics of volleyball players from the Scottish National Team   |
| BSc (Honours) in Nutrition   | 1997-2001       | University of Surrey  |                   | "Discuss PPAR $\alpha$ , a nuclear transcription factor implicated in the lipid-lowering effects of PUFA (polyunsaturated fatty acids) and fibrates"  |
| BSc (Honours) in Nutrition<br><i>Professional Training Year</i>    | 08/1999-08/2000 | University of Surrey in corporation with "Hellenic Erythros Stavros" Hospital, Athens |                   | <p style="text-align: center;"><i>PROJECTS</i></p> <ol style="list-style-type: none"> <li>1. Care of the elderly</li> <li>2. Anorexia Nervosa (write up)</li> <li>3. Obesity</li> <li>4. Fishes rich in omega 3(<math>\omega</math>-3) polyunsaturated oils</li> <li>5. COAD (case study)</li> <li>6. Catering project</li> </ol> |

**Employment history – List by the three (3) most recent**

| Period of employment |         | Employer              | Location        | Position  |
|----------------------|---------|-----------------------|-----------------|---|
| From                 | To      |                       |                 |   |
| January 2012         | present | University of Nicosia | Nicosia, Cyprus | Instructor in Nutrition/Food Science                                |
| January 2010         | present | Intercollege          | Nicosia, Cyprus | Instructor in Nutrition/Food Science                                |
| January 2007         | present |                       | Nicosia, Cyprus | Clinical Dietician – Sports Nutritionist in private dietetic office |

**Exhibitions (where applicable).List the five (5) more recent and other five (5) selected.  
(max total 10)**

| Ref. Number | Date       | Topic   | International / Local | Location*                                      | Role in Exhibition                                   |
|-------------|------------|---|-----------------------|--|--|
| 1           | 19/03/2019 | Food Allergens  | Local                 | Apollonia Hotel, Limassol                      | Trainer  |
| 2           | 8/12/2018  | Current trends in culinary arts                               | Local                 | Hilton Park, Nicosia                           | Speaker 'Acrylamide in foods'                        |
| 3           | 9/03/2018  | Healthy cuisine for different disease states                  | Local                 | Alion Beach Hotel, Ayia Napa                   | Trainer  |
| 4           | 29/03/2015 | Wine  | Local                 | UniC Research and Technology Building, Nicosia | Speaker 'The positive effects of wine in our health' |
| 5           | 26/04/2015 | Cooking Cypriot traditional recipes for youngs 8-18 years old | Local                 | Intercollege Kitchen labs, Nicosia             | Speaker 'Cypriot Superfoods'                         |
| 6           | 6/12/2014  | Chocolate   | Local                 | UniC Research and Technology Building, Nicosia | Speaker 'Chocolate: Myths and Facts'                 |

**Other Achievements. List the five (5) more recent and other five (5) selected.  
(max total 10)**

| <b>Ref. Number</b> | <b>Date</b> | <b>Title</b>              | <b>Key Activities:</b>  |
|--------------------|-------------|---------------------------|---|
| 1                  | 2014        | Certified Trainer by ANAD | Trainer in seminars for Nutrition in different disease states, food labelling and in general different topics in nutrition area |