

Sara R. Al-Aswad

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Department of Food and dairy Sciences and Technology

Faculty of Agriculture,

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Present Position

- Lecturer of Dairy Science and Technology
Department of Food and Dairy Science and Technology,
Damanhour University, Egypt

Academic Background

- **PhD. Sc.** (September 2024): Dairy Science and Technology, thesis title "Application of some antifungals and protective cultures to control the yeasts in soft pickled cheese"
- **M.Sc.** (July 2018): Dairy Science and Technology thesis title " Utilization of pomegranate as a source of antioxidant in yoghurt"
- **B.Sc.** (Jun 2010): From Department of Food and Dairy Science and Technology, Faculty of Agriculture, Alexandria University, Egypt. With cumulative grade “**Excellent with honor**”.

Professional and Research Experience....Snapshots

- January 2025: Lecturer of Dairy Science and Technology at Department of Food and Dairy Science and Technology, Faculty of Agriculture, Damanhur University, Egypt
- September 2018 till 2024 : Assistant Lecturer at Department of Food and Dairy Science and Technology, Faculty of Agriculture, Damanhur University, Egypt
- November 2012 to august, 2018 : Research Assistant (Demonstrator at Department of Food and Dairy Science and Technology, Faculty of Agriculture, Damanhur University, Egypt

Courses taught

- Principles of human nutrition
- Biochemistry
- Nutrition Biochemistry
- Food Chemistry
- Principles of Food and Dairy technology
- Food and Dairy Chemistry and Analysis

- Food Safety and Quality Control
- Food Chemistry and Analysis
- Food Sanitation
- Functional Foods

Research, work, and Interpersonal Skills

- Isolation and enumeration of microorganisms from milk and different dairy products.
- Determination of milk and dairy products Lipids, Proteins, Carbohydrates, total solids.
- Technological skills in manufacturing of different dairy products.
- Determination of Rheological Characteristics of Dairy products.
- Determination of minimum inhibitory concentration of chemicals and essential oils as a preservatives.
- Ability to priorities work and meet deadlines, while being flexible.
- Ability to innovate in research proposals and transfer it to applicable work.
- Ability to collaborate with other researchers and function as part of a research team.
- How to link the work with society demands.
- Well-developed analytical and problem solving skills.

Responsibilities and membership

- Member of Egyptian Society of Dairy Science, National Research Center, Cairo, Egypt.
- Member of the Community Service and Environmental committee in the faculty, Damanhour University
- Advisor of student activities committee, Damanhour University, Egypt

TRAINING COURSES IN LEADERSHIP SKILLS

- 2013: January, completed training course on Research Methods at faculty and leadership development center (FLDC), Damanhour University.
- 2013: February, completed training course on Research Ethics at faculty and leadership development center (FLDC), Damanhour University.
- 2017: February, completed training course on Effective Presentation Skills at faculty and leadership development center (FLDC), Damanhour University.
- 2018: April, attended in the symposium "Nutritional and Health Impacts of Some Minor Milk Constituents", National Research Center, Cairo, Egypt.
- 2018: July, completed training course on e-Blended Learning at faculty and leadership development center (FLDC), Damanhour University.
- 2019: April, attended in the symposium "Recent Developments in Dairy Research", National Research Center, Cairo, Egypt.
- 2019: March, attended workshop "Requirements for Microbiological Testing Laboratories according To International Standard Specification ISO 17025 in the laboratory of dairy microorganisms and cheese research (D.M.C.R), Alexandria University, Egypt.
- 2019: April, attended in the symposium "Opportunities and Challenges of Nanotechnology in the Food Industry" Agricultural Research Station in Sakha, Kafr El-Sheikh, Egypt.
- 2019: April, attended workshop "Food Safety Management According to the International Standard Specification ISO 22000 / 2018 in the laboratory of dairy microorganisms and cheese research (D.M.C.R), Alexandria University, Egypt.

- 2022: September, completed training course on References Research Management Systems at faculty and leadership development center (FLDC), Damanhour University.
- 2022: September, completed training course on International Data Base Usage at faculty and leadership development center (FLDC), Damanhour University.
- 2023: July, completed training course on Crisis and Disaster Management at faculty and leadership development center (FLDC), Damanhour University.
- 2023: October, Successful accomplishment of the Fundamentals of Digital Transformation course at faculty and leadership development center (FLDC), Damanhour University.
- 2024: February, completed training course on credit Hour Systems at faculty and leadership development center (FLDC), Damanhour University.
- 2024: February, completed training course on Communication Skills at faculty and leadership development center (FLDC), Damanhour University.
- 2024: March, completed training course on Biostatistical Analysis at faculty and leadership development center (FLDC), Damanhour University.
- 2025: August, completed training course on Table of specification (Blueprint), Measurement and Evaluation Center (MEC), Damanhour University.
- 2025: August, completed training course on Rubrics, Measurement and Evaluation Center (MEC), Damanhour University.
- 2025: September, attended a Webinar Entitled Mycotixins in Food: Risks and Prevention, scientific society for food industries, Egypt.
- 2025: October, attendee in the 10th International Conference of Food Industries and Nutrition Research Institute, in cooperation with the International Virtual Exhibition and Conference for Food and Beverage and Industry Technology entitled: "Innovation in food and nutrition: Bridging Science and Industry", National Research Center , Egypt.
- 2025: October, completed training course on Nutrition basics, El-Sharkia Pharmacist Syndicate, Egypt.
- 2025: October attended workshop " Dairy industry in Egypt: Advancing Food Security and Sustainable Development Goals (SDGs)", Agricultural Research Center, Egypt.
- 2025: November, participant at the 5th International Virtual Mobility Program 2025 Global Halal Food System: Science, Innovation, and Integrity, Faculty of Agro-Industrial Technology Universitas Padjadjaran, Indonesia.
- 2025: December: attended workshop "Digital Transformation and Artificial Intelligence Applications in Enhancing the Quality and Safety of Milk and Dairy Products", Faculty of Agriculture ,Al-Azhar University.
- 2026: January, for participating in the following webinar: Free open access publishing with springer nature: A guide for researchers – Costs covered by STDF in collaboration with the EKB.
- 2026: March, for participating in the following webinar: Beverage / Probiotic and functional beverage: Packaging, stability and Bio-fortification strategies.
- 2026: March, for participating in the following webinar: Life / MASLD gastrointestinal health: Advances in clinical research and therapeutic innovations.
- 2026: April, for participating in the following webinar: Horticulturae / Noval approaches to sustainable food systems: from fungi to functional pigments.

Language Proficiency

- ✓ Arabic : Native language
- ✓ English : second language

Computer and IT Skills

Programs: Microsoft Office (Word, Excel, PowerPoint, Access), Endnote

Technical: Hardware's and Software

Statistical Analysis: SAS, SPSS.

Research projects membership

1- Project ID: 153, Code: P/1/November/2025/ "Probiotic yeasts and nanotechnology: Isolation, characterization, and innovative delivery systems for health and food applications". Africa-Uninet 5th call. Role in the project CO-PI.

List of publication

Scientific Journals

- Al-Aswad, Sara, A. Helal, S. M. Shamsia and S. Awad (2018). Quality and rheological properties of sweetened yoghurt and bio-yoghurt enriched with pomegranate juice. *Egyptian J. Dairy Sci.*, 46:41-50.
- Al aswad, S., Helal, A., Shamsia, S., Awad, S. and yacoub, S. (2024). Enumeration and Identification of Yeast Species Isolated from Egyptian Soft White Cheeses and In Vitro Anti-yeasts Activity: A Preliminary Study. *Journal of Agricultural and Environmental Sciences*, 23(1), 25-51. doi: [10.21608/JAESJ.2024.270074.1154](https://doi.org/10.21608/JAESJ.2024.270074.1154).
- Al-aswad, S., & Shehata, R. (2025). Fruit-Fortified Yogurt: Enhancing Nutritional and Health Benefits: A Review. *Turkish Journal of Agriculture - Food Science and Technology*. <https://doi.org/10.24925/turjaf.v13i8.2271-2278.7715>.

References

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