

CURRICULUM VITAE

Evelyn Efua Payin

Date of Birth	22 nd January, 1982
Age	42
Nationality	Ghanaian
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Address	Department of Food and Nutrition Education, University of Education, Winneba. P. O. Box 25, Winneba. Ghana
Education/ Short Courses Attended	<p>January 2024 – November, 2028 On-going Doctor of Philosophy in Food Science and Technology; University of Development Studies, Tamale, Ghana</p> <p>January 2020 – March 2023 Doctor of Philosophy in Nutrition Atlantic International University, Honolulu Hawaii, USA</p> <p>20th -24th June, 2016 Short course on Handmade/Artisanal Chocolate Making. Kwame Nkrumah University Science and Technology/Cocoa Processing Company Ghana,</p> <p>15th - 20th January 2016 short course on Handmade Chocolate Making; and Soap Making. Craft and Social Development Organisation (CSDO) New Delhi, India.</p> <p>1st December 2015 – 22nd January 2016 short course on International Trainer of Trainers Programme on Women and Enterprise Development. National Institute for Entrepreneurship and Small Business Development, Noida, India</p> <p>2010 - 2013 Masters Degree University of Education Winneba, Ghana Master of Philosophy in Home Economics Education/ Food and Nutrition major</p> <ul style="list-style-type: none">• Pass <p>Thesis “Food safety in Food Service Establishments in the Winneba Municipality”</p> <p>2002-2006 Bachelors Degree University of Cape Coast. Ghana Bachelor of Education/ Home Economics/ Food and Nutrition major</p>

	<ul style="list-style-type: none"> ▪ Second Class Upper <p>Project Work: Safety Measures in the Hotel and Catering Establishment in the Cape Coast Municipality. Ghana</p> <ul style="list-style-type: none"> ▪ Second Class Honours, Upper Division ▪ Major – Food and Nutrition <p>1998-2000 Winneba Secondary School Winneba, Ghana</p> <p>Home Economics/ Food and Nutrition</p> <p>West Africa Examination Council Senior Secondary School Certificate Examination. Aggregate 13</p> <p>1988-1997 Advanced Demonstration School Winneba. Ghana</p> <p>Basic Education.</p> <p>West Africa Examination Council Basic Education Certificate Examination. Aggregate 12</p>
<p>Computer Skills</p> <p>Research skills</p> <p>Extracurricular Activities</p>	<p>Ms Word, Ms Excel, Ms PowerPoint, Minitab, Mendeley, Endnote, Web-page Designing and Introduction to Internet. Typing, SPSS, Internet browsing and internet research</p> <p>Experimental research, Quantitative research method, collecting data, descriptive and inferential data analysis, report writing</p> <p>January 2024 - date: Part-time Tutor College of Distance and eLearning: Winneba Study Centre</p> <ul style="list-style-type: none"> ● Teach Processes and Procedures in Food and Nutrition. ● Invigilate examinations <p>January, 2021: Reviewer: British Journal of Nutrition. United Kingdom</p> <p>2011 to 2018: Tutor at Winneba Centre, Institute for Distance Education and e Learning. UEW</p> <p>2012 to 2018: Tutor and External Assessor of projects at the Grace Hill School of Technology (Vocational – Catering) Cape Coast. Ghana</p> <p>27th – 30th Dec. 2010: Resource Person for Girls Camp for Plan Ghana Assisted Vocational Schools – topics: entrepreneurial skills development, small business development, and bookkeeping.</p> <p>2nd – 9th Jan. 2010: Resource Person Girls Camp for Plan Ghana Assisted Vocational Schools: topics: book keeping, budgeting, starting a business, developing entrepreneurial competencies.</p> <p>30th May – 30th June 2009: Team Leader to a 20 member team for the 2009 performance Monitoring Test and Analysis in 120 Schools in 3 Program Areas for Plan Ghana</p> <p>June 2008 – March 2009: Team member for the sponsored project “Promoting the use of lesser-used Food Commodities and Endangered Dishes”, a Cultural Initiative Support Program funded by the European Union.</p> <p>3rd-15th January, 2009: Resource Person for Girls Camp for Catering Students from Plan Ghana Assisted Schools. Topics included cake, bread and pastry making, how to start an enterprise, factors that contribute to business failure, etc</p> <p>4th-8th June, 2007: Team leader of Scholarship selection team for the 2007/2008 Scholarships for Plan Ghana</p> <p>7th - 20th December 2007: Team Leader to a ten member team that organized Performance</p>

<p>Course Coordinator</p>	<p>April, 2016 to Sept. 2018: Institute of Distance Education and eLearning Course Coordinator for Home Economics courses: Food and Nutrition, Entrepreneurship, Home Economics Research Methods, Basic Management in Living, Child Health, Nutrition And Safety and Clothing and Textiles) offered at Institute for Educational Development and Extension, UEW, Ghana. My roles every semester include:</p> <ul style="list-style-type: none"> • Set quiz and exam questions • Assisted in quiz and exam questions moderation • Supervised printing of quiz and exam questions • Go on monitoring of quizzes and exams across the 37 centres in the 10 Regions of Ghana • Team led and coordinated conference marking of Home Economics Courses examination scripts • Checked the accuracy of typed quiz and examination scores
<p>Coordinating Role</p>	<p>January - April 2024 Coordinator (maternity leave cover) Food Production Unit, Commercial Services Limited. UEW.</p> <ul style="list-style-type: none"> ● Act as chief advocate of the Unit ● Meet regularly with the HoD to communicate all activities within area of responsibility. ● Lead in the development of both long-range and short-range strategic plan for the Unit. ● Communicate Unit Committee Decisions/Recommendations to HoD/Dean for implementation. ● Be in charge of collection, disbursement and retirement of funds such as imprest and special advance. ● Scout for staff ● Prepare development plan ● Develop budget ● Identify resource needs and arrange for their supply. ● Monitor resource of monthly attendance of workers for wages and salaries input. ● Attend procurement meetings as an end user. ● Perform other duties assigned by the HoD or Dean <p>Jan-April 2016 Acting Coordinator (Maternity leave cover) for the Food Production Unit of the Department of Home Economics Education, University of Education, Winneba</p> <ul style="list-style-type: none"> ● Act as chief advocate of the Unit ● Meet regularly with the HoD to communicate all activities within area of responsibility. ● Lead in the development of both long-range and short-range strategic plan for the Unit. ● Communicate Unit Committee Decisions/Recommendations to HoD/Dean for implementation. ● Be in charge of collection, disbursement and retirement of funds such as imprest and special advance. ● Scout for staff ● Prepare development plan ● Develop budget ● Identify resource needs and arrange for their supply. ● Monitor resource of monthly attendance of workers for wages and salaries input. ● Attend procurement meetings as an end user. ● Perform other duties assigned by the HoD or Dean
<p>Acting Head of Unit</p>	<p>August, 2016 to July 2017 Acting Head of the Food and Nutrition Unit of the Department of Home Economics Education, University of Education, Winneba</p> <ul style="list-style-type: none"> • In charge of the daily operations of the Unit • Made requisition for each semester's practical lesson and examination items • In charge of course allocation among lecturers in the Unit • Chaired meetings that concerned the Unit • In charge of the equipment and facilities of the Unit
<p>Work experience</p>	<p>2nd April to 31st July, 2024. Academic Counsellor for Level 400 students, Department of Food and Nutrition Education, UEW.</p>

November 2018 - June 2023: Healthcare Assistant. Mega Care, United Kingdom.

Duties included

- Medication administration
- Manual handling
- Cooking
- Feeding
- Companionship
- Personal care
- Housekeeping

1st March 2018 to date: **Lecturer**. Department of Home Economics Education, University of Education, Winneba

Responsibilities include:

- Curriculum delivery: teach undergraduate food and nutrition courses; create engaging lesson plans aligned with educational standards that tailor to the varied learning needs of students.
- Classroom Management: Foster a positive and inclusive lecture hall environment that promotes student participation, mutual respect, and collaboration.
- Student Assessment: Regularly evaluate student progress through assignments, quizzes, exams, and other assessments to provide meaningful feedback
- Individualized Support: Identify and address the unique learning styles and needs of each student to ensure their academic growth
- Supervise on-campus teaching practice
- Supervise long essays
- Conduct research
- Supervise off-campus teaching practice (Internship)

1st August 2017 to 31st July 2018: Academic Counsellor (Level 300). Department of Home Economics Education, UEW.

March 2016 to 2018: **Assistant Lecturer**. Department of Home Economics Education, University of Education, Winneba

- Taught Applied Food and Nutrition
- Taught Confectionery Science
- Taught Family Meal Management
- Supervised on-campus teaching practice
- Set questions for quizzes and exams
- Mark quizzes and exams questions
- Supervised long essays
- Conducted research
- Supervised off-campus teaching practice (Internship)

Jan- 2015 – Feb 2016: **Chief Research Assistant**. University of Education, Winneba

- Assisted in research and teaching in the Department of Home Economics Education
- Conducted Research
- Assisted in teaching Applied Foods and Nutrition and Confectionery Science
- Assisted in teaching of other courses in the Department
- Assisted in the daily operation of the Food Production Unit
- Organized students practical lessons

2011 to 2018: **Part-time Tutor**. Centre for Distance Education: Institute for Distance Education and eLearning. University of Education, Winneba Campus.

**On-the-Job
training**

- Taught Foods and Nutrition,
- Entrepreneurship and Costing, and
- Home Economics Research Methods,
- Entrepreneurship and small business development and
- On-campus teaching practice.
- Set examination questions
- Go on conference marking of exam scripts
- Supervise students long essays
- Academic counselor

January 2008 – 2014: Home Economics Dept. UEW Winneba. Ghana

Senior Research Assistant

- Assisted in Research: conduct research; compile reports, including statistical data on researches conducted by Lecturers.
- Assisted in teaching Foods and Nutrition courses
- Assisted instructor to develop course outline and reading list
- Conducted tutorials
- Organised students for seminar presentations
- Moderated students seminars
- Organised student practical lessons
- Assisted in Organising on- campus teaching sections
- Assisted in daily operations of the Food Production Unit

Nov, 2006-Dec.2007: Home Economics Dept. UEW Winneba. Ghana

National Service Person

- Worked as the Library Assistant for the Home Economics Department
- Worked with the Food Production Unit of the Home Economics Department, it is a Catering Division that provides a range of hospitality services to conference delegates, students in halls of residence and University staff in various Schools/Departments and has a busy retail section.
- Performed administrative and Secretarial duties at the general office.
- Supervised and invigilated examinations
- Met with students upon request for tutorials.

January.-March 2006 **Practicing Teacher** Holy Child School Cape Coast. Ghana

- Taught Management In Living and
- Food and Nutrition

September – December, 2005 **Intern student** Elmina Beach Resort Cape Coast, Ghana

- Worked at the Kitchen, dining area and housekeeping as a
- Cook
- Bar Attendant
- Housekeeper

2003 – 2006 Windy Lodge Hotel, Winneba - Ghana

Duties:

- Cook,
- Waitress,

<p>Vacation Job/Work Placement</p>	<ul style="list-style-type: none"> • Housekeeper, • Receptionist and • Bar Attendant <p>October 2017 – Sept. 2018 Secretary, Production Units Committee, Department of Home Economics Education, University of Education, Winneba.</p> <p>August, 2017- Sept. 2018 Secretary, Grounds and Decorations Committee, UEW Credit Unit.</p> <p>March, 2017: Chairperson food Exhibition committee for the celebration of World Home Economics Day</p> <p>September, 2016 to 2018: Secretary, Education Committee, UEW Credit Union</p> <p>2016 to 2018: Outreach Committee Member, Dept of Home Economics Education, UEW</p> <p>2016 to 2018: Radio Committee Member, Dept of Home Economics Education, UEW</p> <p>2016 to 2018: Exhibition Committee Member, Dept of Home Economics Education, UEW</p> <p>2016 to 2018: Departmental Seminar and Research Committee Member, Dept of Home Economics Education, UEW</p> <p>2010 to 2018: Food Production Unit Committee Secretary, Dept of Home Economics Education, UEW</p> <p>2006-2007 Executive member of the Planning Committee for the National Service Week.</p>
<p>Committee Membership</p>	<p>13 Jun 2023 7:00 PM, BST International Academy of Nutrition Educators webinars on Brief interventions to prevent NCDs and their nutritional complications in primary care setting. Zoom webinar</p> <p>Thu, May 18, 2023 10:00 AM - 10:45 AM EDT Institute for the Advancement of Food and Nutrition Sciences Webinar: Diet-Microbiome Interactions In Older People: Effect On Inflammaging. Zoom Webinar</p> <p>Dec 1, 2022 07:00 PM : International Academy of Nutrition Educators' Webinar: Mexican system of food exchange, Zoom Webinar</p> <p>Jan 7, 2021 07:00 PM Eastern Time (US and Canada). "Eating Disorders Research in Asia: Introducing a Special Issue of The International Journal of Eating Disorders" Zoom platform</p> <p>2nd December 2020, 13:00GMT. The Nutrition Society Training Academy's Webinar on 'Obesity and the ageing brain: what are the risks' - Professor Louise Dye, University of Leeds. The Nutrition Society, UK</p> <p>1st August, 2016 Public Lecture on Open Distance and E-Learning in Tertiary Institution: Challenges and Benefits. Jophus Anamuah-Mensah Conference Hall, University of Education, Winneba. Ghana</p>
<p>Webinars Attended</p>	<p>14th July 2016, Educational Seminar on Current Trends in Teacher Education in Ghana. Jophus Anamuah-Mensah Conference Hall, University of Education, Winneba. Ghana</p> <p>27th and 28th September, 2017, Workshop for female senior members. Theme: Publishing in High Impact Journals. Gender Mainstreaming Directorate. Registrar's Conference Room, North Campus, UEW</p> <p>30th May 2017, Workshop on Research Skills organized by Gender Mainstreaming Directorate. Registrar's Conference Room, North Campus</p> <p>20th -21st July, 2016 Workshop on Assessment Issues and Item Construction Techniques. Dept of Home Economics Education, UEW. 29th July 2015 ICT Training Workshop for staff of UEW</p> <p>February – March, 2012 Capacity Building Training Workshop for Centre for Distance Education</p>

<p>Public Lectures</p>	<p>Tutors. IEDE, UEW, Winneba</p> <p>2010 “Promoting Lesser-Used Food Commodities and Endangered Ghanaian Dishes” Grant from the European Union under the Cultural Support Initiative Programme (CSIP).</p>
<p>Educational Seminars</p>	<ul style="list-style-type: none"> • 2015 Indian Technical And Economic Cooperation (ITEC) And Special Commonwealth Assistance For Africa Programme (SCAAP) fully funded by Ministry of External Affairs, Government of India
<p>Workshops attended</p>	<ul style="list-style-type: none"> • 2010 Awarded grant from the European Union under the Cultural Support and Initiative Programme (CSIP) in on the project: Endangered Ghanaian dishes • 1999 Best Form Two Home Economics students during 1999 Winneba Secondary School Speech and Prize Giving Day celebrations.
<p>Grant Project</p>	<ul style="list-style-type: none"> • Payin, E. E. Jacob, P. (2022). Efficacy of Internet-Based Dietary Behavior Change Interventions in Improving Healthy Eating Across the Life Course: A Systematic Review. Current Developments in Nutrition, Volume 6, Issue Supplement_1, June 2022, Page 596, https://doi.org/10.1093/cdn/nzac060.054 • Payin, E. E. Jacob, P. (2021) Efficacy of nutrition interventions in ameliorating malnutrition among children: a systematic review. Proceedings of the Nutrition Society / Volume 80 / Issue OCE2 / 2021. Published online by Cambridge University Press: 06 May 2021, E50. Print publication: 2021. DOI: https://doi.org/10.1017/S0029665121000628
<p>Awards</p>	<ul style="list-style-type: none"> • Madah, K.C.; Payin E.E.& Halidu, Ramatu (2016) Food Management Principles Adopted by Street Food Vendors in Effutu Municipality in the Central Region of Ghana. <i>Journal of Home Economics Research</i> Vol 23, No. 1, pp. 1- 11. http://www.heran.org/heranmain/index.php/journals/75-jher-volume-23-sept-2016 • Madah, K.C & E. E. Payin (2011), Nutrition knowledge, quality of diet and factors influencing food selection in University of Education, Winneba. <i>International Journal of Home Economics Research</i> .Vol.2 (February,2011) ISSN2026-5018,25-35
<p>Publications</p>	<ul style="list-style-type: none"> • Caurie, M, Adams, M. L., Barnes, C. A., Adigbo, E. C., Madah, K. C., & Payin, E. E. (2010) <u>Endangered Ghanaian Dishes and Cassava Products</u>. Yamens Press Ltd. Accra. ISBN 998860508-0 • Payin, E. E. & Madah, K. C. (2009). Knowledge of Food Safety: The Attitude and Practices of Catering Staff in the Winneba Municipality in Ghana. <i>Journal of Home Economics Research</i> Vol.1 (January, 2009) ISSN: 2026-5018, pgs 198-206. • Payin, E. E. & Madah, K. C. (2009). Safety Measures in the Hotel and Catering Industry in the Cape Coast Municipality of Ghana <i>Journal of Home Economics Research of Nigeria</i> Vol.10 & 11 (Special Edition) ISSN1118 – 0021, pgs, 65-74 • 14-16th June, 2022 Efficacy of internet-based dietary behavior change interventions in improving healthy eating across the life course: a systematic review. Eposter audio presentation. Nutrition live Online 2022 Conference. American Society of Nutrition. USA • March 29-30, 2021 Efficacy of nutrition interventions in ameliorating malnutrition among children: a systematic review. Video PowerPoint presentation. Nutrition Society Spring Conference. United Kingdom • 1st November 2017, Food Safety in Winneba Township, Central Region of Ghana. Faculty of Science, University of Education, Winneba-Ghana • 15th July, 2023. The 9th International Summit on Nutrition and Health, organised by the NNEdPro Global Institute for Food, Nutrition and Health and the International Academy of Nutrition Educators in partnership with BMJ Nutrition, Prevention & Health. The main theme this year is Sustainable Resourcing For All In Food & Nutrition Security: Creative solutions for healthy & resilient populations.

<p>Papers Presented</p>	<ul style="list-style-type: none"> • 19 - 30 June 2023 8th Annual Agriculture, Nutrition and Health (ANH) Academy Week #ANH2023, Hybrid (online and in-person, Lilongwe, Malawi) • 28-30 June 2022. 7th Annual Agriculture, Nutrition and Health Academy (ANH) Research Conference. ANH-Academy.org/ANH2022. Live Online. • 23rd June, 2022. The 8th International Summit on Nutrition and Health, organised by the NNEdPro Global Institute for Food, Nutrition and Health and the International Academy of Nutrition Educators in partnership with BMJ Nutrition, Prevention & Health. The main theme this year is Empowering Global Nutrition with Digital Technology.
<p>Conferences Attended</p>	<ul style="list-style-type: none"> • 20-23 June 2022 ANH Academy Learning Labs. Live Online • 14-16 June, 2022 Nutrition Live Online 2022. American Society for Nutrition • 9-11th November, 2021 Edutech Asia. Online Virtual Conference • 5-6th October, 2021 Edutech Africa. Online Virtual Conference • 29th June – 1st July 2021. Agriculture, Nutrition and Health Academy (ANH) Research Conference. ANH-Academy.org/ANH2021. Live Online. • 7-10th June, 2021 Nutrition 2021 live online. American Society for Nutrition • March 29-30, 2021 Online Nutrition Society Spring Conference. Theme: Gut Microbiome and Health. United Kingdom • Jan 18, 2021. Nutrition Society Conference. Theme: Interpretation of observational studies: the good, the bad and the sensational. hosted on the platform 'GoToWebinar'. United Kingdom. • 8 - 9 December 2020. Nutrition Society Conference. Winter Conference Live 2020; hosted on the platform 'GoToWebinar'. Theme: Micronutrient Malnutrition across the Life Course, Sarcopenia and Frailty. The Nutrition Society, UK • 2nd & 3rd UEW Gender Mini Conference IEDE Conference Room. 9th – 10th September ,2009 Paper presented Madah, K. C. & Payin, E. E. Nutrition Knowledge Influencing Food Selection in University of Education, Winneba Ghana. Winneba • 11th December 2015 International Conference on Information Technology. Theme: Value Claiming or Value Creating. New Delhi • 7th -8th December 2015 12th Global Small and Medium Enterprise Summit. Theme: Made in India Through SME Global Partnership. New Delhi. • 50th Anniversary and 40th Biennial Conference of Ghana Home Economics Association of Ghana (GHEA) 26th -30th August 2015 Theme: GHEA at 50, Helping Consumers Develop Healthy and Sustainable Choices. Accra • 5th Biennial Conference of Home Economics Association of Ghana 7th -10th July, 2015 Theme: Environmental Awareness and Sustainability for Quality Living. Winneba • 4th Biennial Conference of Home Economics Association of Ghana (HERAG) 2013. Winneba • 3rd Annual National Conference of Home Economics Association of Ghana (HERAG) 4th – 7th Feb. 2011. Winneba • 2nd Annual National Conference of Home Economics Association of Ghana (HERAG) 4th – 7th Feb. 2009. Winneba • 2nd & 3rd UEW Gender Mini Conference IEDE Conference Room. 9th – 10th September ,2009 • 1st Annual National Conference of Home Economics Association of Ghana (HERAG) 10th – 13th Jan. 2008 • 4th – 7th July, 2007. Home Economics Research Association of Ghana (HERAG) – Inaugural

<p>Community Work</p>	<p>Conference and Launching, Winneba</p> <ul style="list-style-type: none"> • 21st March, 2024, Panelist on importance of hydration discussion during World Home Economics Day celebration. JAM conference centre, UEW • 25th February, 2024 Assessor/Judge for food/craft exhibition. Relief Society- The church of Latter Day Saints, Winneba Junction • 20th April 2017 External Assessor for HYPERS Department's Nutrition and Health practical food preparation course. North Campus University of Education, Winneba. Ghana • 6th April 2017 Chief Judge for a Cooking Competition organized by the Department of Communication and Media Studies, UEW • 6th April, 2017, Talk on Nutritional value and importance of Eggs to our diet. Departmental Week Celebration, Department of Communication and Media Studies. UEW • 28th April 2016 External Assessor for HYPERS Department's Nutrition and Health Practical food preparation course. North Campus University of Education, Winneba. Ghana • 17th September, 2014. Resource Person, Talk on Personal Hygiene. One day workshop for the food vendors on all the three campuses of the University of Education, Winneba Campus • 17th September, 2014. Facilitator on cooking a safe dish. One day workshop for the food vendors on all the three campuses of the University of Education, Winneba Campus • 30th January, 2014: Resource Person for Twifo Praso Nursing and Midwifery Training School Kitchen Staff Workshop at Twifo Praso. Talk on: Ensuring Food Safety in the kitchen. • 23rd January, 2010 Resource Person, One day Seminar for Traditional Caterers and Bar Owners Association. Talk on book keeping and personal hygiene • 16th Feb. 2009 Principal Speaker for a debate "the traditions of the church drives the youth away" at Grace Presbyterian Church, Winneba • 4th-7th February, 2009 Recorder for the 2nd Annual National Conference of Home Economics Research Association of Ghana
<p>References</p>	<p>Prince Jacob Academic Advisor Atlantic International University Hawaii, United States of America +447450294267</p> <p>Ms. Kutum Comfort Madah Home Economics Department University of Education, Winneba P.O. Box 25 Winneba, Ghana +233244416679</p>