

PERSONAL INFORMATION

Silvia Mottini



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Sex Female | Date of birth 06/01/1992 | Nationality Italian

QUALIFICATION

NUTRITION BIOLOGIST

N. Iscrizione AA_081761

WORK EXPERIENCE

August 2019 - ongoing

Nutrition Biologist,
Studio Medico, Viale della Riviera,103, Pescara

February 2019 - February 2020

Food Admin Ikea Area Food.
Ikea Italia Retail S.r.l, store San Giovanni Teatino (CH), Italy.

ADMINISTRATION AND CONTROLLING FOOD AREA:

- HACCP
- STOCK CONTROL
- FOOD WASTE MANAGEMENT
- LABELLING CONFORMITY OF FOOD PRODUCTS

September 2017 – March 2018

Traineeship at the Institute of Biology and Biotechnology (IBBA).
National Research Council (CNR), Pisa, Italy.

CHEMICAL FOOD COMPOSITION

BIOCHEMICAL FOOD ANTIOXIDANT ASSAYS (ex. ORAC

- FOOD RESEARCH ACTIVITY (ANTIOXIDANT AND ANTIMUTAGENICITY IN CELLS)

Food Research: analysis and evaluation of antioxidant in food matrix using different assays; those tests allow to investigate the protective effect of food inside diet.

Beyond practical skills, this job allowed me to understand **team's work dynamics: COOPERATION**, to be a single part who complete a group for the realization of the same goal.

January 2015 – June 2015

Traineeship in Food Microbiology at the Department of Microbiology and Biotechnology, Faculty of Food Science, Corvinus University of Budapest, Hungary.

MICROBIOLOGICAL TEST

FOOD SECURITY

Food Security Research: microbiological evaluation of safety of food.

EDUCATION AND TRAINING

February 2019 - ongoing

II Level Master in Nutrition, Dietetics and Applied Nutraceutic,
University of Camerino, Italy.

November 2018

Qualification as a Nutrition Biologist.

March 2016 – March 2018

Master's Degree in Human Nutrition [Grade:110/110 Lode]
Department of Pharmacy, University of Pisa, Pisa, Italy.

EQF: 7

During specialization I formed myself as **Food & Nutrition Expert**, indeed I have skills and competencies in term of: (i) safety and suitability of food for human consumption; (ii) to overcome the state of excess malnutrition in the series or in groups of users; (iii) applicative current food legislation; (iv) new technologies applied to human health and nutrition for the promotion of human health.

SKILLS ACQUIRED:

- HUMAN ANATOMY & PHYSIOLOGY
- TOXICOLOGY
- NUTRACEUTIC & NUTRIGENOMIC
- FOOD CHEMISTRY
- DCA
- BIOCHEMISTRY & MOLECULAR BIOLOGY OF NUTRITION
- MEDICINE
- ALIMENTATION & HUMAN NUTRITION
- METABOLISM & SPORTS' NUTRITION
- GASTROENTEROLOGY
- ECONOMY OF FOOD SYSTEM
- STATISTIC

September 2012–October 2015

Bachelor's Degree in Food Technology

EQF: 6

Food Sciences Campus, Alma Mater Studiorum, University of Bologna, Campus of Cesena, Italy.

I acquired the necessary knowledges for the evaluation of the chemical, physical, nutritional and sensorial quality of food products, the management of production processes in the sign of modern procedural standards in terms of quality and safety, business economics and marketing; the skills to make a rational choice of the most suitable processes and phases of transformation for a modern food production and/or food supply.

SKILLS ACQUIRED:

- FOOD CHEMISTRY
- PHYSIC
- QUALITY OF INDUSTRIAL FOOD SYSTEM
- BIOCHEMISTRY
- FOOD PLANTS
- INSPECTION & HYGIENE OF FOOD PRODUCTS OF ANIMAL ORIGIN
- VEGETABLES' PRODUCTION
- HUMAN NUTRITION
- FOOD LAW
- FOOD TECHNOLOGY
- FOOD ANALYSIS

January 2015 – June 2015

Erasmus Plus

Faculty of Food Science, Corvinus University of Budapest, Hungary.

A Bachelor semester at the Faculty of Food Science following the courses in English. I've increased my knowledge in the field of Food Science, taking the exams of:

- Microbiological Safety of Food
- Wine Microbiology
- Dairy Technology
- Sensorial Analysis I-II

I took part in different sensorial experience and a project work about chemical and sensorial compounds of Green Coffee.

2011 – 2012

An Academic year of Bachelor in Psychology.

University G. D'Annunzio of Chieti and Pescara, Italy.

Social Sciences High School Diploma

PERSONAL SKILLS

Mother tongue Italian

Other language

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	
B2	B2	B2	B2	B2

ENGLISH

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user
[Common European Framework of Reference for Languages](#)

Communication skills

Excellent written and verbal communication skills gained during my career. Empathic listener and writing creative. Able to speaking in public and to groups. Good presentation and mediation skills. Culturally sensitive and internationally point of view. Proven adaptability to differing cultural environments. Ability to talk in a fluent English. Possess strong commitment to team environment dynamics with the ability to contribute expertise. Thrive in a team environment and work well with others.

Enjoy working as a team member as well as independently. People oriented; enjoy working directly with people. Good communicative, understanding and comprehensive skills with people. Good ability to adapt and mediate in many situations.

Organisational / managerial skills

Able to coordinate several tasks simultaneously. Able to handle challenges and to analyse situations. Decision making skills. Good organization and goal oriented.

Job-related skills

Good knowledge and passion related to different feautres around food. Ability to grasp new creative ideas and integrate them into desired results. Strong interpersonal skills and positive work ethic. Remains calm in stressful situations. Good ability to adapt to several working situations. High willpower to achieve and learn. Good problem-solving skills. Good ability to work under pressure and to respect the deadlines. Good ability to cooperate with the others to reach the goals. Excellent personal motivation.

PRACTICALS'SKILLS:

- LABORATORY SKILLS
- QUALITY CONTROL SKILLS
- HACCP
- IMPEDENZIOMETRY
- PLICOMETRY
- DIET PROCESSING SOFTWARES (MètaDieta/ Winfood)

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Independent user	Independent user	Independent user	Independent user	Independent user

Levels: Basic user - Independent user - Proficient user
[Digital competences - Self-assessment grid](#)

COMPUTER SKILLS

- Microsoft Office Products
- Adobe Photoshop
- Adobe Lightroom
- E-Mail Platforms

Other skills & interests

Photography (Nikon Reflex Camera)
Cuisine
Sport (Fitness and Street Running)
Wine Tasting

Driving licence

Own Car
B

ADDITIONAL INFORMATION

Conferences & Seminars

World Food research and innovation Forum:
Third conference: “New technologies and models for healthy diet”
25th September 2014, MacFrut, Cesena Fair, Italy.

Fourth Conference: “Global strategies for food safety”
28th October 2014, CibusTec, Parma Fair, Italy.

XXXVIII Congresso Nazionale 2017 della Società Italiana di Nutrizione Umana
▪ **SINU 2017, 20-22 November 2017, Torino, Italy**

XII Forum di Nutrizione Pratica
▪ **NutriMI 2018, 12-13 April 2018, Milano, Italy**

Certifications

Certificate of attendance: “Medical Nutrition: quando la nutrizione è anche cura”, XII Forum di Nutrizione Pratica NutriMI 2018, 12-13 April 2018, Milano, Italy.

Certificate of attendance: SINU 2017, XXXVIII Congresso Nazionale 2017 della Società Italiana di Nutrizione Umana, 20-22 November 2017, Torino, Italy.

Certificate of attendance: “Cibi funzionali e integratori nutraceutici”, Centro Interdipartimentale di Ricerca “Nutraceutica e Alimentazione per la Salute”, NutraFood Center- University of Pisa, 3 November 2017, Pisa, Italy.

Certificate of Training: “Food Sensory Analysis I-II”, Sensory Laboratory, Faculty of Food Science, Corvinus University of Budapest, 18 May 2015, Budapest, Hungary.

Certificate of Training: “English Stage” , Academy of English Studies Folkestone, 15- 21 February 2009, Folkestone, UK.

I hereby authorize the use of my personal data contained in my curriculum vitae according to art. 13 del D. Lgs. 196/2003 e all'art. 13 GDPR 679/16.