

Ceseana Marzouk

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EDUCATION:

BS, Clinical Nutrition, degree anticipated 6/2013, University of California at Davis
Diablo Valley College 1/2009- 5/2010
University of Pacific 8/2007- 12/2008

WORK EXPERIENCE:

Sodexo Dining Services, UC Davis, CA

10/2010-Present

Nutrition Facts Intern

- Meet with the dining commons baker weekly to obtain and evaluate new recipes
- Review resident dining recipes in Food Co. software system and export recipes to Food Processor nutrition database program to analyze nutritional information
- Create nutrition facts labels, ingredient listings, and allergen disclosures for food and bakery items served in the resident dining commons
- Complete an extensive nutrient analysis on each recipe to determine it's number of "happy healthy apples" (a logo indicative of nutrient density)
- Produce student ready menus with nutrition information from analyses to distribute to resident dining commons
- Conduct diet analyses of select students using Food Processor nutrition database program
- Train other interns to be competent in Food Co. and Food Processor computer programs

VOLUNTEER EXPERIENCE:

Alta Bates Summit Hospital, Oakland, CA

6/2011-8/2011

Dietary Volunteer

- Extensively revised cycle menu selections to meet hospital nutrition standards and needs of various diets under the aegis of the Clinical Nutrition Manager
- Analyzed tray line cook-chill procedures for hospital food service to determine which workers were busiest and needed extra assistance and which workers had free time
- Met with patients to discuss menu selections from various specialized and regular diets
- Learned and practiced HIPAA

Nutrition Services of Alameda County, Oakland, CA

5/2010-9/2010

Nutrition Education Volunteer

- Traveled to an Oakland Unified School District high school to assist a dietitian teach a nutrition education class
- Assisted dietitian with "Healthy Living" program at East Oakland Senior Center
- Crafted displays for "Soda Free Summer" campaign
- Created questionnaire and prepared numerous informational posters for "September's Fiber Workshop" to be displayed in their main office

Women Infants and Children of Alameda County, Oakland, CA

10/2009-9/2010

Breastfeeding Awareness Marketing Volunteer

- Assisted in creating a Powerpoint presentation on hunger cues and baby behaviors which was used to educate over 100 lactation consultants, WIC employees, clients, and physicians
- Researched current breastfeeding rates in the Bay Area, benefits of breastfeeding, and ingredients in various baby formulas
- Designed educational materials for WIC clients listing infant formula ingredients and breast milk ingredients to indicate the benefits of breastfeeding
- Created displays for the WIC office World Breastfeeding Awareness Week and Breastfeeding Awareness Month 2010
- Co-administered “Baby Friendly Hospital” survey during World Breastfeeding Awareness Week by interviewing clients about their birth experiences in different Alameda County hospitals

UC Berkeley Center for Weight and Health, Berkeley, CA

7/2010

“My Food Journal” Research Study Assistant

- Traveled to Bay Area YMCA and Boys & Girls Club to conduct 24-hour diet recalls with elementary school children
- Used standard toolkits to get the most accurate information possible regarding portion sizes and food intake reported by the children
- Extensively trained in “neutral probing”

LEADERSHIP:

Delta Delta Delta, UC Davis, Davis, CA

Sponsor Chair

1/2012-2/2013

- Planned and implemented a sponsor (Big/Little Sister) program in accordance with the needs of the new member program and schedule
- Presented a speech explaining the sponsor program to over 400 college women
- Served as chair of Sponsor Selection Committee and assigned 51 active sponsors to 51 new members based on shared interests and needs
- Incorporated and planned important events such as Big Sister Revealing and sponsor activities for 105 active members of sorority
- Monitored and evaluated sponsor/new member relations

Peer Leader for Reflections Body Image Program

10/2011-Present

- Facilitated group discussions regarding media and societal effects on body image and body image awareness to groups of 20 women
- Educated sorority sisters through structured group activities such as role playing and interactive dialogue to address eating disorders among members and peers
- Presented “Fat Talk Free Week” campaign video to class of 215 Clinical Nutrition peers in an effort to change the way we think about societal pressures and promote healthy ideals on campus