

Bayan Yousef Al Tarifi

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PROFESSIONAL SUMMARY

Highly motivated Assistant Professor and researcher specializing in Food Technology, Food Biotechnology, and Nutrition Science, with extensive academic, research, and teaching experience across Jordan, Malaysia, and Kuwait. Proven expertise in food bioactive compounds, anti-aging nutrition, molecular docking, and food safety systems. Active peer reviewer for several international journals, with a strong publication record in high- impact journals. Passionate about innovative teaching, interdisciplinary research, and academic excellence.

EDUCATION

DIPLOMA IN NEUTROGENOMIC. AMERICAN UNIVERSITY- EGYPT. 2025-2026

FOOD SAFETY AND ISO 22.000:2018 TRAINING DIPLOMA IBS ACADEMY – KUWAIT. 2024

MINI MBA-HEALTHCARE ORGANIZATION MANAGEMENT IBS ACADEMY – EGYPT. 2023

PH.D. IN FOOD TECHNOLOGY/ FOOD BIOTECHNOLOGY. 2017-2022

FACULTY OF FISHERIES AND FOOD SCIENCE UNIVERSITY MALAYSIA TERENGGANU- MALAYSIA

THESIS TITLE“THE EFFECT OF DIETARY ASTAXANTHIN RICH GREEN MICROALGAE “*HEMATOCOCCUS PLUVIALIS*” ON ANTI- AGING PROCESS”. WITH A GOOD STANDING COVERING A WIDE RANGE OF TOPICS INCLUDING: RESEARCH METHODOLOGY

PHD COURSES IN FOOD SCIENCE AND TECHNOLOGY. 2014-2017

AGRICULTURE FACULTY- UNIVERSITY OF JORDAN – JORDAN WITH A VERY GOOD GPA (3.47).

M.A IN FOOD SCIENCE AND TECHNOLOGY/FOOD SCIENCE. 2011-2013

AGRICULTURE FACULTY UNIVERSITY OF SCIENCE AND TECHNOLOGY- JORDAN

B.A NURSING SCIENCE. 2003-2007

PRINCE SALMA FACULTY AL AL-BAYT UNIVERSITY – JORDAN

GENERAL SECONDARY EXAMINATION CERTIFICATE. AMMAN, JORDAN

PROFESSIONAL EXPERIENCES

Philadelphia University - Jordan

Position : Assistant Professor

Duration : 10 / 2025 – Present

- Taught 5 undergraduate courses, mainly focused on nutrition science.
- Develop curriculum materials and contribute to academic program improvement.

Ministry of Health – Kuwait

Position: Health Educator

Duration: 2023 – Present

- Deliver nutrition and health education programs targeting diverse populations.
- Design educational materials related to chronic diseases and preventive nutrition.

International Journals

Position: Peer Reviewer

Duration: 2017 – Present

- Journal of Mycology and Mycological Science
- Journal of Experimental Agriculture
- Food Analytical Methods
- Journal of Agriculture Science and Food Technology

University Malaysia Terengganu – Nutrition & Food Science Laboratories

Position: Research Assistant

Duration: 2018 - 2021

- Conducted experimental research in food biotechnology and nutrition analysis.
- Assisted in laboratory experiments, data analysis, and manuscript preparation.

OTHER EXPERIENCES

- Research Assistant – Food Science & Animal Laboratories | 2017-2020
- Research Assistant at University of Science and Technology, Jordan | 2012 – 2013
- Lecturer at Hetien College | 2009 – 2011

PUBLICATIONS

- AL-Tarifi, B. Y., Mahmood, A., Assaw, S., Sheikh, H. I., AL-Bashabsheh, Z. (2025). Effect of astaxanthin in rich cookies on anti-ageing process associated with expression of the FOXO3 gene *in vivo*. Annals of agricultural sciences. [Accepted].
- AL-Tarifi, B. Y., Mahmood, A., Assaw, S., & Sheikh, H. I. (2022). Fighting ageing with dietary astaxanthin from *Hematococcus pluvialis*. [Conference journal]
- AL-Tarifi, B. Y., Mahmood, A., Assaw, S., & Sheikh, H. I. (2021). In vitro study on anti-inflammatory and anti-proliferative mechanism of astaxanthin using computational molecular docking approaches. Journal of Sustainability Science and Management.
- AL-Tarifi, B. Y., Mahmood, A., Assaw, S., & Sheikh, H. I. (2020). Application of Astaxanthin and its Lipid Stability in Bakery Product. Current Research in Nutrition and Food Science Journal, 8(3), 962-974. <http://dx.doi.org/10.12944/CRNFSJ.8.3.24> 356
- AL-Tarifi, B. Y., Mahmood, A., Assaw, S., & Sheikh, H. I. Comparison of Different Organic Solvents on Antioxidant Activity of Astaxanthin Extracted from *Hematococcus pluvialis* Using Colorimetric and Noncolorimetric Methods. <http://dx.doi.org/10.13005/ojc/360316>
- Rababah, T. M., Alhamad, M., Al-Mahasneh, M., Ereifej, K., Andrade, J., Altarifi, B., ... & Yang, W. (2015). Effects of drying process on total phenolics, antioxidant activity and flavonoid contents of common mediterranean herbs. International Journal of Agricultural and Biological Engineering, 8(2), 145-150. <https://www.ijabe.org/index.php/ijabe/article/viewFile/1496/pdf>
- **PROCEEDINGS**
B.Y. AL-Tarifi, S. Assaw* and H. I. Sheikh. Effects of Astaxanthin (ASTA) on Aging-related Biomarkers in Rats Consuming ASTA-Enriched Cookies. 17th Asean Food Conference 2023.
B. Y. AL- Tarifi, A. Mahmood, S. Assaw* and H. I. Sheikh. Astaxanthin: current studies of anti-inflammatory and anti-proliferative mechanisms in raw 264.7 and mcf-7 cells. Proceedings of the 13th seminar on Science and Technology 2020. October 6-7, 2020 pp 4750. e- ISSN 2735 - 2226 .
Bayan Yousef Ata Altarifi: Fighting Aging with Dietary Astaxanthin from *Hematococcus pluvialis*. 12th MIFT NATIONAL FOOD SCIENCE AND TECHNOLOGY COMPETITION 2021. August 4th- 5th , 2021 pp 51.

CONFERENCES

- 17th ASEAN Food Conference (2023) – Effects of astaxanthin-enriched cookies on aging biomarkers.
- Seminar on Science and Technology (2020) – Anti-inflammatory and anti-proliferative mechanisms of astaxanthin.
- 12th MIFT National Food Science & Technology Competition (2021) – Fighting aging with dietary astaxanthin.

TRAINING & CERTIFICATIONS

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- Food Safety & ISO 22000:2018 Diploma – IBS Academy, Kuwait
- Mini MBA – Healthcare Organization Management – IBS Academy, Egypt
- Pediatric Diabetic Nutrition Course – Dasman Institute, Kuwait (2025)
- Microbiology Workshop
- Scientific Writing & Scholarly Publishing Workshops

TECHNICAL & COMPUTER SKILLS

- Microsoft Office Suite
- SPSS 20
- Design Expert
- TopSpin 3.6.2 (NMR)
- Molecular Docking Software
- REST Software (Gene Expression Analysis)
- ChemSketch & ChemDraw
- Prism 5, 8, 9

TEACHING & PROFESSIONAL SKILLS

- Effective use of modern teaching strategies and student-centered learning
- Course planning, assessment design and academic supervision
- Organizing lectures, seminars, workshops, and conferences
- Strong analytical, critical thinking, and problem-solving skills
- Excellent communication and interpersonal abilities
- Ability to work independently and within multidisciplinary teams
- Strong time management and organizational skills
- High cultural awareness and adaptability

LANGUAGES

- Arabic: Native
- English: Advanced (Written & Oral)
- Spanish: Basic

REFERENCES

Malik Hadadin
Instructor at the University of Jordan
hadadinmalik@hotmail.com

Azizah Mahmoud
Instructor at University Malaysia Terengganu Email:
azizah.m@umt.edu.my

Suvik Assaw
Instructor at University Malaysia Terengganu Email:
suvikumt@gmail.com

Hassan ibrahim sheikh mohamed
Email: sheikh@umt.edu.my