

## **Ala'a Abdul-Muttalib Al-Bakheit**

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### **PERSONAL DETAILS**

**Nationality:** Jordanian

### **EDUCATION**

- **2010 – 2014** PhD in Nutrition, University of East Anglia, Norwich, UK.

Research project:

Biological activity of palmitoylcarnitine in prostate cancer

- **2005 – 2007** MSc. in Nutrition & Food Science, University of Jordan, Amman, Jordan, rating: Excellent.
- **2001 – 2005** BSc. in Nutrition & Food Science, University of Jordan, Amman, Jordan, rating: very good.

### **WORK EXPERIENCE**

- **Sep 2019 – Present** Associate Professor, Department of Nutrition and Food Processing, Al-Balqa Applied University, Al-Salt, Jordan.  
  
Teaching: Human Nutrition, Clinical Nutrition, Diet Therapy (theory and practical), Food Preparation and Meal Management, Principles of Nutritional Science, Nutritional Assessment.
- **April 2019** Participate in a week's teaching staff mobility within **ERASMUS+ K107 Program** at the Campus of Lugo at the Universidade de Santiago de Compostela, Spain. 22<sup>th</sup> – 26<sup>th</sup>.
- **Oct 2016 – Sep 2019** The dean assistant for planning, development

and quality assurance, Faculty of Agricultural Technology, Al-Balqa Applied University, Al-Salt, Jordan.

- **Jan 2015 – Aug 2019** Assistant Professor, Department of Nutrition and Food Processing, Al-Balqa Applied University, Al-Salt, Jordan.  
  
Teaching: Human Nutrition, Clinical Nutrition, Diet Therapy (theory and practical), Food Preparation and Meal Management, Principles of Nutritional Science.
- **Sep 2014 – Jan 2015** Full-Time Lecturer, Department of Nutrition and Food Processing, Al-Balqa Applied University, Al-Salt, Jordan.  
  
Teaching: Human Nutrition, Diet Therapy, Food Preparation and Meal Management, Graduation Project.
- **2008 – 2010** Full-Time Lecturer, Department of Nutrition and Food Processing, Faculty of Agriculture Technology, Al-Balqa Applied University.  
  
Teaching: Practical Diet Therapy, Practical Food Analysis, Practical Food Chemistry, Practical Microbiology, Practical Fruit & vegetable Processing, Practical Biochemistry, Seminar.
- **2007 – 2008** Registered Dietitian at the Nutritional clinic/ Sara Centre, Jordan.

### **PRACTICAL TRAINING**

- **Apr & May 2005** Hussain Medical City, Amman, Jordan.  
  
Developing nutritional diets and feeding formula for several diseases, consulting the patients, training on the procedure of monitoring the patients' food on the production line and identifying the health and safety procedure related to food, handlers, and working places.
- **Mar 2005** The General Jordanian Company for Stocking, Sahhab, Jordan.

Performing several standard tests for cereals, especially wheat.

- **Feb 2005** Yoghurts Factory, University of Jordan, Jordan.

Producing cheese, labneh, and milk pasteurization, as well as training on the Jordanian standard tests for milk.

## **RESEARCH TRAINING**

- **Complete the following training modules at the Institute of Food Research (currently Quadram Institutes), UK:**

- 1) Good Clinical Practice (GCP) awareness and IFR Human Research Governance Committee (HRGC), 4th Nov. 2010.
- 2) Ethical issues associated with human research, 4th Nov. 2010.
- 3) Dealing with the public/volunteers/ patients, 4th Nov. 2010.
- 4) Handling human samples, 22nd Nov. 2010.

- **Complete the following courses:**

- 1) Basic food safety course (Level 2 Award in Food Safety in Catering), 7<sup>th</sup> Feb 2011.
- 2) Foundation Course in Clinical Research (CertCRGCP, Basic course Part 1)/ Holiday Inn, Egerton Road, Guildford, Surrey, UK, 10-11 May 2011.
- 3) Introductory medical statistical course / National Heart and Lung Institute, Imperial College, Dovehouse Street, London, UK, 6-7<sup>th</sup> Oct. 2011.

## **RESEARCH EXPERIENCE**

- Developing an assay to measure calcium influx using fluorescence technique in cell culture.
- Designing and performing experimental work investigating:
  - The effect of some phytochemicals (sulforaphane) on the inflammatory responses of different cell lines using cell culture techniques.
  - The effect of acylcarnitines (metabolite of fat oxidation) on calcium influx in prostate cancerous and non-cancerous cell lines and the mechanism behind their action using cell culture techniques, immunohistochemistry and fluorescence.
- Quantifying the levels of acylcarnitines in prostate tissues obtained from the human tissue bank (reference: 2012/2013 – 10HT, Sub-Committee of the

Faculty Research Ethics Committee, Research and Enterprise Services, UEA, Norwich, UK) using LC-MS/MS technique.

- Design and perform a human intervention study, entitled “A Human intervention trial studying the bioavailability and anti-inflammatory effect of a drink containing isothiocyanates, the BAITCs” that include blood and plasma collection from volunteers. Ethic reference: 11/EE/0205, NRES Committee East of England – Essex, East of England Rec Office, Cambridge, UK).

### **SYMPOSIUM AND CONFERENCES:**

- 1) Food poisoning, Jordanian Dietitian Association, Amman, Jordan, 2019.
- 2) Health benefits of functional foods: a clinical perspective\_ Cruciferous vegetables and prostate cancer, Smart food–Functional food, Movenpick hotel, Amman, Jordan, 2019.
- 3) Diet therapy during Amoeba infection, The 2nd Scientific day of the Jordanian Dietitian Association, Prestol Hotel, Amman, Jordan. 2018.
- 4) Functional food, Smart food conference, Amman, Jordan. 2018
- 5) Functional Food, Agricultural Engineers Association, Amman, Jordan. 2018
- 6) Functional food, Al-Huson Scientific day, Al-Balqa Applied University/Al-Huson Irbid, Jordan. 2018
- 7) 1<sup>st</sup> Jordanian International Conference of Nutrition, Cruciferous vegetables: an interleukin-6 mediator, Grand Hyatt Hotel, Amman, Jordan, 2017.
- 8) The 6<sup>th</sup> International Jordanian Congress of Allergy & Immunology. 27-29/7/2017. Holiday Inn, Amman, Jordan.
- 9) 2<sup>nd</sup> International symposium of the phytochemical society of Europe on “Natural Products in Cancer Prevention and Therapy”, Naples, Italy, 2013.
- 10) Plants, Food & Health Cluster Meeting, Institute of Food Research, Norwich Research Park, Colney, Norwich, UK, 2012.
- 11) The role of cytokines and signalling in inflammation, St. John’s College, Cambridge, UK, 2012.
- 12) BBSRC institute conference, John Innes Centre, Norwich, UK, 2011.
- 13) Inflammation & Immunology Symposium, University of East Anglia, Norwich, UK, 2011.
- 14) Workshop closure of the projects “project of the study of quality & quantity of antioxidants in vegetable oils for human consumption in the local market and the project of production healthy food and the project of production of natural

colorants using tissue culture”, The Higher Council for Science and Technology, Jordan, 2010.

- 15) The Jordanian Conference on Nutrition, Nutrition in Jordan: Facts, Prospectives and Challenges, Petra University, Jordan, 2010.
- 16) Seminar for project to improve the quality of Jordanian olive oil and increase its productivity, “olive oil a friend for your health”, 2009.
- 17) The Second Scientific Day for the Nutrition Department. Special diets: between reality and ambition, Faculty of Pharmacy and Medicinal Sciences, Petra University, Jordan, 2009.
- 18) The Fourth International Conference on Intellectual Property Rights in Agriculture, Amman, Jordan, 2009.

### **WORKSHOPS PERFORMED**

- 1) Workshop on diet planning, Al-Balqa Applied University, Al-Salt, 2018.
- 2) Workshop on nutrition during fasting, Central Bank of Jordan, Amman, Jordan, 2018.
- 3) Workshop on nutrition during fasting, Central Bank of Jordan, Amman, Jordan. 2018
- 4) Workshop on nutritional diet therapy for patients with type 2 diabetes mellitus, Perfect Food Center for Nutritional Consultation, Amman, Jordan. 2017.
- 5) Training workshop on “Diet therapy and nutritional assessment and the use modern techniques in analyzing body composition”, Jordanian Agricultural Engineers Association, Al-Mafraq, Jordan, 2017
- 6) The use of modern tools in assessing nutritional status for the students of the department of Nutrition and Food Processing, Balqa Applied University, Salt, Jordan.
- 7) Seminar on Adolescents nutrition, Islamic Educational College, Amman, Jordan. 2017

### **RESEARCH INTERESTS**

- Inflammatory responses in human cancer cells
- Effect of nutrient components on human health
- Healthy dietary practices
- Mechanism of nutrient effects

## **CURRENT RESEARCH PROJECTS**

- Effect of flaxseed bioactive compounds on inflammatory responses in prostate cancer cells. (PI)  
*Project funded by the Dean of the Scientific Research, Al-Balqa Applied University, 43000 JD*
- Dietary habits of dairy consumption and their effects on anthropometric measurements.

## **RESEARCH AWARDS**

- First prize for oral presentation in the 2<sup>nd</sup> International Symposium of the Pytochemical Society of Europe on “Natural Products in Cancer Prevention and Therapy”, Naples, Italy, 25-28 June, 2013:  
**Al-Bakheit A.**, Melchini A., Traka M.H., Mithen R. (2013). Cruciferous vegetables and acylcarnitines: modulation of inflammatory mediators in prostate cancer. Naples, Italy.
- Top five PhD students (2013) in the Institute of Food Research STUDENT SCIENCE SHOWCASE, University of East Anglia, Norwich, UK.
- PhD Full Scholarship Holder (2010-2014), Al-Balqa Applied University, Al-Salt, Jordan.

## **PUBLISHED PAPERS**

- MoezAllIslam E. Faris, **Ala'a Al-Bakheit**, Hayder Hasan, Leila Cheikh Ismail, Haitham Jahrami, Dina Rajab, Afra Afra Almashgouni, Alanood Alshehhi, Asma Aljabry, Mariam Aljarwan, Moza Alnaqbi, Reyad Shaker. (2021). Assessment of nutritional quality of snacks and beverages sold in university vending machines: A qualitative assessment. *British Food Journal*. Vol. ahead-of-print No. ahead-of-print. <https://doi.org/10.1108/BFJ-07-2020-0601>. ISSN: 0007-070X.
- Taleb Abu-Zahra, **Ala'a Al-Bakheit**, Mohamad Shatnawi. (2021). Investigating the Possible Added Value of Hydroponically Produced Lettuce over Soil Produce. *American-Eurasian J. Agric. & Environ. Sci.*, 21 (1): 53-59. DOI: 10.5829/idosi.aejaes.2021.53.59.
- **Ala'a Al-Bakheit** and Luay Abu-Qatouseh. (2020). Sulforaphane from broccoli attenuates inflammatory hepcidin by reducing IL-6 secretion in human HepG2 cells. *Journal of Functional Foods*. 75(104210): 1 – 7.
- Reema F. Tayyem, **Ala'a Al-Bakheit**, Shatha S. Hammad, Abdel-Ellah Al-Shudifat, Mohammed Azab, and Hiba Bawadi. (2020). Fruit and vegetable consumption and cardiovascular diseases among Jordanians: a case-control study. *Cent Eur J Public Health*. 28(3): 87 – 97.

- **Ala'a Abdul-Muttalib Al-Bakheit** and Taleb Rateb Abu-Zahra. (2019). Determination of Total Polyphenolic Compounds in Organically and Conventionally Produced Fruits of *Cucurbitaceae* Family. *Academic Journal of Nutrition*. 8(3): 29-33.
- **Ala'a Al-Bakheit**. (2019). Food Fadism among a sample from Al-Balqa Applied University. *Journal of Nutrition, Fasting and Health*. 7(2): 76-83. DOI:10.22038/jnfh.2019.39141.1182
- Saddam S. Awaisheh, Razan J. Rahahleh, Rania M. Algroom, **Ala'a A. Al-Bakheit**, Ja'far M. Al-Khaza'leh, and Basim A. Al-Dababseh. Contamination level and exposure assessment to Aflatoxin M1 in Jordanian infant milk formulas. (2019). *Italian Journal of Food Safety*. 8(3): 8263. DOI: 10.4081/ijfs.2019.8263
- Safaa Al-Zeidaneen, Hadil Subih, **Ala'a Al-Bakheit**, Nahla Al-Bayyari, Seham Abu Jadayil. (2019). Habitual Use of Medicinal Plants among a Group of Jordanian Elderly According to Physical Activity and Gender. *Journal of Pharmacy and Nutrition Sciences*. 9: 25 – 31.
- Saddam S. Awaisheh, Anas A. Al-nabulsi, Hosam J. Al-Tamimi, Razan J. Rahahleh, **Ala'a A. Al-Bakheit**, Maisa MA. Al-Qudah. Isoflavones and phytosterols enriched milk mitigates body weight gain and hypercholesterolemia, and modulate steroids and thyroids hormones in Sprague-Dawley rats. *International conference on food, nutrition and dietetics, gastronomy research*, 28 – 30<sup>th</sup> November 2018, Alanya, Turkey.
- **Ala'a Al-Bakheit**, Saeid Abu-Romman, Ahmad Sharab, Mohammad Al Shhab. (2019). Interleukin-6 Secretion in Response to Onopordum jordanicum Plant Extracts in Prostate Cancer Cells. *Jordan Journal of Pharmaceutical Sciences*. 12(1): 1 – 9.
- **Ala'a Al-Bakheit**, Saeid Abu-Romman, Ahmad Sharab, Mohammad Al Shhab. (2017). Anti-inflammatory effect of *Varthemia iphionoides* extracts against prostate cancer in vitro. *European Journal of Inflammation*. 15(1):8-14. doi: 10.1177/1721727X17702151.
- **Al-Bakheit, A.**, Traka, M., Saha, S., Mithen, R. and Melchini, A. (2016), Accumulation of palmitoylcarnitine and its effect on pro-inflammatory pathways and calcium influx in prostate cancer. *Prostate*. 76 (14):1326–1337 doi: 10.1002/pros.23222
- Folkard D., Melchini A., Traka M.H., **Al-Bakheit A.**, Saha S., Armah C., Doleman J., Mithen R. (2014). Suppression of LPS-induced transcription and cytokine secretion by the dietary isothiocyanate sulforaphane. *Mol Nutr Food Res.*, 58 (12): 2286 – 2296.
- Dababneh B.F., El-Qudah J.M. and **Al-Bakheit A.A.** (2011). Nutritional status and obesity among adults of Amman and Al-Balq'a governorates. *Am. J. Agric. Biol. Sci.*, 6(3): 339-347.

- Rawashdeh, A.Y., El-Qudah, J.M., Al-Dmoor, H., Al-Qudah, M.M., Mamkagh, A.M., Tarawneh, K.A., Hawari, A.D., Dababneh, B.F., **Al-Bakheit, A.A.**, Haddad, M.A. (2009). Iron Bioavailability Of Rats Fed Liver, Lentil, Spinach And Their Mixtures, Pakistan Journal of Biological Sciences, 12(4): 367- 372, Asian Network for Scientific Information.
- El-Qudah J.M., Dababneh B.F., **Al-Bakheit A.A.**, Al-Qudah M.M., Al-Rawashdeh A., Khataibeh M., Abu-Alruz K., Ereifej K.I. (2008). Nutrient Content per Serving of Twelve Varieties of Cooked Rice Marketed in Jordan, American Journal of Agricultural and Biological Sciences, 3 (3): 617-622, Science Publications.

## **POSTER PRESENTATION**

- **Al-Bakheit A.**, Melchini A., Traka M.H., Mithen R. (2013). Cruciferous vegetables and acylcarnitines: modulation of inflammatory mediators in prostate cancer. In the 2<sup>nd</sup> INTERNATIONAL SYMPOSIUM OF THE PHYTOCHEMICAL SOCIETY OF EUROPE on “Natural Products in Cancer Prevention and Therapy”, Naples, Italy.
- **Al-Bakheit A.**, Melchini A., Traka M.H., Mithen R. (2013). Acylcarnitines in prostate cancer: a pro-inflammatory mediator. In: IFR STUDENT SCIENCE SHOWCASE, Norwich (UK).
- **Al-Bakheit A.**, Melchini A., Traka M.H., Mithen R. (2012). The influx of calcium in prostate cells in response to acylcarnitines. In: IFR STUDENT SCIENCE SHOWCASE, Norwich (UK).
- **Al-Bakheit A.**, Melchini A., Armah C., Doleman J., Mithen R. (2011). The effect of consuming an isothiocyanates-containing drink on inflammatory biomarkers. In: IFR STUDENT SCIENCE SHOWCASE, Norwich (UK).
- **Al-Bakheit, A.A.** and El-Qudah, J.M. (2009). Eating habits among a sample of adult Jordanians. Accepted for presentation at ICDAM7, in Washington, DC, USA.

## **PROJECTS SUPERVISION**

1. BSc. Students, Project title: Organic extraction of Pistacia, extraction of polyphenols and Antibiotic effect, 2019.
2. BSc. Students, Project title: Determination of vitamin D intake among Jordan adult diet, 2018.
3. BSc. Students, Project title: Evaluation of daily intake for nutrition and fitness centers, 2018.
4. BSc. Students, Project title: Cancer cases associated with carcinogen agents in food in Jordan, 2017.

5. BSc. Students, Project title: levels of polyphenols in cucurbitaceae family and the levels of their consumption in a sample from Al-Balqa Applied University, 2017.
6. BSc. Students, Project title: levels of vitamin C in cucurbitaceae family and the levels of their consumption in a sample from Al-Balqa Applied University, 2017.
7. BSc. Students, Project title: correlations between food carcinogens and cancer cases in Jordan, 2016
8. BSc. Students, Project title: Nutritional status of a sample of Jordanian pregnant women compared to the international recommendations, 2016
9. BSc. Students, Project title: Food Faddism in a sample of Al-Balqa' Applied University, 2015.

### **EXTERNAL EXAMINER FOR THESIS DEFENSES**

1. **Hadeel AL-Nawaiseh**, Postgraduate Student (MSc), 29/5/2021. A Study of The Nutritional Status of Pregnant Women During the Last Stage of Pregnancy and Its Relationship to The Weight of Births in Al-Karak Governorate. Mu'tah University.
2. **Ahlam Rawashdeh**, Postgraduate Student (MSc), 22/12/2019. Obesity and related factors among Mu'tah university staff. Mu'tah University.
3. **Esraa Al Shwaiyat**, Postgraduate Student (MSc), 30/4/2019. The impact of nutritional and psychological care on cancer patients treatment and the reduction of treatment side effects. Jordan University of Science and Technology.
4. **Mohammad Al-Manaseer**. Postgraduate Student (MSc), 17/12/2018. Evaluation of food insecurity status, iron deficiency anemia and the level of energy and macro-and micronutrients intake among adolescent girls and their associations with girls' academic achievement in Ma'an, Jordan. University of Jordan.
5. **Nisreen Odeh**. Postgraduate Student (MSc), 22/2/2018. Evaluation of food insecurity status, iron deficiency anemia and the level of energy and macro-and micronutrients intake among adolescent girls and their associations with girls' academic achievement in Ma'an, Jordan. University of Jordan.

### **PROFESSIONAL MEMBERSHIP**

- **2021 – Present**                      Nutrition licensing Committee/ Ministry of Health – Jordan
- **2017 – Present**                      Committee member for food labelling and Shelf-life/Jordan Standard and Metrology Organization

- **2016 - Present**                      Jordanian Dietitians Association.
- **2005 – Present**                      Agricultural Engineers Association, Amman, Jordan  
Registration number: 402026.
- **2009 – 2010**                          Association of licensing practicing nutrition / Ministry  
of Health, Amman, Jordan.

## **SKILLS**

- **Scientific writing**
- **Team work skills**
- **TOFEL** (internet-based test), Modern Language Centre, Jordan, 2009.
- **Conservation English Course**, Agricultural Engineers Association, Jordan.
- **Computer Skills:** Excellent Knowledge of Word, Excel, PowerPoint and Internet.
- **First Aid Certificate**, Civilian Advocateship, Jordan.

## **REFERENCES**

To be furnished upon request.