

## **CURRICULUM VITAE**

### **PERSONAL BACKGROUND**

**Name** : Zuwariah Ishak

**Designation** : Senior Research Officer

**Nationality** : Malaysian

#### **Education :**

- ❖ Bachelor of Food and Technology, Universiti Sains Malaysia, (2002)
- ❖ Master of Science (Food Technology), Universiti Sains Malaysia, (2006)

#### **Career Experience:**

1. September 2005 – present Research Officer, Food Science and Technology Research Centre, MARDI, Serdang, Selangor
2. R & D Executive (April 2005-September 2005) at Ayamas Food Corporation Sdn Bhd, Port Klang, Selangor.

#### **Job scope and Major Research Programmes /Projects Completed**

Job scope involved of research in food processing and product development and also technology transfer to entrepreneur and other fields related to the industry. Provide services and expertises to help enhance the competitiveness of the local food industries through the transfer of technologies and information to entrepreneurs and government agencies. Besides performing the research & development (R&D) projects on rice based functional food ingredient. Also involved in Food Standard Commodity, Ministry of Health, scientific writing and publication, administrative work, top command and other tasks.

#### **Research project :**

1. Evaluation of Nutritional and Biofunctional Components of Germinated Brown Rice and their Potential as a Food Ingredient in Functional Food-Project Leader (2010-2012) Science Fund
2. Gamma Amino Butyric Acid (GABA) from brown rice-Project Leader (2013-2015)
3. Ferulic acid and dietary fibre for pregelatinised brown rice flour-Collaborator (2014-2015)
4. Pakej lepastuai, penilaian kualiti & nilai permakanan beras aerob-Collaborator (2013-2014)
5. Membangunkan teknologi komposit pracampuran kaya protein daripada biji buah-buahan dicambah -(2016-2017)
6. Pembangunan Teknologi Produk Berfungsi Dari Bahan Buangan Buah-Buahan – Bar Komposit Tinggi Fiber. Ketua Projek Aktiviti (2018-2019)
7. Produk bubur segera kaya vitamin dan mineral berciri anti tekanan oksidatif untuk geatrik. Ketua Projek Aktiviti (2018-2019)
8. Pembangunan Dan Peningkatan Skala Padi Hibrid Dan Inbred Untuk Meningkatkan SSL -Kolaborator (2019-2020)

9. Penilaian Ekonomi dan Penerimaan Pengguna terhadap Produk Bio-Ingredien/Berfungsi - Kolaborator - (2019)

## Publications

1. Zuwariah, I., Syahida, M., Hadijah, H. and Rodhiah, R.(2019). Effect of extrusion and steam pressure on fiber and nutritional properties of pineapple peels. In Proceeding International Food Research Conference, The Everly Hotel, Putrajaya, Malaysia. pp:35-38.
2. Zuwariah, I., Khairunizah Hazila, K., Rosniyana, A. dan Aida Hamimi, I.(2019). Teknologi produk hasil beras. Konvensyen Padi Kebangsaan 2019, pp. 72-76.
3. Zuwariah, I, Saiful Bahri, S., Syahida, M.,Rodhiah, R. dan Mohd Fakhri, H. (2020). Serbuk nanas pengeringan drum. Buletin Teknologi Makanan, (18), pp: xx Mei 2020.
4. Zuwariah, I. dan Rodhiah, R.(2019). Vitamin booster veggie porridge. Agromedia Special Issue, 50, p.80.
5. Zuwariah, I., Hasri, H. and Rodhiah, R.(2019). Antihypertensive effects from germinated rice composite flour. Scientia vol.13, p.4
6. Zuwariah, I., Noor Fadilah, M.B., Hadijah, H. and Rodhiah, R.(2018). Comparison of amino acid and chemical composition of jackfruit seed flour treatment. Food Research 2 (6) (2018) 539 - 545. Best poster Award Cafei 2018.
7. Khairunizah hazila, K., Zuwariah, I., Mohammad Shafeq, A.B., Hadijah, H., Aida Hamimi, I. (2018). Characteristics of germinated jackfruit seed flour. In Sairi, M. (Ed.), Proceedings of National Conference on Agricultural and Food Mechanization 2018 (NCAFM 2018) -ISBN 978-967-936-661-7: Modelling the future agriculture (pp. 273-275). Kuching, Sarawak, Malaysia: Pullman.
8. Zuwariah, I., Hadijah, H. and Rodhiah, R.(2018). Evaluation of proximate and amino acid composition of high protein biscuit from jackfruit seed flour. 4<sup>th</sup> International Conference on Agricultural and Food Engineering (CAFEi2018), Serdang Selangor.
9. Zuwariah, I., Hadijah, H., Khairunizah Hazila, K. dan Rodhiah, R. (2017). Protein Tumbuhan dan Protein Haiwan: Biji Nangka sebagai sumber protein baru. AGROMEDIA – Edisi Khas Buah Premium, pg 44-45.
10. I. Zuwariah<sup>1</sup>, A. Mohd Nur Nasyiq<sup>3</sup>, H. Mohamed Shafit<sup>2</sup>, H. Hasri<sup>1</sup> and M.Z. Siti Adira<sup>1</sup>. Production of germinated brown rice (GBR) and its application in yogurt. JTAFS Vol. 45 No. 2 (2017).
11. Zuwariah, I., Hasri, H. Dan Siti Adira, M.Z. (2014). Kesan Percambahan dan Rawatan Haba terhadap Gamma Amino Butyric Acid (GABA) dan Asid Amino dalam Beras Perang Cambah Varieti MR 219. Jurnal Teknologi (Sciences & Engineering) 70:6 (2014), 99–102. (indexed by Scopus)
12. Zuwariah, I., Hasri, H., Siti Adira, M.Z and Faewati A.K. (2015). Development of GABA (Gamma Amino Butyric Acid) Rice Based Snack Food by Extrusion Cooking. National Plantation Industry Conference & Exhibition (NAPICEX 2015), 28-30 September 2015, Kota Kinabalu Sabah. Poster presentation.

13. Zuwariah, I., Rosniyana, A., Nicholas, D., Hasri, H. dan Siti Adira, M.Z. (2015). Beras Perang Cambah Daripada Varieti Sarawak Sebagai Sumber *Gamma Amino Butyric Acid* Dan Asid Amino. Persidangan Kebangsaan Pemindahan Teknologi 2015, 7-9 April 2015, Kuching Sarawak.
14. Zuwariah, I., Mohamed Shafit, H., Syahida, M., Dayana, N., Nur Ilida, M., Noor Hayazan M.D. and Hasri, H. (2013). Evaluation of Chemical and Quality Characteristic of MR 219 GABA Yogurts during Storage. 13th ASEAN Food Conference, 9-11 September 2013, Singapore. Poster presentation.
15. Zuwariah, I., Hasri, H. dan Siti Adira, M.Z. (2013). Kandungan Gamma Amino Butyric Acid (Gaba) Dan Asid Amino Perlu Dalam Beras Perang Cambah Varieti MR 219. Persidangan Padi Kebangsaan 2013-Poster presentation
16. Zuwariah, I., Aida Hamimi, I., Mohamed Shafit, H., Mohd Irwani Hafiz, S., Ismail M., Hasri H and Mohd Nur Nasyriq, A. (2011). Evaluation of biofunctional component of MR 219 GABA rice and their potential as functional food ingredient. National Food Technology Seminar 2012, 6-8 March 2012, p.169, Melaka. Poster Presenter.
17. Zuwariah I, A. Mohd Nur Nasyriq, I. Aida Hamimi, H. Mohamed Shafit, S. H. Hasri and S. Mohd Irwani Hafiz. Comparison of quality characteristic, GABA content and amino acid in MR 219 and Taiwan GABA rice. 7th International Postharvest Symposium 2012, 25-29 June 2012, p.237, Putra World Trade Centre, Kuala Lumpur. Poster Presenter.
18. M. Sharifah Samsiah, I. Zuwariah, W.M. Siah, A, Nor Azizah, K. Shazlin Kamaruddin, M.S. Latifah and I. Azizah (2012). Roselle Granola Bar – a new functional snack. National Food Technology Seminar 2012, 6-8 March 2012, p.173, Melaka.
19. Zuwariah, I. and Aida Hamimi, I. (2011). Optimization condition of germinated brown rice variety MR 219 with high content of  $\gamma$ -amino butyric acid by repose surface methodology. Seminar On Functional Foods: Nutritional And Health Implications 2011, 16 – 17 November 2011, p.27, UPM Serdang. Poster Presenter.
20. Zuwariah, I., Aida Hamimi, I., Mohamed Shafit, H., Hasri, H. and Mohd Nur Nasyriq, A. (2011). MR 219 GABA rice – A New Functional Food. MARDI Science and Technology Exhibition, 6th Edition 2011. Poster presenter.
21. Zuwariah, I., Mohd Irwani, H.S. Ismail, S., Abdul Rahim, M., Hanisa, H. and Hasri, H. Analyzing Gamma Aminobutyric Acid (GABA), Amino Acid Composition and Chemical Properties of Malaysian Rice Variety MRQ 74 and MR219. National Rice Conference 2010, 28 - 30 June 2010, 493- 498, Lumut Perak.
22. Rosniyana, A., Khairunizah Hazilah, K., Nicholas, D., Zuwariah, I., Zainun, C.A. and Faridah, H. Rice quality and technological Innovation of rice-based products. National Rice Conference 2010, 28 - 30 June 2010, 493- 498, Lumut Perak.
23. Zuwariah, I.\*, Mohd Irwani Hafiz, and S., Ismail, M., Musaalbakri, A.M. and Hasri, H. (2010). Evaluation of GABA, amino acid composition and

physicochemical properties of germinated brown rice and brown rice Malaysian rice var MRQ 74. International Conference on Food Research 2010, 22-24 Nov 2010, Marriott Putrajaya-Poster presenter

**Award:**

**Won Silver medal in MSTE 2018.**

Zuwariah, I., Hadijah, H., Syahida, M., Rodhiah, R. and Razali, M. (2018). JackSeed Protein: An Alternative Plant Protein Powder From *Artocarpus heterophyllus*. MARDI Science & Exhibition, 8-10 October 2018, Ayer Keroh Melaka.

**Won a Gold Medal Award in MSTE 2011.**

Zuwariah, I., Aida Hamimi, I., Mohamed Shafit, H., Hasri, H. and Mohd Nur Nasyriq, A. (2011). MR 219 GABA rice – A New Functional Food. *MARDI Science and Technology Exhibition, 6<sup>th</sup> Edition 2011*. Poster presenter.

**Won Silver medal in MSTE 2015**

Zuwariah, I., Zokipli, I., Aida Hamimi, I., Nur Farah Hani, M., Hasri, H., Siti Adirah, M.Z., Ruwaida, A.W., Nik Rozana, N.M.M., Faewati, A.K. (2015). GABA (*Gamma Amino Butyric Acid*) from local rice : A potential solution for hypertension. *MARDI Science and Technology Exhibition, 2015*. Poster presenter, Silver Medal Award