

## **Curriculum Vitae**

Dr. Sheila Victoria Munanie Kilonzi (PhD)  
P.O BOX 1957-10101-KARATINA, KENYA  
E-mail: [skilonzi@karu.ac.ke](mailto:skilonzi@karu.ac.ke)/ [skilonzi@gmail.com](mailto:skilonzi@gmail.com)  
Orcid Id : [0000-0001-7764-0004](https://orcid.org/0000-0001-7764-0004)

### ***Career Objective and Development plan***

To become an established scholar and researcher in food and nutrition sciences for improved food and nutrition security of the society.

- To develop leadership abilities through attending of trainings, workshops and international conferences
- Build relationships across the research institutions and food and nutrition related organizations through collaborative research and international conferences, student placements and industrial linkages.
- Expand my experiences in food and nutrition research through participation in multidisciplinary and multisectoral research
- Engage the community in awareness and adoption of knowledge and practicing healthy living through community outreach programmes. Carry out food value addition trainings in collaboration with county governments and other organizations

### ***Education and academic qualifications***

Jomo Kenyatta University of Agriculture and Technology Ph.D. Food Science and Nutrition	2020
Van Hall Larenstein University of Applied Sciences-Wageningen, Netherlands MA. Rural Development & Food Security	2011
Jomo Kenyatta University of Agriculture and Technology BSc. Food Science and Nutrition	2007
Jomo Kenyatta University of Agriculture and Technology Diploma. Food technology	2000
Kimangao girls high school	1995
Migwani AIC primary school	1991

### ***Curricula Development and Reviews***

Successfully participated in the development / review of the following academic programmes at Karatina University:

- MSc. Public health nutrition and policy
- MSc. Food Science
- BSc. Human nutrition and dietetics
- BSc Food science and technology
- BSc Food processing technology and entrepreneurship
- BSc Food science and nutrition.
- Postgraduate, diploma, certificate and short courses in tea
- Currently involved in a team of global harmonization initiative to develop a food safety curriculum for the high school students.

### ***Teaching Experience***

Lecturer- Karatina University, Department of Food Science and Nutrition	January 2021- to date
- Teaching, and mentorship	

**Teaching Courses:** Food and nutrition security; Dietetics, Nutrition biochemistry, fats and oils technology, nutrition in the lifespan, Macronutrients, Micronutrients, Nutrition and Immunity & Therapeutic nutrition

Tutorial Fellow Karatina University, Department of Food Science and Nutrition 2012- 2020

- Teaching, research, mentorship and community outreach
- Teaching Courses: Food and nutrition security; dietetics, nutrition biochemistry, Fats and Oils technology, Nutrition in the lifespan, Macronutrients, Micronutrients, Nutrition and Immunity,

### **Leadership experience**

#### ***Karatina University: Department of Food science and nutrition***

Acting head of department 2013-2014

Head of department 2021 to-date

- Course loading allocation, appointing coordinators to facilitate curricula delivery
- Student mentorship through research and community outreach activities
- Reporting departmental activities to University Senate.
- Development of curricula and reviews to enhance quality graduates in the area of food science and human nutrition.
- Preparation of budgets and procurement plans
- Conducting departmental meetings,
- Preparation of reports and examinations results.

#### ***Kenya Institute of Food Science and Technology (KIFST)***

*Treasurer* 2016-2020

Keeping the books of accounts for the professional body

Facilitating professional body meetings

Representing KIFST in Association of Professional Societies of East Africa (APSEA)

*Honorary secretary KIFST* 2020-todate

Representing KIFST in Association of Professional Societies of East Africa (APSEA) as alternate council member

Organizing trainings for the professional and student members of KIFST

Engaged the Association of Professional Societies of East Africa to facilitate drafting of bill to regulate food scientists in Kenya.

### **Awards and trainings**

- Nominated by the nutrition society of UK journal academy for mentorship training as peer reviewer by the British journal of nutrition and Journal of nutrition sciences editorial board members.
- Eureka Global Stars (2023): Banana-Based Food and Feeds: Enhancing Food Security, Nutrition and Livelihoods Research Grant
- Sponsorship by Karatina University for Regional advance leadership and emotional intelligence training for nutritionists & Dietetics workforce November (2020).
- Sponsorship from Nutrition society UK- to attend the 19th African nutrition leadership programme (ANLP).

- Scholarship from International Foundation of Science (IFS) for research project
- Regional Universities Forum for Capacity Building in Agriculture (RUFORUM)
- DAAD In-country scholarship for the PhD studies
- Swedish University of Agricultural Sciences sponsorship on Transferable Skills Training for Successful Doctoral Students: Global and Local Perspectives- Makerere University-Uganda, June,2014
- Netherlands Fellowship Programme for master's degree (2011)

### **Publications**

- Simon Okomo Aloo., Fred Kwame Ofofu., Nam-Hyeon Kim, **Sheila M. Kilonzi** (2023). Insights on dietary Polyphenols as Agents against Metabolic Disorders: Obesity as a Target Disease. *Antioxidants* 12(2).
- Simon Okomo Aloo., Fred Kwame Ofofu.,**Sheila M. Kilonzi.**, Umair Shabbir and Deog Hwan Oh(2021). Edible Plant Sprouts: Health Benefits, Trends, and Opportunities for Novel Exploration. *Nutrients* 2021, 13(8), 2882
- **Kilonzi Sheila M.**, Makokha Anselimo O., and Kenji Glaston Physical characteristics, proximate composition and anti-nutritional factors in grains of lablab bean (*Lablab purpureus*) genotypes from Kenya
- **Kilonzi Sheila M.**, Makokha Anselimo O., and Kenji Glaston M. (2019). Effect of Some Processing Methods on Nutrient Content and Anti-Nutritional Factors of a Variety of Dolichos Lablab (*Lablab Purpureus L.*) Beans Grown in Kenya. *Journal of Food and Nutritional Sciences Research* 1(1), 12-17.
- Musotsi, Anne A., Makokha Anselmo O., Abukutsa-Onyango, Mary O., and **Kilonzi Sheila M.**, (2019). Quantitative Changes of Ascorbic acid and Beta carotene in African nightshade (*Solanum nigrum*) and Spider plant (*Cleome gynandra*) due to traditional cooking methods used in western Kenya. *Journal of Food and Nutritional Sciences Research* 1(1), 51-63

### **Conferences**

- (MNF 2023 Congress,) Micronutrient forum 6th global conference, The Hage Netherlands.
- 22<sup>nd</sup> IUNS Congress. **Kilonzi Sheila M.**, Makokha Anselimo O. Effects of mould fermentation on the nutritional and sensory attributes of Lablab purpureus bean (C000454) December 2022, Tokyo- Japan
- The 21<sup>st</sup> IUNS Congress. **Kilonzi Sheila M.**, Makokha Anselimo O. (*Physical characteristics, proximate composition and anti-nutritional factors of lablab bean (Lablab purpureus) varieties grown in Kenya*). October,2017 Buenos Aires, Argentina
- The 12<sup>th</sup> International Food Data Conference **Kilonzi Sheila M.**, Makokha Anselimo O., and Kenji Glaston (*Proximate composition, amino acid content and anti-nutritional factors of some Lablab beans (Lablab purpureus) genotypes grown in Kenya*). October,2017 Buenos Aires, Argentina
- 5TH RUFORUM Biennial conference **Kilonzi Sheila M.**, Makokha Anselimo O., and Kenji Glaston. *Physicochemical and nutritional properties of Kenyan Lablab purpureus bean varieties and Phaseolus vulgaris*. October 2016- Cape town, South Africa

- 3rd Kabarak University international conference 2013- **Kilonzi Sheila M** Preconception and Prenatal Care among Women of Reproductive Age: A Case of Kigumo District, Murang'a County.

### **Postgraduate Student research supervision**

#### **Ongoing**

2022: Stephanie Gakuo-Factors that influence nutrition knowledge and dietary behavior of adolescents in schools in Dagoretti North Sub-County, Nairobi (Amref University)

2024: Mercy Gisore: Nutrition Composition and functional properties of banana based alternative feeds for malnourished children in Kenya (Karatina University).

2024: Monica Ndunda - Evaluation of herbal use amongst diabetes patients and micronutrients status in Kitui County and referral hospital

### **Appointment as MSc External Examiner**

2024: Timbwa Molline – Maternal depression and nutritional status of children below 5 years in Kianda village- Kibera, Nairobi County (Amref University).

2024: Ruth Njeri Githieya -Processing Suitability, Post Harvest Storage Effects, and Value Addition of Two Varieties of Irish Potato (*Solanum tuberosum* L.) Harvested at Different Maturity Stages (JKUAT).

### **Community engagement and service**

- Member of the National Codex committee- participates in the development of the national positions for pesticide residues, methods of analysis, world food safety day, culinary herbs and spices.
- Member of the UN Nutrition healthy diets sustainable food systems coalition. This involves training the community on healthy diets, food choices for improved healthy diets.

### **Professional Membership**

American Society of Nutrition  
 Global harmonization initiative (GHI)  
 Kenya Institute of Food Science and Technology  
 Kenya Nutrition and Dietetics Institute  
 The Nutrition Society- UK  
 Alumni- ANLP-2020

### **Research interests**

- Sustainable food systems and climate change;
- Millets and Legumes in food and nutrition security;
- Nutrigenetics, non-communicable diseases, Gut microbiota and disease management.