



# Composition of Packaged Food: Unveiling Contents and Components

(Activity Code: AGI-03-P143)

September 25<sup>th</sup> 2023, 6pm - 9pm

Venue: College of Medicine, Qatar University Library

Target Audience: All Healthcare Professions

**Aim:** The aim of this workshop is to aid participants to understand, interpret, and make informed decisions regarding packaged food.

**Overall learning objectives:** To explain and interpret information relating to packaged foods' content, claims, nutritional facts, food labels, and allergens.

## Speakers

**Ms. Tamara Al Abdi:** Lecturer in Department of Human Nutrition, College of Health Sciences, Qatar University

**Ms. Joyce Moawad:** Lecturer in Department of Human Nutrition, College of Health Sciences, Qatar University

**Ms. Grace Attieh:** Teaching assistant in Department of Human Nutrition, College of Health Sciences, Qatar University

## Activity schedule:

Time and Speakers	Schedule and Learning outcomes
6:00pm-6:05pm	Welcoming and introduction
6:05-6:35	Analyze food labels effectively, including identifying allergens and understanding nutritional information, to make informed dietary choices.
6:35-7:00	<b>Case study discussions</b>
7:00-7:20	Interpret and evaluate the accuracy of marketing claims on packaged food products, enabling them to discern between genuine health benefits and deceptive advertising.
7:20-7:55	<b>Round-table discussions</b>
7:55-8:15	Build-up the knowledge to identify common food additives and preservatives in ingredient lists, allowing them to make conscious decisions about food product selections.
8:15-8:50	<b>Group Discussion</b> that aims to help participants understand the regulatory requirements and standards governing food labeling, enabling them to navigate the complexities of packaged food composition with confidence.
8:50:9:00	Q&As, Evaluation.

\* The scientific planning committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

\* "This activity is an Accredited group learning activity (Category 1) as defined by Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum number of 3 Hours."

\* "CPD-HP (QU—Health) is accredited by Ministry of Public Health's Department of Healthcare Professions - Accreditation Section (DHP – AS) as a provider of continuing professional development."



## Speakers

### **Tamara Al-Abdi**

Tamara Al-Abdi is a lecturer and advisor at the Department of Human Nutrition in the College of Health Sciences. She holds the designation of Registered Dietitian (RD) with the Health and Care Professionals Council (HCPC) in the United Kingdom. Tamara has more than 12 years of experience working in clinical nutrition across different institutions in both Qatar and the UK. Her main research interest is the relationship between food intake and chronic diseases.

### **Joyce Moawad**

Ms. Joyce Moawad, a lecturer and clinical coordinator at an ACEND accredited program's Human Nutrition Department, College of Health Sciences in Qatar University. She holds a Bachelor of Science degree in Nutrition and Dietetics, along with a Master of Science degree in Clinical Nutrition. Ms. Moawad is a licensed dietitian in Lebanon with 11 years of experience in Clinical Nutrition, and has provided her expertise as a nutrition consultant for an international non-governmental organization. Her contributions have been instrumental in various community nutrition projects. Additionally, Ms. Moawad has numerous articles in the field of nutrition.

### **Grace Attieh:**

With over a decade of experience, Mrs. Grace Attieh is an expert in both clinical nutrition and food safety. She is a licensed dietitian and a certified tutor by Highfield, lead company in Food safety. In clinical nutrition, she has dedicated her career to guiding individuals towards optimal dietary choices to improve their well-being. In the field of food safety, Mrs. Grace serves as an experienced food safety auditor, ensuring rigorous adherence to the highest standards throughout the food supply chain. Her careful supervision has played a vital role in maintaining public health and building confidence in the food industry. Beyond auditing, Mrs. Grace is an educator, conducting certified comprehensive food safety trainings.