

# CANDIDA KHAN

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## PERSONAL PROFILE:

Registered Dietitian Nutritionist with a passion for health and wellness; blogger, writer and creator of Nutrition Secrets Online Magazine, Didi The Trini DN and Didi's Donations. Driven to educate to educate individuals about nutrition and lifestyle practices that lead to vitality. Self-starter, with a flair for sharing healthy recipes and promoting well-being with the outcome of learning, sharing and incorporating my skills, educational background and genuine passion for the field.

## EDUCATION:

- The University of the West Indies, Mona Campus (Postgraduate) 2015-2017  
**Master of Science in Nutrition**
- The University of the West Indies, St. Augustine Campus (Undergraduate) 2014-2015  
**Diploma in Institutional and Community Dietetics and Nutrition**
- The University of the West Indies, St. Augustine Campus (Undergraduate) 2010-2014  
**B.Sc. Human Nutrition and Dietetics (Special Option)**
- St. Joseph's Convent, San Fernando 2008-2010  
**Cape A level:** 5 subjects (*Caribbean & Communication Studies, Biology, Physics, Chemistry*)
- Shanghai Rego International School, China 2003-2008  
**GCSE:** 9 subjects (*Biology, Physics, Chemistry, Mathematics, Literature, Language, French, Design & Technology, Art*)

## RESEARCH

- Completed a Research Project for Master of Science 2017 entitled "Assessment of nutritional status and physical activity level in persons residing at homes for the elderly in Trinidad."
- Completed a Research Project for BSc. 2014 entitled "Iron Deficiency Anemia Awareness and Its Relation to Dietary Habits of First Year Students at The University Of The West Indies St. Augustine Campus."

## AFFILIATIONS

- Registered Dietitian Nutritionist of Trinidad and Tobago.
- Member of the Council for Professions related to Medicine Trinidad and Tobago (Nutrition and Dietetics) 2016-2018.

## AWARDS AND SPECIAL NOMINATIONS:

- Nominated and shortlisted for Youth Award by the Ministry of Sports and Youth Affairs under the Entrepreneurship, Media and Health and Wellness Categories 2018.
- Nominated for Youth Award by the Ministry of Sports and Youth Affairs under the Health and Wellness Category 2015.
- Member of Presidents Award of Trinidad and Tobago-completed Bronze, Silver and Gold levels earned 2010.

## **WORK EXPERIENCE:**

U.W.I. St. Augustine (Temporary)

Contracted Lecturer (Caribbean Cuisine)

January 2018- April 2018

- Lectured, marked and compiled course information into presentations, practical's, coursework, mid term and the final exam.

Nestle (Part Time)

Contracted Nutritionist

August 2017- January 2018

- Educate the public about health and wellness through nutrition conversations, food displays, handouts and private sessions; and assessed body composition (Weight, Height, Body Mass Index).

Stroke and Diabetes Centre (Part Time)

Registered Dietitian

October 2017- January 2018

- Counselling, addressing chronic diseases, assessment of dietary intake, recommendations for improving diet and lifestyle as well as meal planning.

Chase Village Medical Centre (Part Time)

Registered Dietitian

March 2017- June 2017

- Counselling, assisting with sales and distribution of local produce.

National Schools Dietary Services

Nutrition Officer (OJT)

January 2017- July 2017

- Assisted the nutritionist at NSDSL with menu planning, menu analysis, nutrition education at schools and recipe generation.

Sapodilla Trading (Part Time)

Registered Dietitian

November 2016– August 2017

- Counselling, assisting with sales and distribution of local produce.

Nutrition Writer (Part Time)

Contributing articles to Magazines: U health Digest & Sweet TnT.

2013-2017

Paradise Pulse writer

2013-2015

- 1000 word-200 word articles; topics include health and wellness, recipes and lifestyle situations.

Zumba Instructor (Entrepreneur, Part Time)

September 2015- December 2015

Conducted and provided Zumba lessons to help promote fitness among students at U.W.I. Mona Campus in Jamaica.

- Became certified through training in Trinidad, learnt and downloaded different routines with music
- Conducted 30-minute workout Zumba sessions at the University as a single entity.

Nestle (Part Time)

Contracted Nutritionist

March 2015- July 2015

- Educate the public about health and wellness through nutrition conversations, food displays, handouts and private sessions; and assessed body composition (Weight, Height, Body Mass Index).

Lucent Research Limited (Part Time)

Researcher

May 2014- May 2015

- Conduct questionnaires over the phone and face to face, assessment of performance of employees and focus group discussions.

U.W.I. St. Augustine Campus (Part Time)

Student Assistant-Alumni

September 2014- December 2014

- Transferring information through data entry for past students into a database sifting through files as well as making calls to confirm information.

- South West Regional Health Authority  
Vacation Intern at the Nutrition and Dietetics Department June 2014- July 2014
- Menu planning, monitoring and evaluating quality and quantity of meals, customer satisfaction and working alongside dietitians when evaluation dietary needs of patients.
- U.W.I, St. Augustine Campus (Part Time)  
Student Assistant-Professor Pemberton March 2014- May 2014
- Typing up exam questions and assisting with office work.
- UWI Temp and Data Entry January 2014- May 2014
- Usher, assisting with events, updating information with calls to past alumni, sorting, typing and filing information in student admin.
- The National Institute of Higher Education, Research, Science & Technology  
Camp Counsellor May 2013- August 2013
- May 2012- August 2012
- Working with a team, preparing activities and conducting sessions with children in the camp as well as interacting with parents and handling complaints.
- Abbott Marketing and Distribution Company LTD (Part Time)  
Assistant Representative May 2012- June 2012
- Attending health fairs and discussing products with consumers in different outlets.
- The National Institute of Higher Education, Research, Science & Technology  
Science Explainer May 2012- August 2012
- Interacting with visitors and explaining the science behind the machines.
- Caribbean Print and Display Solutions Ltd. San Fernando  
Assistant Registrar June 2011- August 2011
- Assisting customers both in person and through telephone contact, filing and printing.

### **LEADERSHIP SKILLS:**

- Group leader in group work projects at the University of the West Indies St. Augustine 2014.
- Presidents Award of Trinidad and Tobago - Group hiking leader 2008-2010.
- St. Joseph Convent San Fernando – Prefect 2008-2010.
- Shanghai Rego International School, China - Orphanage Fund Raisers (Organiser) 2007.

### **NATIONAL RECOGNITION:**

- Featured on OMG Magazine:  
<https://www.facebook.com/omgtt/videos/1824910784197377/UzpfSTE5NDEyNTk0NDA2MDY4MzoxMTI4MTQ3NDUwNjU4NTIz/>
- Featured on CNC3 as well as Jaagriti TV discussing health and wellness.
- Published in the Express News, “Trinidad Express Newspapers: Features | Local nutritionist launches 'Didi The Trini RD' on Facebook”: <http://www.edubachelordegree.com/masters-degree/53262/trinidad-express-newspapers-features-local-nutritionist-launches-and-39-didi-the-trini-rdand-39-on-facebook.html>

### **SPECIALIST INDEPENDENT PROJECTS:**

- Founder of and writer for personal online website: [didithetrinidn.wixsite.com/candida-khan](http://didithetrinidn.wixsite.com/candida-khan)
- Publisher, editor, writer, founder of Nutrition Secrets Online Magazine.

- Writer for U Health Digest, Live Your Life Magazine, Paradise Pulse Magazine, Sweet TNT Magazine & Certainly Her.
- Founder of the “DidiTheTriniDN” providing healthy lifestyle tips on social media apps on; Instagram, Tumblr, Pinterest, Twitter, Facebook and YouTube. Facebook: <https://www.facebook.com/DidiTheTriniDN/>

### **CO-CURRICULAR ACTIVITIES AND AFFILIATIONS:**

- Certificates in continuing professional development courses in nutrition 2016-2018.
- U.W.I Mona, Jamaica 2016-2017
  - member of Trinidad and Tobago Student Association.
- U.W.I St. Augustine, Trinidad 2010-2014
  - completed Mind the Gap to Health and Wellness Co-curricular.
  - completed Workplace Protocol Co-curricular.
  - member of Health Fitness & Adventure Fraternity (Hiking Fraternity).
  - member of Horse Riding team.
  - member of Catholic Students Movement.
  - completed co-curricular course in Microsoft PowerPoint, Word and Excel.
- St. Joseph’s Convent San Fernando, Trinidad 2008-2010
  - member of Biological Society.
  - member of Abstinence Club.
  - member of School Swimming team.
- Shanghai Rego International School (SRIS), China 2003-2008
  - was casted in the play ‘Bugsy Malone’.
  - team member of Rugby, Badminton, Swimming, Basketball, Netball and Football.

### **VOLUNTEER EXPERIENCE AND COMMUNITY SERVICE:**

- Founded my own Didi’s Donations: Fruit and Vegetable Drive where produce is bought from local farmers to support the economy and given to those in desperate need at the end of every month. Donation boxes 2018.
- Provide advice for those in need of assistance when it comes to career choices and the nutrition field 2017-2018.
- Volunteering in TTANDi as an Engagement Coordinator to help with sharing of activities on social media 2017.
- Registered Dietitian volunteer work twice a month on clinic days at St. Philip and St. James Parish 2017.
- Nutrition writer for St. Philip and St. James Parish newsletter 2017.
- Health Fairs with UWI, TANDI during the internship and with health clinics 2017.
- Volunteering at St. Ann’s Children’s Home in St. Augustine, donated items and educated children teaching them about the Culture of Trinidad as well as playing games 2009.
- San Fernando General Hospital, member of ‘Friends of the Hospital,’ experience in product display and as a cashier, visited and comforted patients in Hospital 2009.
- Presidents Award of Trinidad and Tobago, participated in beach clean ups and fund raisers 2008-2010.
- Coffee Boy’s Anglican Primary School, San Fernando, tutored in Mathematics and English at SEA level 2008.
- Shanghai Rego International School, China, Chinese Autistic School, assisting with autistic children 2004-2007.
- Shanghai Rego International School, China, Chinese Impaired Hearing School, tutoring in English 2004-2007.

### **ADDITIONAL SKILLS:**

- Licensed Zumba Instructor 2016-2017
- Certificate in Usher training at the University of the West Indies 2014
- Certificate in Dining Etiquette by Trinidad and Tobago Hospitality and Tourism Institute 2013-2014
- Computer Literacy, good organisational skills, works well with others in a group setting and independently.
- Nutrition writing, health blogging and nutrition and peer counsellor.