



Giulia Frank

Date of birth: 20 May 1992

Nationality: Italian

CONTACT

 giulia.frank@gmail.com

WORK EXPERIENCE

1 FEB 2021 – CURRENT Rome, Italy

Biologist Nutritionist Freelancer

Freelancer, duly registered with the Ordine Nazionale dei Biologi under order number 00184

27 JAN 2024 – CURRENT Rome, Italy

Lecturer in professional courses for Virgin Olive Oil sommelier

Lectures on Nutrition and Dietetics aimed at future Virgin Olive Oil Tasters. Specific (individual course) focus on the principles of Nutrition, Food Chemistry and Extra Virgin Olive Oil, and the nutrients in EVO Oil with the human organism.

Address Via Nazionale 89/a, 00184, Rome, Italy

NOV 2022 Rome, Italy

Assistant Professor Università degli Studi di Roma Tor Vergata

in "Dietetic Science" MED/49 in the integrated exam of Food Chemistry and Dietetics. Bachelor of Science in Pharmacy degree program

MAR 2021 Fiumicino, Italy

Lecturer in professional courses for Social and Health Care Workers

Lectures on Nutrition and Dietetics aimed at future Health Care Workers. In particular (single course) focus on the principles of Nutrition, food hygiene and the practical application of Care Worker towards the patient (food administration, artificial nutrition, dysphagia)

MAR 2021 – NOV 2021 Rome, Italy

Intern Department of Biomedicine and Prevention, University of Rome Tor Vergata

Section of Clinical Nutrition and Nutrigenomics. Research activity aimed at studying the effects induced by different dietary protocols on healthy patients.

AUG 2018 – MAR 2021 Italy

Consultant Unica Food Consulting

APR 2020 – AUG 2020 Italy

Intern Barilla Center for Food and Nutrition Foundation, Education and Research

1 JUL 2019 – 31 JUL 2019 Carsoli, Italy

Co-teacher Conf Commercio Abruzzo

Co-teacher for pastry training and refresher courses, organized by Conf Commercio Abruzzo

EDUCATION AND TRAINING

1 DEC 2022 – CURRENT Rome

Ph.D. Student School of Applied Medical-Surgical Sciences, University of Rome Tor Vergata

1 NOV 2021 – CURRENT Rome, Italy

Resident School of Specialization in Food Science, University of Rome Tor Vergata

Address Via Montpellier 1, 00133, Rome, Italy

JAN 2021 Italy

Membership in the Ordine Nazionale dei Biologi, Register - Section of Rome

DEC 2020 Viterbo, Italy

State examination for licensure as a Biologist University of Tuscia

Address Via S.M. in Gradi, 4, 01100, Viterbo, Italy

NOV 2018 – NOV 2020 Roma, Italy

Bachelor of Science Degree in Human Nutrition Sciences - LM61 San Raffaele University Rome

Address Via di Val Cannuta, 247, 00166, Roma, Italy | **Final grade** 106/110 | **Thesis** with thesis entitled: "Food Education Campaigns for Personal and Environmental Wellbeing in EU - Case Study: Barilla Center for Food & Nutrition Foundation."

OCT 2015 – JUL 2018 Roma, Italy

Bachelor of Science Degree in Food Science and Gastronomy - L26 San Raffaele University Rome

Address Via di Val Cannuta, 247, 00166, Roma, Italy | **Final grade** 110/110 Cum Laude | **Thesis** with thesis entitled: "Study of the effects induced by different concentrations of glucose on synaptic plasticity in an experimental model"

OCT 2017 – FEB 2018

Training Course in Culinary Nutrition AjN Academy

JAN 2014 – JUL 2014 Londra, United Kingdom

Pastry Diploma Le Cordon Bleu

Address 15 Bloomsbury Square, WC1A2LS, Londra, United Kingdom

JUL 2011 Roma, Italy

Classical high school graduation Liceo Classico Giulio Cesare

Address Corso Trieste, 48, 00198, Roma, Italy

2020 – 2020 Novedrate, Italy

Acquisition of 24 CFUs for teaching qualification eCampus

Acquisition of 24 CFUs related to the following subject areas: pedagogy, special pedagogy and didactics of inclusion; psychology; anthropology; educational methodologies and technologies

Address Via Isimbardi, 10, 22060, Novedrate, Italy

13 FEB 2024 – 24 APR 2024 Rome, Italy

Virgin Olive Oil Sommelier Fondazione EVOO School

Address Via Nazionale 89/a, 00184, Rome, Italy | **Website** <https://www.evooschool.it/>

LANGUAGE SKILLS

MOTHER TONGUE(S): Italian

Other language(s):

English

Listening C1

Spoken production C1

Reading C1

Spoken interaction C1

Writing C1

French

Listening A1

Spoken production A1

Reading A1

Spoken interaction A1

Writing A1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

COMMUNICATION AND INTERPERSONAL SKILLS

● INTERPERSONAL SKILLS AND EXPERTISE

Excellent interpersonal skills being accustomed to working in teams and in research groups consisting of researchers, Ph.D. students, and thesis holders. Good propensity for social relations and excellent communication skills. Flexibility and adaptive skills.

ORGANISATIONAL SKILLS

● ORGANIZATIONAL SKILLS AND EXPERTISE

Excellent organizational skills acquired during internship, residency and doctoral experience. Ability to work in a team matured in a variety of situations in which collaboration between different figures and in various time modes is essential. Ability to organize experimental work in achieving specific objectives set by research projects. Ability to elaborate and discuss their results in teams.

COMPETENZE TECNICHE

● COMPUTER SKILLS AND EXPERTISE

Excellent knowledge of Microsoft Windows and IOS operating system, advanced problem solving skills. Excellent familiarity with the use of Office package, processing of text documents, presentations and spreadsheets (Word, Pages, PowerPoint, Keynotes, Excel, Sheets,...). Excellent familiarity with statistical analysis software (SPSS, R,...). Experienced in using the Internet and different Browsers (Internet Explorer, Mozilla Firefox, Google Chrome, Safari,...). Ease in finding information on the web through the various search engines. Mastery in the use of e-mail.

DRIVING LICENCE

● Driving Licence: A2

● Driving Licence: B

PUBLICATIONS

2023

● [Sex Differences in the Efficacy of Mediterranean Diet Treatment: A Nutrigenomics Pilot Study](#)

Di Renzo, L.; Gualtieri, P.; Frank, G.*; et al. Genes 2023, 14, 1980.

2023

● [Pancreatic Ductal Adenocarcinoma and Nutrition: Exploring the Role of Diet and Gut Health](#)

Gualtieri, P.; Cianci, R.; Frank, G.; et al. Nutrients. 2023, 15, 4465.

2023

● [Modified Mediterranean-Ketogenic Diet and Carboxytherapy as Personalized Therapeutic Strategies in Lipedema: A Pilot Study](#)

Di Renzo, L.; Gualtieri, P.; [...] Frank, G.; et al. Nutrients 2023, 15, 3654.

2023

● [Impact of Precision Nutrition on Microbiota and Obesity](#)

Merra, G.; Gualtieri, P.; [...] Frank, G.; et al. Current Nutrition & Food Science 2023; 19.

2023

● [**Endometriosis Treatment: Role of Natural Polyphenols as Anti-Inflammatory Agents**](#)

Tassinari, V.; Smeriglio, A.; [...] Frank, G.; et al. *Nutrients* 2023, 15, 2967.

2023

● [**Role of nutrients in modulating microbiota and immunity in COVID-19 disease**](#)

Di Renzo, L.; [...] Frank, G.; et al. *Eur Rev Med Pharmacol Sci* 2023; 27(12): 5927-5945.

2023

● [**Could Microbiota Edit Oxalate Nephrolithiasis' Story?**](#)

Merra, G.; Gualtieri, P.; [...] Frank, G.; et al. *Current Nutrition & Food Science* 2023; 19.

2023

● [**Nutrition for Prevention and Control of Chronic Degenerative Diseases and COVID-19**](#)

Di Renzo, L.; Gualtieri, P.; Frank, G.; De Lorenzo, A. *Nutrients* 2023, 15, 2253.

2023

● [**Effectiveness of Nutritional Supplements for Attenuating the Side Effects of SARS-CoV-2 Vaccines**](#)

Gualtieri, P.; Trombetta, D.; Smeriglio, A.; Frank, G.; et al. *Nutrients* 2023, 15, 1807.

2023

● [**Antioxidant-Enriched Diet on Oxidative Stress and Inflammation Gene Expression: A Randomized Controlled Trial**](#)

Gualtieri, P.; Marchetti, M.; Frank, G.; et al. *Genes* 2023, 14, 206.

2023

● [**Impact of COVID-19 on the Destiny of Bariatric Patients**](#)

Gualtieri, P.; Marchetti, M.; Di Renzo, L.; [...] Frank, G.; et al. *Nutrients* 2023, 15, 163.

2023

● [**Exploring the Sustainable Benefits of Adherence to the Mediterranean Diet during the COVID-19 Pandemic in Italy**](#)

Gualtieri, P.; Marchetti, M.; Frank, G.; et al. *Nutrients* 2023, 15, 110.

2022

● [**Dietary \$\omega\$ -3 intake for the treatment of morning headache: A randomized controlled trial**](#)

Marchetti, M.; Gualtieri, P.; [...] Frank, G.; et al. (2022). *Frontiers in Neurology*. 13.

2022

● [**Do Intestinal Microbiota and Thyroid Travel in Tandem?**](#)

Merra, G.; Capacci, A.; [...] Frank, G.; et al. (2022). *MedPress Nutrition & Food Sciences*. 1.

2022

● [**Does our microbiota eat with or without gluten?**](#)

I authorize the processing of my personal data in the CV in accordance with art. 13 d. lgs. 30 June 2003 n. 196 - "Code for the protection of personal data" and art. 13 GDPR 679/16 - "European Regulation on the protection of personal data."

Rome, 4 Sep 2024



Giulia Frank