

Vassilis Athanasiadis, MSc, PhD

Food Technologist

I. Personal data

- **Present position:** Postdoctoral Research Fellow at University of Thessaly, Terma N. Temponera, GR-43100, Karditsa, Greece.
- **Date and place of birth:** 30 March 1988, Giannitsa, Pella, Greece.
- **Nationality:** Greek.
- **Civil status:** Married.
- **Military service:** Completed.
- **Mob.:** +30-6974545988.
- **e-mail:** vs.athanas@gmail.com / vaathanasiadis@uth.gr
- **LinkedIn:** <https://www.linkedin.com/in/vathanasiadis>
- **ResearchGate:** <https://www.researchgate.net/profile/Vassilis-Athanasiadis>



II. Education

- **Doctorate degree (PhD) in Food Science and Nutrition. (2014-2018).** Department of Food Science and Nutrition, School of Environment, University of the Aegean, Myrina, Lemnos, Greece.
- **Postgraduate Diploma of Specialization (Master's degree-level qualification, MSc) in Applied Public Health and Environmental Hygiene with focus on Food and Water Quality and Safety and Public Health. (2011-2013).** Faculty of Medicine, School of Health Sciences, University of Thessaly, Larissa, Greece.
- **Bachelor's degree (BSc) in Food Technology. (2006-2010).** Department of Food Technology, School of Agricultural Technology, Technological Educational Institution (T.E.I.) of Thessaly (now University of Thessaly), Karditsa, Greece.

III. Research activities

1. Participation in **10** national research programs.
2. **20** published research in international scientific peer-reviewed journals. More than **370** citations (Scopus, Google Scholar, ResearchGate, Web). The total Journal Impact Factor (2020) is **48.944** (Avg 2.447) and the *h*-index (Google Scholar) is **8**.
3. **25** work presentations in international and national conferences.
4. Editorial Board Member in **1** international scientific journal.
5. Topical Advisory Panel Member in **1** international scientific journal.

6. Reviewer in 25 international scientific journals. More than 230 reviewing. Verification of reviews by Publons.
7. Member of Hellenic Association of Food Scientists & Technologists.

IV. Research project

1. "*Study on modified production processes for the production of various types of table olives fortified with in natural antioxidants in order to produce functional food products*" for **ROI S.A. Company** (10/02/2009 until 31/06/2010). Participants: (1) Dept. of Food Technology, T.E.I. of Larissa (2) ROI S.A.
2. "*Preparation of nanoparticle dispersion containing propolis in order to deodorize it and increase the solubility in aqueous media*" for **Mellisokomiki Hellas - Konstantinos Ntoulis Co.** (30/06/2011 until 30/10/2011). Participants: (1) Dept. of Food Technology, T.E.I. of Larissa (2) Mellisokomiki Hellas-Kostantinos Ntoulis Co.
3. "*Study of the antimicrobial activity of Chios mastic gum fractions before and after encapsulation in liposomes in order to prolong the shelf life and enhance the biological activities and sensory characteristics of milk products*" (1/03/2012 until 30/06/2015). **Archimedes III Research program.** Participants: (1) T.E.I. of Athens (Dept. of Food Technology & Dept. of Cosmetology and Aesthetics), (2) T.E.I. of Larissa (Dept. of Food Technology), (3) National and Kapodistrian University of Athens (Pharmacognosy and Chemistry of Natural Products Branch of the Dept. of Pharmacology), (4) University of Ioannina (Dept. of Chemistry).
4. "*Design optimization of the extraction unit of natural antioxidants from olive leaves with the trade name Belis*" for **ROI S.A. Company** (26/09/2012 until 31/12/2013). Participants: (1) Dept. of Food Technology, T.E.I. of Larissa (2) ROI S.A.
5. "*Quality control and food safety in foodservice - Intervention programs*" (MIS: 372969) (6/12/2012 until 31/08/2013). **Greek Ministry of Health** – T.E.I. of Athens (Dept. of Food Technology).
6. "*Debittering olive fruits without sodium hydroxide and salt*" (24/11/2013 until 23/07/2014). Research fellowship from the **Education Committee and Research**, T.E.I. of Thessaly (Dept. of Food Technology). *Scientific director:* Dr. Stavros Lalas, Professor.
7. "*Food analysis*" (24/11/2013 until 23/07/2014). Research fellowship from the **Education Committee and Research**, T.E.I. of Thessaly (Dept. of Nutrition & Dietetics). *Scientific director:* Dr. Costas Deligiannis, Professor.
8. "*Obtaining academic teaching experience in young scientists with doctorate degree 2020-2021 at the University of Thessaly*" (MIS: 5064860; project code: 6490) (01/10/2020 until 02/05/2021). Academic Research Fellow from the **Research Committee**, University of Thessaly (Dept. of Food Science & Nutrition). *Institutional director:* Mr. George Fthenakis, Professor.
9. "*Use of pulsed electric field to extract valuable components from plant material*" for

Korres S.A. Company (MIS: 5030455; project code: 5956) (16/11/2020 until 27/06/2021). Postdoctoral Research Fellow from the **Research Committee**, University of Thessaly (Dept. of Food Science & Nutrition). *Coordinator & Scientific director*: Dr. Stavros Lalas, Professor.

10. "Creation of biofunctional mineral waters with the addition of extracts of fruits, vegetables and Greek herbs, olive leaves, cannabis and *Moringa oleifera*, as well as from innovative extracts such as humic and fulvic acids produced with "green" extraction methods (Biofunctional-Water)" for **SAMARINA Natural Mineral Water** (MIS: 5074556; project code: 6623) (1/02/2021 until 28/04/2023). Postdoctoral Research Fellow from the **Research Committee**, University of Thessaly (Dept. of Food Science & Nutrition). *Coordinator & Scientific director*: Dr. Stavros Lalas, Professor.

V. Scientific project

i. Monographs

1. **Recovery of antioxidant polyphenols from olive leaves (*Olea europaea* spp.) using a novel deep eutectic solvent made of bioorganic molecules.** (2018). V. Athanasiadis. *PhD thesis*, Dept. of Food Science and Nutrition, University of the Aegean (*Supervisor*: Dr. Dimitris P. Makris, Assistant Professor. *Advisory Committee Members*: D.P. Makris, S. Lalas and H.C. Karantonis).
2. **Use of humic and fulvic acids for the purification of drinking water from heavy metals.** (2013). V. Athanasiadis. *MSc thesis*, Faculty of Medicine, University of Thessaly (*Supervisor*: Dr. Stavros Lalas, Professor. *Advisory Committee Members*: S. Lalas, O. Gortzi and A. Tsakalof).
3. **Enrichment of table olives Kalamon with natural antioxidants.** (2010). V. Athanasiadis. *BSc thesis*, Dept. of Food Technology, T.E.I. of Thessaly (*Supervisor*: Dr. Stavros Lalas, Professor).

ii. Published work in international scientific peer-reviewed journals

1. **Enrichment of table olives with polyphenols extracted from olive leaves.** (2011). S. Lalas, V. Athanasiadis, O. Gortzi, M. Bounitsi, I. Giovanoudis, J. Tsaknis and F. Bogiatzis. *Food Chemistry*, 127 (4), 1521-1525.
2. **Determination of antimicrobial activity and resistance to oxidation of *Moringa peregrina* seed oil.** (2012). S. Lalas, O. Gortzi, V. Athanasiadis, J. Tsaknis and I. Chinou. *Molecules*, 17 (3), 2330-2334.
3. **Evaluation of the suitability of low hazard surfactants for the separation of phenols and carotenoids from red-flesh orange juice and olive mill wastewater using cloud point extraction.** (2012). E. Katsoyannos, O. Gortzi, A. Chatzilazarou, V. Athanasiadis, J. Tsaknis and S. Lalas. *Journal of Separation Science*, 35 (19), 2665-2670.

4. **Full characterisation of *Crambe abyssinica* Hochst. seed oil.** (2012). S. Lalas, O. Gortzi, V. Athanasiadis, E. Dourtoglou and V. Dourtoglou. *Journal of the American Oil Chemists' Society*, 89 (12), 2253-2258.
5. **Study of antioxidant and antimicrobial activity of Chios mastic gum fractions (neutral, acidic) before and after encapsulation in liposomes.** (2014). O. Gortzi, V. Athanasiadis, S. Lalas, I. Chinou and J. Tsaknis. *Journal of Food Processing & Technology*, 5 (8), 355-359.
6. **Nutritional characterization of leaves and their herbal tea of *Moringa oleifera* Lam. tree cultivated in Greece.** (2017). S. Lalas, V. Athanasiadis, I. Karageorgou, G. Batra, G.D. Nanos and D.P. Makris. *Journal of Herbs, Spices & Medicinal Plants*, 23 (4), 320-330.
7. **Highly efficient extraction of antioxidant polyphenols from *Olea europaea* leaves using an eco-friendly glycerol/glycine deep eutectic solvent.** (2018). V. Athanasiadis, S. Grigorakis, S. Lalas and D.P. Makris. *Waste and Biomass Valorization*, 9 (11), 1985-1992.
8. **Methyl β -cyclodextrin as a booster for the extraction for *Olea europaea* leaf polyphenols with a bio-based deep eutectic solvent.** (2018). V. Athanasiadis, S. Grigorakis, S. Lalas and D.P. Makris. *Biomass Conversion and Biorefinery*, 8 (2), 345-355.
9. **Effect of methyl β -cyclodextrin on radical scavenging kinetics of olive leaf extracts and interactions with ascorbic acid.** (2017). V. Athanasiadis, S. Lalas and D.P. Makris. *ChemEngineering*, 1 (1), 6.
10. **Humic and fulvic acids as potentially toxic metal reducing agents in water.** (2018). S. Lalas, V. Athanasiadis and V.G. Dourtoglou. *CLEAN - Soil, Air, Water*, 46 (2), 1-6.
11. **Use of 2,5-dimethyl-4-hydroxy-3(2H)-furanone in preventing oxidation during fat frying of potato chips and baking of croissants.** (2018). S. Lalas, V. Athanasiadis, K. Katsoulis, I. Karageorgou, E. Bozinou and V.G. Dourtoglou. *Journal of Food Measurement and Characterization*, 12 (2), 1211-1218.
12. **Stability effects of methyl β -cyclodextrin on *Olea europaea* leaf extracts in a natural deep eutectic solvent.** (2018). V. Athanasiadis, S. Grigorakis, S. Lalas and D.P. Makris. *European Food Research and Technology*, 244, 1783-1792.
13. **Study of the self-stabilization ability of Tzatziki (a traditional Greek ready-to-eat deli salad).** (2019). S. Lalas, V. Athanasiadis, I. Karageorgou, E. Bozinou and V.G. Dourtoglou. *International Journal of Food Studies*, 8 (1), 76-86.
14. **Manufacturing process and physicochemical analysis of Kariki: a traditional cheese from the Island of Tinos, Greece.** (2021). D. Ourailoglou, V. Athanasiadis, E. Bozinou, C. Salakidou, E. Evmorfopoulos and S. Lalas. *International Food Research Journal*, 28 (2), 262-268.
15. **Extraction of volatile aroma compounds from toasted oak wood using pulsed electric field.** (2021). G.V. Ntourtoglou, F. Drosou, Y. Enoch, E.A. Tsapou, E. Bozinou, V. Athanasiadis, A. Chatzilazarou, E.G. Dourtoglou, S.I. Lalas and V.G. Dourtoglou. *Journal*

of *Food Processing and Preservation*, 45 (6), e15577.

16. **Use of pulsed electric field as a low-temperature and high-performance “green” extraction technique for the recovery of high added value compounds from olive leaves.** (2021). V.M. Pappas, A. Lakka, D. Palaiogiannis, E. Bozinou, G. Ntourtoglou, G. Batra, V. Athanasiadis, D.P. Makris, V.G. Dourtoglou and S.I. Lalas. *Beverages*, 7 (3), 45.
17. **Pulsed Electric Field and *Salvia officinalis* L. leaves: A successful combination for the extraction of high added value compounds.** (2021). V. Athanasiadis, A. Lakka, D. Palaiogiannis, V.M. Pappas, E. Bozinou, G. Ntourtoglou, D.P. Makris, V.G. Dourtoglou and S.I. Lalas. *Foods*, 10 (9), 2014.
18. **Enhancement of polyphenols recovery from *Rosa canina*, *Calendula officinalis* and *Castanea sativa* using Pulsed Electric Field.** (2021). A. Lakka, E. Bozinou, G. Stavropoulos, I. Samanidis, V. Athanasiadis, V.G. Dourtoglou, D.P. Makris and S.I. Lalas. *Beverages*, 7 (3), 63.
19. **Humic and fulvic acids as specific sorbents of herbicides in water.** (2021). E. Vrantsi, A. Lakka, E. Bozinou, V. Athanasiadis, E.S. Papadaki, V.G. Dourtoglou and S.I. Lalas. *CLEAN–Soil, Air, Water*, 2000467.
20. **Optimization of pulsed electric field as standalone “green” extraction procedure for the recovery of high value-added compounds from fresh olive leaves.** (2021). V.M. Pappas, A. Lakka, D. Palaiogiannis, V. Athanasiadis, E. Bozinou, G. Ntourtoglou, D.P. Makris, V.G. Dourtoglou and S.I. Lalas. *Antioxidants*, 10 (10), 1554.

iii. Work presentations in international and national conferences

1. **Enrichment of table olives Kalamon with natural antioxidants.** (2010). V. Athanasiadis, S. Lalas, O. Gortzi, I. Giovanoudis, M. Bounitsi and I. Tsaknis. In the conference "New Technologies in Food & Quality Assurance", Karditsa, Greece (27/11/2010).
2. **Extraction of tocopherols from olive mill wastewater using cloud point extraction.** (2012). O. Gortzi, E. Katsoyannos, A. Chatzilazarou, V. Athanasiadis, I. Giovanoudis, E. Iliadou, Al. Papachatzis and S. Lalas. In the 15th International Conference on Fat Soluble Vitamins, FSV 2012, Kalabaka, Greece (22-24/03/2012).
3. **Preparation and characterization of Chios neutral mastic gum fractions before and after encapsulation in liposomes by three different methods.** (2013). O. Gortzi, V. Athanasiadis, S. Lalas and J. Tsaknis. In the 5th National Conference - Trends in the Field of Lipids, Greek Lipid Forum, Athens, Greece (29-30/03/2013).
4. **Isolation of value added products from food industry waste with cloud point extraction method.** (2013). I. Giovanoudis, E. Spanou, V. Athanasiadis, S. Lalas and O. Gortzi. In the conference "Food Industries & Environmental Management", Chem-EcoLink, 2013, Paiania, Greece (12/10/2013).
5. **Preparation and characterization of Chios mastic gum fractions before and after**

- encapsulation in liposomes by three different methods.** (2013). O. Gortzi, V. Athanasiadis, S. Lalas and J. Tsaknis. In the 6th International Symposium on Recent Advances in Food Analysis, RAFA 2013, Prague, Czech Republic (5-8/11/2013).
6. **Enrichment of table olives with polyphenols from olive leaf extract.** (2014). S. Lalas, V. Athanasiadis and O. Gortzi. In the conference "Traditional Greek Food and Food Technology - A Harmonious Coexistence", Food Expo 2014, Athens, Greece (16/03/2014).
 7. **Antioxidant activity of Chios mastic gum extracts before and after encapsulation in liposomes.** (2014). O. Gortzi, V. Athanasiadis, S. Lalas and J. Tsaknis. In the 9th International Symposium on Chromatography of Natural Products, ISCNP 2014, Lublin, Poland (26-29/05/2014).
 8. **Physicochemical characterization of liposomes encapsulating total fraction of Chios mastic gum.** (2014). O. Gortzi, V. Athanasiadis, S. Lalas and J. Tsaknis. In the 3rd International Conference and Exhibition on Food Processing & Technology, Las Vegas, USA (21-23/07/2014).
 9. **Nutritional value characterization of leaves and herbal tea from *Moringa oleifera* Lam. tree cultivated in Greece.** (2014). S. Lalas, V. Athanasiadis and O. Gortzi. In the 3rd International Conference and Exhibition on Food Processing & Technology, Las Vegas, USA (21-23/07/2014).
 10. **Phenols separation from olive mill wastewater and liquid wine sludge wastes by cloud point extraction with Cremophor.** (2014). E. Katsoyannos, O. Gortzi, A. Chatzilazarou, V. Athanasiadis and S. Lalas. In the 4th International Conference on Industrial and Hazardous Waste Management, Chania, Grete, Greece (2-5/09/2014).
 11. **Reduction of heavy metals in water by the use of humic and fulvic acids.** (2014). V. Athanasiadis, O. Gortzi and S. Lalas. In the 4th International Conference on Industrial and Hazardous Waste Management, Chania, Grete, Greece (2-5/09/2014).
 12. **Clean water from heavy metals with innovative technology.** (2014). S. Lalas, V. Athanasiadis and O. Gortzi. In the conference "Environment & Health - Quality Assurance Water", ELQA 2014 (*External Laboratory Quality Assessment*), Larissa, Greece (5/12/2014).
 13. **Enrichment of table olives with polyphenols from olive leaf extract.** (2015). V. Athanasiadis, O. Gortzi and S. Lalas. In the conference "Innovative Applications in the Food Industry and Environmental Sector", Larissa, Greece (14/02/2015).
 14. **Effects of dietary supplementation with *Moringa oleifera* on antioxidant status of raw and cooked breast and drumstick meat of broiler chickens.** (2015). I. Giannenas, O. Gortzi, A. Galidi, S. Popović, N. Spasevski, L. Kostadinović, V. Athanasiadis and S. Lalas. In the 2nd International Conference on Food & Biosystems Engineering, FaBE 2015, Mykonos island, Greece (28-31/05/2015).
 15. **Phenols separation from olive mill wastewater by cloud point extraction with food grade surfactants.** (2015). I. Giovanoudis, V. Athanasiadis, G. Nanos, O. Gortzi and S. Lalas. In the 6th National Conference - Trends in the Field of Lipids, Greek Lipid Forum,

Athens, Greece (11-12/06/2015).

16. **Assessment of biological activity of Chios mastic gum fractions (neutral, acidic) before and after encapsulation in liposomes.** (2015). O. Gortzi, V. Athanasiadis, S. Lalas, D-A. Karagkini, D. Kouretas and J. Tsaknis. In the International Conference of Science in Technology, SCinTE 2015, Athens, Greece (5-7/11/2015).
17. **Nutritional value characterization of leaves and herbal tea from *Moringa oleifera* Lam. tree cultivated in Greece.** (2015). S. Lalas, V. Athanasiadis and O. Gortzi. In the 1st International Symposium on Moringa, Manila, Philippines (15-18/11/2015).
18. ***Moringa oleifera*. The miracle tree.** (2016). S. Lalas, I. Karageorgou, G. Batra and V. Athanasiadis. In the International Scientific Symposium Horticulture, Food and Environment: Priorities and Perspectives, Craiova, Romania (27-28/10/2016).
19. **Separation of value added compounds from liquid tomato wastewater using cloud point extraction.** (2017). I. Giovanoudis, V. Athanasiadis, G. Nanos and S. Lalas. In the 7th International Symposium on Natural Resources Management, ISNRM 7, Zaječar, Serbia (31/05/2017).
20. **Enrichment study of orange juice and olive oil.** (2017). O. Gortzi, A. Alibante, V. Athanasiadis and I. Roussis. In the 5th Conference of the Dept. of Chemistry, "40 Years of Chemistry", Ioannina, Greece (29-30/09/2017).
21. **Eco-friendly glycerol/glycine low-transition temperature mixture (LTTM) as an effective solvent for the extraction of antioxidant polyphenols from *Olea europaea* leaves.** (2017). V. Athanasiadis, S. Grigorakis, S. Lalas and D.P. Makris. In the 7th National Conference - Trends in the Field of Lipids, Greek Lipid Forum, Thessaloniki, Greece (5/10/2017).
22. **Extremely efficient extraction of polyphenols from olive leaf (*Olea europaea*) with deep eutectic solvent using methyl- β -cyclodextrin.** (2017). V. Athanasiadis, S. Grigorakis, S. Lalas and D.P. Makris. In the conference "Food Industry & Environment", Chem-EcoLink, 2017, Paiania, Greece (26/11/2017).
23. **Processing & Utilization of Food By-Products at Kronos S.A.** (2019). V. Athanasiadis. In the conference "Technologies and Innovations in Food & Beverage Production and Packaging" in section "Fruits & Vegetables", Food Expo 2019, Athens, Greece (12/10/2019).
24. **Chocolate quality and authenticity control in the industry and R&D laboratories.** (2020). V. Athanasiadis. In the webinar "Chemistry in Chocolate", ReAcTiON team (Dept. of Chemistry, Aristotle University of Thessaloniki), Thessaloniki, Greece (15/10/2020).
25. **Extraction of antioxidants from *Calendula officinalis* and *Rosa canina* using Pulsed Electric Field.** (2021). V. Athanasiadis, A. Lakka, E. Bozinou, V.G. Dourtoglou, D.P. Makris and S.I. Lalas. In the 9th National Conference - Trends in the Field of Lipids, Greek Lipid Forum, Greece (22/10/2021).

iv. Editorial Board Member in international scientific journals

- *LWT - Food Science and Technology*, Elsevier. (IF 2020: 4.952). (<https://www.journals.elsevier.com/lwt/editorial-board>).

v. Topical Advisory Panel Member in international scientific journals

- *Sustainability*, MDPI. (IF 2020: 3.251). (https://www.mdpi.com/journal/sustainability/topical_advisory_panel). Thematic area: Sustainable Food Section.

vi. Reviewer in international scientific journals

1. *African Journal of Biotechnology*, Academic Journals. (IF*: -) [1].
2. *African Journal of Food Science*, Academic Journals. (IF: -) [1].
3. *Antioxidants*, MDPI. (IF: 6.312) [9].
4. *Applied Sciences*, MDPI. (IF: 2.679) [3].
5. *Current Research in Food Science*, Elsevier. (IF: -) [1].
6. *Dairy*, MDPI. (IF: -) [1].
7. *Food Research International*, Elsevier. (IF: 6.475) [5].
8. *Food Science and Technology International*, SAGE. (IF: 2.023) [2].
9. *Foods*, MDPI. (IF: 4.350) [9].
10. *International Journal of Molecular Sciences*, MDPI. (IF: 5.923) [4].
11. *Journal of Chemistry*, Hindawi Publishing Corporation. (IF: 2.506) [1].
12. *Journal of Food Measurement and Characterization*, Springer. (IF: 2.431) [6].
13. *Journal of Food Science and Technology*, Springer. (IF: 2.701) [24].
14. *Journal of Food Science*, Wiley. (IF: 3.167) [2].
15. *Journal of Medicinal Plants Research*, Academic Journals. (IF: -) [3].
16. *LWT - Food Science and Technology*, Elsevier. (IF: 4.952) [144].
17. *Medicina*, MDPI. (IF: 2.430) [1].
18. *Molecules*, MDPI. (IF: 4.411) [3].
19. *Nutrients*, MDPI. (IF: 5.717) [2].
20. *Pharmaceuticals*, MDPI. (IF: 5.863) [2].
21. *Plants*, MDPI. (IF: 3.935) [5].
22. *Polish Journal of Food and Nutrition Sciences*, Polish Academy of Sciences. (IF: 2.111) [2].
23. *Polymers*, MDPI. (IF: 4.329) [1].
24. *Separations*, MDPI. (IF: 2.777) [2].
25. *Sustainability*, MDPI. (IF: 3.251) [2].

***IF (Impact Factor 2020) and [#] the Number of reviews.**

vii. Acknowledgements

- Sflomos, K. (2010). Food Chemistry & Human Nutrition. Volume I: "Food Chemistry". Publisher: *Self version*. Athens. ISBN 978-960-92818-4-3.

- Sflomos, K. (2010). Food Chemistry & Human Nutrition. Volume II: "**Human Nutrition**". Publisher: *Self version*. Athens. ISBN 978-960-92818-5-0.
- Rovoli, M.D. (2015). **Association and bioactivity studies of lipophilic vitamins' binding to proteins and lipid molecules**. *PhD thesis*, University of Thessaly, Karditsa, Greece.

VI. Professional experience

1. **Union of Agricultural Cooperatives of Giannitsa** (now A.C. Pellas). *Fruits Processing Worker* (24/07/2006 until 31/07/2006).
2. **Kronos S.A.** *Assistant Production Manager* (12/07/2007 until 1/09/2007).
3. **Kronos S.A.** *Quality Control Analyst & Assistant Production Manager* (9/07/2008 until 30/09/2008).
4. **Workshop** in Food Analysis Lab (Dept. of Food Technology, T.E.I. of Larissa) (1/10/2009 until 31/03/2010). *Head of the Laboratory*: Dr. Stavros Lalas, Professor.
5. **Research Fellow** at T.E.I. of Larissa (Dept. of Food Technology) (26/05/2010 until 31/08/2015).
6. **Military Service** at Hellenic (Greek) Army. *Soldier of the military communications - Operator of digital terminals encryption devices* (9/09/2015 until 9/06/2016).
7. **Intercomm Foods S.A.** *Quality Control Analyst* (7/07/2016 until 26/08/2016).
8. **Kronos S.A.** *Internal Quality Inspector* (3/10/2016 until 13/10/2016).
9. **Academic Research Fellow** at T.E.I. of Thessaly (Dept. of Food Technology) (6/03/2017 until 30/06/2017).
10. **AgroCell P.C.** (owned by AgroFresh Holding France SAS). *Technician of Post-harvest Application of SmartFreshSM Quality System* (3/07/2017 until 31/10/2017).
11. **Academic Research Fellow** at T.E.I. of Thessaly (Dept. of Nutrition & Dietetics) (24/10/2017 until 16/02/2018).
12. **Academic Research Fellow** at T.E.I. of Thessaly (Dept. of Food Technology) (5/03/2018 until 29/06/2018).
13. **Kronos S.A.** *Production and Research & Development (R&D) Manager* (9/07/2018 until 25/09/2020).
14. **HG Molenaar**. *Training and Development Specialist in Plastic Cup Line* (Noorder-Paarl Area, South Africa) (25/02/2019 until 22/03/2019).
15. **Academic Research Fellow** at University of Thessaly (Dept. of Food Science & Nutrition) (1/10/2020 until 5/02/2021 & 2/03/2021 until 9/07/2021).
16. **Postdoctoral Research Fellow** at University of Thessaly (Dept. of Food Science & Nutrition) (16/11/2020 until **today**).

VII. Teaching experience

1. **Research Fellow** (Academic Year 2013-2014). T.E.I. of Thessaly. Dept. of Food Technology. *Teaching:* (1) Food Analysis I; (2) Food Analysis II; (3) Processing & Utilization of Food By-Products.
2. **Research Fellow** (Academic Year 2013-2014). T.E.I. of Thessaly. Dept. of Nutrition & Dietetics. *Teaching:* (1) Food Analysis.
3. **Trainer** (Academic Year 2013-2014). Youth and Lifelong Learning Foundation (I.NE.DI.VI.M.). Centers Lifelong Learning (K.D.V.M.). *Teaching:* (1) Food Safety & Quality.
4. **Research Fellow** (Academic Year 2014-2015). T.E.I. of Thessaly. Dept. of Food Technology. *Teaching:* (1) Food Analysis I; (2) Food Analysis II; (3) Processing & Utilization of Food By-Products; (4) Research & Development of New Products; (4) Technology & Quality Control of Fats & Oils; (5) Technology & Quality Control of Fruits & Vegetables.
5. **Research Fellow** (Academic Year 2014-2015). T.E.I. of Thessaly. Dept. of Nutrition & Dietetics. *Teaching:* (1) Food Analysis.
6. **Academic Research Fellow** (Academic Year 2016-2017). T.E.I. of Thessaly. Dept. of Food Technology. *Teaching:* (1) Technology & Quality Control of Fats & Oils.
7. **Academic Research Fellow** (Academic Year 2017-2018). T.E.I. of Thessaly. Dept. of Nutrition & Dietetics. *Teaching:* (1) Food Chemistry & Technology.
8. **Academic Research Fellow** (Academic Year 2017-2018). T.E.I. of Thessaly. Dept. of Food Technology. *Teaching:* (1) Technology & Quality Control of Fats & Oils.
9. **Academic Research Fellow** (Academic Year 2020-2021). University of Thessaly. Dept. of Food Science & Nutrition. *Teaching:* (1) Principles of Food Science & Technology; (2) Biochemistry; (3) Instrumental Analysis.
10. **Academic Research Fellow** (Academic Year 2021-2022). University of Thessaly. Dept. of Food Science & Nutrition. *Teaching:* (1) General & Inorganic Chemistry.
11. **Academic Trainer** (Academic Year 2021-2022). Aegean College. Dept. of Dietetics (Applied). *Teaching:* (1) Food Science, Safety and Catering.

VIII. Credits

- **Performance grant** from the State Scholarships Foundation for the academic years 2006-2007 (*1st year of undergraduate study*) and 2007-2008 (*2nd year of undergraduate study*).
- **Award** from the State Scholarships Foundation for the academic year 2007-2008 (*2nd year of undergraduate study*).
- **Best Poster Award** from OMICS Group, in the *3rd International Conference and Exhibition on Food Processing & Technology*, Las Vegas, Nevada, USA (21-23/07/2014).

- **Certificate of Reviewing.** Certified Reviewer by Elsevier's Reviewer Recognition Platform for the scientific journals *LWT - Food Science and Technology* (IF 2020: 4.952) και *Food Research International* (IF 2020: 6.475).
- **Publons Peer Review Awards 2018** for placing in the top 1% of reviewers in *Agricultural Sciences* on Publons' global reviewer database, determined by the number of peer review reports performed during the 2017-2018 Award year.
- **Review Confirmation Certificate.** Certified Reviewer by MDPI Reviewer Recognition Platform for the scientific journals *Antioxidants* (IF 2020: 6.312), *Foods* (IF 2020: 4.350), *Polymers* (IF 2020: 4.329), *Sustainability* (IF 2020: 3.251), *Applied Sciences* (IF 2020: 2.679) και *Medicina* (IF 2020: 2.430).
- **Publons Peer Review Awards 2019** for placing in the top 1% of reviewers in *Agricultural Sciences* on Publons' global reviewer database, determined by the number of peer review reports performed during the 2018-2019 Award year.
- **Reviewer Certificate.** Certified Reviewer by Wiley Reviewer Recognition Platform for the scientific journal *Journal of Food Science* (IF 2020: 3.167).
- **Certificate of Completion.** Certified completion module *Introduction to the Certified Peer Reviewer Course* by Elsevier Researcher Academy.

IX. Languages

- **Greek** (Native proficiency).
- **English** (Professional working proficiency). TOEIC (*Test of English for International Communication*) Certificate (Good knowledge – B2).