

PERSONAL INFORMATION Maria Cristina Casiraghi

University researcher at the Faculty of Agricultural and Food science-University of Milan-Department of Food (DeFENS), Environmental and Nutritional Sciences-Human Nutrition Unit.

## WORK EXPERIENCE

1990-2004: Research Assistant at the Department of Food Science, Technology and Microbiology of the University of Milan.

2005 - today: University researcher at the Faculty of Agricultural and Food science-University of Milan-Department of Food, Environmental and Nutritional Sciences-Human Nutrition Unit

Courses:

"Applied NUTRITION" (6 credits), M.Sc "Food Science and Technology ", University of Milan , since A.Y. 2017/2018

" Nutritional evaluation of food products" (4 credits), B.Sc. " Food Science and Technology " University of Milan , since A.Y. 2009/2010

" Innovative foods and nutrition" (4 credits-seminar course) M.Sc "Food Science and Technology ", University of Milan , from 2010-2011 to 2016-2017

"Principles of dietetics" (3 credits) B.Sc. "Herbal Techniques" University of Milan , from 2005-2006 to 2009-2010)

Boarding Member of Food System PhD

Tutor for B.Sc. and M.Sc Students in Food Science and Technology

Research activity:

- metabolic effects and mechanisms of action of foods rich in fiber and complex carbohydrates, focusing on the role of food processing in metabolic and intestinal impact of foods

- Glycemic index of foods.

- Nutritional enhancement of cereals and cereals by-products

- Effects of germination on the nutritional quality of cereals and legumes (bioactive compounds) in relation to varietal aspects, process operating conditions, native microbiota.

- Eating habits, intestinal microbial biodiversity and fermentation metabolism, in healthy or pathological subjects (PKU and MHP, anorexia, ketogenesis, subjects in therapeutic ketogenic diet).

-formulation and functional evaluation of foods for therapeutic ketogenic diet.

Laboratory activities: main techniques:

- HPLC

- Gas Chromatography (Bile Acids, Sterols, Volatile Fatty Acids)

*Ex vivo* procedures: cyto-genotoxicity of faecal water

*In vitro*: starch digestibility;

*In vivo*: Glycemic Index; Breath-H<sub>2</sub> Test

## EDUCATION AND TRAINING

1989: M.Sc. in Food Science and Technology, Faculty of Agriculture

2015: AIFOS training course (n.LOM / 73412, certificate n.Mo23415) (Medium Risk) for Responsible Teaching activities/Research in the laboratory

PERSONAL SKILLS

Mother tongue(s) Italian

Other language(s)

ENGLISH: UNDERSTANDING		ENGLISH: SPEAKING		ENGLISH: WRITING
Listening B1	Reading B2	Spoken interaction B1	Spoken production B1	B2

Communication skills Good communication skills gained through my professional experience

Organisational / managerial skills Ability to work both independently (according to the priorities of the Structure) and in team, actively collaborating with the other group members.

Job-related skills Research projects planning/ project unit coordination. Coordination of Laboratory activities

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Proficient user	Independent user	Independent user	Independent user	Basic user -

▪ good command of office suite (word processor, spread sheet, presentation software)

Driving licence Driving licence category B

ADDITIONAL INFORMATION

Publications available at:  
<https://www.ncbi.nlm.nih.gov/pubmed/?term=Casiraghi+M.C.>  
<https://air.unimi.it/simple-search?query=Casiraghi+M.C.#.W-Q4xst1qTM>

Projects

- (Principal Investigator for Nutritional studies) in “Tecnologie innovative per la produzione di pasta fresca senza glutine e format distributivi Street Food di nuova concezione (Gluten Free 2.0)”. Coordinatore Unimi: Prof. M. Lucisano, finanziato nell’ambito del PROGRAMMA OPERATIVO REGIONALE 2014-2020 (REGIONE LOMBARDIA) OBIETTIVO “INVESTIMENTI IN FAVORE DELLA CRESCITA E DELL’OCCUPAZIONE”- Azione I.1.b.1.3
- (Principal Investigator for Nutritional studies) in “PROCESSING FOR HEALTHY CEREAL FOODS”, PRIN 2015- (Prot. 2015SSEKFL)- National Coordinator Prof. M. Giovannetti. Unimi Coordinator: Prof. M.A. Pagani

Memberships Member of the Scientific Committee of the Italian Society of Human Nutrition (SINU)

Main research and evaluation service activities Member of the Defens Quality Presidium

Personal information I authorize the handling of personal information in this curriculum, according to D.Lgs n. 196/03 and following modifications and Regulations EU 679/2016 (General Regulations concerning Data Protection or GRDP) and art. 7 of University Regulations concerning protection of personal information.

I authorize, according to D.lgs 14/03/2013 n. 33 concerning transparency, in case of conferment of the position and of the fellowship, the publication of this curriculum in the web site of Università degli Studi di Milano in the section “Amministrazione trasparente”, “Consulenti e collaboratori”.

Date  
 Milan, 8/11/2018

Signature

