

GEORGINE LEUNG
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Personal Summary

I am a UK Registered Nutritionist and Fellow of the Higher Education Academy. I consult client work on a project basis. I am a part-time PhD research student at the Institute for Global Health at University College London, and a career advisor to student nutritionists.

Professional Experience

Nutritionist, Kurami UK, London (consultant)

Kurami UK is a meal delivery business which serves clients in London. As their consultant nutritionist, I develop and write menus and provide nutrition inputs to mainstream press.

Head of Nutrition, The New Luncher PTE, Hong Kong and Singapore (consultant)

March 2019 – present

As Head of Nutrition of this growing business which caters to schools in Hong Kong and Singapore, I oversee all food initiatives and with our team, develop healthy and delicious recipes for early to secondary years. I ensure these are compliant with our strict standards of provision and uphold our ethos to educate and nurture a healthy relationship with food. I also run food workshops in schools for young people and their families.

Nutrition Consultant and Lecturer, Freelance, London and Hong Kong

September 2016 – present

I advise clients on developing materials for various health and wellbeing projects, with a focus on diet and health, and undertake recipe development and analysis. I also manage and lead community group sessions for different target groups using available resources and ingredients. I work with the media to debunk myths on eating and cultural practices, and have been interviewed on BBC2's *Victoria Derbyshire show* and Channel 4's *How to lose weight well*. Most recently, I was on BBC2 to discuss my research on the topic of confinement practised by Chinese mothers. I teach nutrition as a guest lecturer in London and Hong Kong.

Lecturer in Nutrition, School of Sports, Health and Applied Science, St Mary's University, London

September 2014 – 2016

During this teaching post, I designed and delivered lectures and seminars on both undergraduate and postgraduate levels with an emphasis on public health and health promotion. I also led a research study to explore cultural considerations in dietary choices and infant feeding practices of new Chinese mothers in London (2015) featured on Oxford Food Symposium's website based on my manuscript.

Nutrition Scientist, Education Group, British Nutrition Foundation (BNF)

September 2008 – September 2014

I co-authored and secured grants to implement, and wrote materials for, UK and EU-wide initiatives to educate young people on healthy eating and where food comes from, including the UK's first national Healthy Eating Week, reaching over 1 million young people. I developed print and digital interactive educational resources on BNF's education site (www.foodafactoflife.org.uk) which included a nutrition analysis application and lifestyle assessment tool. I also piloted and created course materials for BNF's online nutrition training platform.

As the appointed Nutrition Scientist in Education, I presented video podcasts on BNF's *Youtube* page (www.youtube.com/user/BritishNutrition), delivered nutrition updates at annual regional conferences in the UK (each up to 200+ teachers) and conducted regular eSeminars on topical nutrition issues to different audiences. During this time, I also conducted and published research on the consumption of ethnic foods and the diets of minority ethnic groups in the UK in academic journals and newsletters by partner charities and the industry.

I was the Liaison Link for BNF's member companies and an advisor to the London Schools Nutritionists Network.

**Research Assistant, Food and Nutritional Sciences Programme, Chinese University of Hong Kong
January 2007 – August 2007**

As an early career researcher and teaching assistant, I managed the data collection and analysis of Hong Kong's first Food Consumption Survey and supported other nutrition research projects. I also taught and assessed undergraduate students on community nutrition and nutrition policy.

Publications

- Leung and Law (2018) Postnatal practices and health beliefs by Chinese community in the UK. *SMA Nutrition* white paper.
- Leung (2017) Cultural considerations in postnatal dietary and infant feeding practices among Chinese mothers in London. *British Journal of Midwifery*. 25 (1): 18-24
- Leung (2013) Health impact of diet in minority ethnic groups. *Practice Nurse* 43 (12): 26-29
- Leung and Stanner (2012) Is diet to blame for poor health of minority ethnic groups in the UK? *Nutrition Society: Your nutrition*.
- Leung and Stanner (2011) Diets of minority ethnic groups in the UK: influence on chronic disease risk and implications for prevention *Nutrition Bulletin* 36 (2): 161-198 (summary published in *Network Health Dietitians*)
- Leung (2010) Understanding Halal Food Supply Chain *Nutrition Bulletin* 35 (4): 371-372
- Leung (2010) Ethnic foods in the UK *Nutrition Bulletin*. 35 (3):226-234
- Leung (2009) Functional Food Centre, Oxford Brookes University. *Nutrition Bulletin*. 34 (3): 324-326
- Leung (2009) National Obesity Forum 6th Annual Conference: *Nutrition Bulletin*. 34 (1): 97-102

Advisory Roles, Professional Qualifications and Education

- Registered Nutritionist (Public Health), UKVRN
- Advisor, Taste Education
- Advisor, World Gastronomy Institute
- Member, Nutritionists in Industry
- Fellow, UK Higher Education Academy
- PhD (part-time), Institute for Global Health, University College London, commenced 2017
- MA in Anthropology of Food, SOAS University of London, Distinction, conferred 2017
- PGCert. in Academic Practice (Higher Education), Distinction, conferred 2015
- MSc. in Public Health Nutrition, Queen Margaret University Edinburgh, Pass, conferred 2008
- BSc. in Food and Nutritional Sciences (Hons.), Chinese University of Hong Kong, Pass, conferred 2006

Community Activities

- Guest speaker on BBC Radio Merseyside and Islington Chinese Association
- Nutrition consultant for charities including Church Army, Ming-Ai Institute, YMCA London SW
- Founding Chairperson, Diocesan Old Girls' Association UK

Relevant Skills

- Fluent in English, Cantonese and Mandarin (*Putonghua*)
- Expertise in public speaking, project management and building education programmes
- Proficient in the use of Microsoft Word, PowerPoint, Excel, OS X and various nutrition analysis platforms