



2016 BHEARD Scholar
Chikondi Memory Liomba

Profile

Country of Study:	Kenya
University:	University of Nairobi
Department:	Food Science, Nutrition and Technology
Student Position:	Graduate Research Assistant—M.Sc.
Hometown:	Nkhatabay, Malawi
Home Institution:	Ministry of Agriculture, Irrigation and Water Development
Home Position:	District Food and Nutrition Officer
Mentored By:	Home: Dr. A. Mwangwela University: Jasper K Imungi, Professor

Research Area: Food Science and Technology

BHEARD PROGRAM START DATE: August 2016

UNDERGRADUATE EDUCATION: B.Sc., Nutrition and Food Science, University of Malawi, Malawi

RESEARCH INTERESTS: Chikondi's research interest is on food product development. She intends to develop a porridge flour for enhancement of iron and zinc dietary intake in children 1 – 2 years in Malawi with reference to the supplementary foods used by the communities living in Kasungu District.

Protein energy malnutrition is the most serious nutritional body depletion disorder among infants and young children in Malawi. Malnutrition rates are very high in Malawi with prevalence rate of stunting being at 42.4 percent (Global nutrition report, 2016). This is mostly due to inadequate energy and nutrient intake. Weaning foods for children are mostly cereal based that are lacking essential nutrients such as iron, zinc and vitamin A. The product developed will be rich in energy and micronutrients that are of public health concern in Malawi.

PERSONAL STATEMENT: Chikondi's long-term goal includes developing projects that will alleviate malnutrition and enhance nutrition and food security in Malawi and Africa at large through development of new food products that are nutritious and affordable.

She also intends on developing an effectual technology that will prolong the shelf life of highly perishable foods such as vegetables, fruits and tubers. To realize these dreams, Chikondi needs to broaden her horizons, receive both training and guidance. Chikondi believes that she will receive this through a post-graduate training (M.Sc. and Ph.D.) and by working with experienced people who are already in the field.

WHEN I AM NOT WORKING I ENJOY: Chikondi enjoys cooking and trying new recipes. She gets more creative when she tries out recipes from other countries and uses them with her country's recipes. Chikondi also likes hanging out with friends and family. Chikondi enjoys watching Food Network on TV and this is where she mostly grabs recipes from other countries. Chikondi also loves watching series like Rhythm city, Scandal and Uzalo. These series are about the trials and tribulations of those who are trying to rise to the top in their career and those who have already made it. She learns a lot from these series on the challenges she is likely to face on her way up in her career and how she can overcome the challenges.