

## Melanie K. Ng

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### CURRENT POSITION

Ph.D. Candidate, Graduate Research Assistant, and Dietetic Intern Athens, Georgia

### EDUCATION

**University of Georgia** Athens, Georgia  
*Combined Ph.D. in Foods and Nutrition & Dietetic Internship\** May 2022

Major Advisor: Ginnefer O. Cox, PhD RD

Dietetic Internship Director: Barbara Grossman, PhD RD

Dissertation: Tentatively titled, "The Utilization of Sensory Evaluation Methods to Evaluate Recipes Within Community Nutrition Programming."

\*Completed Dietetic Internship requirements August 2020; upon completion of PhD, will sit for the RD Exam

**University of Georgia** Athens, Georgia  
*B.S.F.C.S. Dietetics and Consumer Foods* May 2018  
Dean's List Honors, Magna Cum Laude

### HONORS/AWARDS

Virginia Wilbanks Kilgore Scholarship, UGA College of Family and Consumer Sciences 2021  
Karin Elizabeth Willis Scholarship, UGA College of Family and Consumer Science 2019-2020  
Virginia Wilbanks Kilgore Scholarship, UGA College of Family and Consumer Sciences 2018  
HOPE/Zell Miller Scholarship, University of Georgia 2014-2018  
Dean's List, UGA College of Family and Consumer Sciences 2015-2018

### SERVICE

Nominating Committee Chair, Northeast Georgia Dietetic Association (2 terms) 2020-2022  
Nominating Committee Member, Northeast Georgia Dietetic Association 2019-2020  
President, UGA Foods and Nutrition Graduate Student Organization 2019-2020  
Alumni Relations Committee, UGA Department of Foods and Nutrition 2019-2020  
FACS Student Leadership Advisory Council, Student Representative 2019-2020

### RESEARCH

**Department of Nutritional Science, University of Georgia** Athens, Georgia  
*Graduate Research Assistant, Sensory and Product Development Laboratory* 2018-Present

- Research Focus: Investigate the ingredient functionality and sensory components of products related to sodium and fat reduction
- Conduct sensory evaluations (analytical, affective, and perception testing) in laboratory and community settings in conjunction with analytical measurements of various food items for the purpose of product reformulation

- Managed the development of recruitment and equipment/laboratory preparation for Zaxby's Chicken Consumer Test (Duo-Trio Test); organized 110 participants during 8-hour testing period
- Serve as a mentor for 2-5 undergraduate researchers annually to familiarize students with the proper procedures and methods utilized in sensory testing and product development
- Skilled in the operation and teaching of the following analytical instruments: Texture analyzer, pH meter, benchtop water activity meter, consistometer, and viscometer

**UGA SNAP-Ed (Supplemental Nutrition Assistance Program Education)**      Athens, Georgia  
*Graduate Research Assistant, Nutrition Education Team*      2020-2021

- Developed, revised, and modified recipes for direct education and online access
- Authored 25+ evidence-based blogs on emerging and popular nutrition topics while spearheading the 12-month *Food Talk Features...* Series and finalizing blog and recipe post templates for consistency on the FoodTalk.org website
- Conducted cost and nutritional analyses in accordance with federal nutrition guidelines

**Sensory and Consumer Product Insights, PepsiCo**      Valhalla, New York  
*R&D Intern, Global Beverages*      May-August 2021

- Demonstrated leadership, collaboration, and technical expertise to plan and execute a multi-week training and data collection study for exploration of temporal methods in sensory testing of beverages among trained descriptive analysis panelists
- Improved intercultural fluency and oral communication through intern connects with individuals across leadership, the intern cohort, and the global SCPI team

**Department of Agro-Food Sciences and Technology,**      Beauvais, Picardy, France  
**Institut Polytechnique UniLaSalle**      Summer 2018  
*Undergraduate Research Assistant*

- Self-directed research and physical testing of ingredient composition of French biscuits under the direction of Francois Buche, PhD
- Designed trial experiments and calculations to determine the ideal dough texture for extrusion in large scale production equipment
- Determined the ingredient functionality of potential replacements and achieved research goal of creating a nutritional biscuit by means of ingredient alteration and analytical testing

## TEACHING

**Department of Nutritional Sciences, University of Georgia**      Athens, Georgia  
*Graduate Teaching Assistant, FDNS 4645/6645*      Fall semester, 2018-2021  
*Functional and Nutritional Properties of Foods*

- Organized and prepared laboratory sensory food evaluation sessions and experiences for forty to fifty senior undergraduate and graduate level students on topics including taste sensation and threshold, pH of foods, and water activity of various food products
- Provided instruction and feedback to students on examinations, assignments, and projects about recipe writing procedures, nutrient calculations, and using Food Processor SQL

- Re-designed the final course project as assignments with an emphasis on recipe writing, Federal nutrition guidelines, nutrient retention, and healthy cooking methods

Graduate Teaching Assistant, FDNS/FDST 4647/6647  
Sensory Evaluation of Food

Athens, Georgia  
Fall semester, 2018-2021

- Organized and prepared laboratory food evaluation sessions for seven to seventeen senior undergraduate and graduate level students to simulate the researcher/participant experience of analytical and affective sensory testing in the laboratory booth setting

Graduate Teaching Assistant, FDNS 4650/6650

Athens, Georgia

Experimental Study of Food, Culinary Science and Nutrition Capstone

Spring 2019-22

- Organized and prepared laboratory food evaluation and analytical instrument sessions for up to eight senior level undergraduate and graduate students in this capstone course
- Provided feedback and assistance with recipe reformulation project, focusing on the functional, nutritional, and sensorial properties of ingredients

Graduate Teaching Assistant, FDNS 4070/6070

Athens, Georgia

Research Methodology in Human Foods and Nutrition

Spring 2020

- Coordinated student attendance and assignments for over twenty senior dietetics students
- Fielded questions related to the USDA Dietary Guidelines Advisory Committee Report and Dietary Guidelines for Americans; searching for and selecting a high-quality research article; and systematic review methodology (PRISMA Statement)

## PUBLICATIONS AND INVITED TALKS

### Publications:

Cox GO, Rotberg B, Ng M, Henes S, & Giraudo S (2020). Examining the Effectiveness of a Nutrition Education Intervention for Hispanic Participants. *Journal of the Georgia Public Health Association: Vol. 8: No. 1, Article 9. DOI: 10.20429/jgpha.2020.080109*

Ng MK, Lee JS, Sanville LM, Cotta-Rivera E, Dallas J, Pencek A, Powell A, Williams B, Moore CJ, & Cox GO (under review). Sensory Evaluation of New Recipes for Supplemental Nutrition Assistance Program Education (SNAP-Ed) Informs Consumer Acceptance and Recipe Development Needs. Manuscript under Review with the *Journal of Sensory Studies*.

Ng MK, Adhikari K, Andress E, Henes, S, Lee, JS, & Cox GO (in progress). Sensory Evaluation Methodology for use with Recipe Development in Non-Traditional Federal Community Nutrition Settings. Manuscript in Preparation for *Journal of Sensory Studies*.

Cox GO, Ng MK, Feng Y, Ellison B, Duff B, Lleras A, Lee Y, Lee SY (in progress). Efficacy of sodium and fat labeling and its contributions to consumer acceptability and food choice. Manuscript in Preparation for *Journal of Food Science*.

### Conferences/Invited Talks:

Ng M. The Inside Scoop: Sensory Evaluation of Recipes. Contact: Jackie Dallas. Presentation of preliminary study findings to UGA EFNEP and SNAP-Ed peer educators and supervisors. Low

Income Nutrition Education Meeting and monthly training, October 21, 2021, Northeast District, Athens-Clarke County, GA.

**Ng M**, Andress E, Adhikari K, Henes S, Lee JS, Cox G. The Inside Scoop: Sensory Evaluation Feedback from Peer Educators Provides Important Perspective on Direct Education Recipes. Oral Presentation recorded for the Society for Nutrition Education and Behavior Conference, 2021, Virtual. <https://doi.org/10.1016/j.jneb.2021.04.021>

Cox GO, Cotto-Rivera E, Dallas J, **Ng M**, Pencek A, Powell A, Sanville L, Williams B, Lee JS. Taste is everything: Feasibility of using sensory evaluation to develop responsive recipes for the Supplemental Nutrition Assistance Program-Education (SNAP-Ed). Poster presented at Society for Nutrition Education and Behavior Conference, 2019, Orlando, FL. <https://doi.org/10.1016/j.jneb.2019.05.563>

**Ng M**, Panelist. Peer Nutrition Education: Students Helping Students. Contact: Katherine Ingerson. National Association of Collegiate and University Food Services (NACUFS) Southern Regional Conference, 2019, Athens, GA.

**Ng M**, Powell A, Taylor O, Ragan T, Sanders H, Wood B. MS/DI Panel for FDNS 5900 Professional Development in Foods and Nutrition. Contact: Emma Laing. Department of Foods and Nutrition, University of Georgia, November 15, 2018, Athens, GA.

### **Media:**

Authored numerous articles on FoodTalk.org:

- [Food Talk Features Series Recap](#), link will be live December 13, 2021
- [Food Talk Features: Oil and Unsaturated Fat](#), link will be live November 8, 2021
- [Food Talk Features: Other Vegetables](#), October 11, 2021
- [Food Talk Features: Fall and Winter Fruits](#), September 13, 2021
- [Food Talk Features: Protein Foods](#), August 9, 2021
- [Deli Meat Debate](#), July 31, 2021
- [Food Talk Features: Grains](#), July 12, 2021
- [Processed Foods and Your Health](#), June 28, 2021
- [Food Talk Features: Dairy](#), June 14, 2021
- [Summer Spread](#), May 31, 2021
- [Food Talk Features: Berries and Summer Fruits](#), May 17, 2021
- [Save Money at the Farmers Market](#), May 3, 2021
- [Food Talk Features: Beans and Lentils and Starchy Vegetables](#), April 29, 2021
- [Eating for a Healthy Earth](#), April 21, 2021
- [Cracking into Pecans](#), April 5, 2021
- [Food Talk Features: Dark Green Vegetables](#), March 15, 2021
- [Nothing but Noodles](#), March 11, 2021
- [Milk in Review](#), March 2, 2021

- [Personalize your Plate](#), March 1, 2021
- [Family Pizza Night](#), February 26, 2021
- [Picking Produce](#), February 22, 2021
- [Food Label Facts](#), January 25, 2021
- [Food Talk Features Series](#), January 11, 2021
- [Cozy Oven Baked Recipes](#), January 8, 2021
- [Top Ten 2020 Recipes](#), December 30, 2020
- [4 Festive Holiday Drinks](#), co-authored with Taylor Newman, December 22, 2020
- [Meal Planning Steps for Success](#), December 3, 2020
- [Stay Active with These Exercise Ideas](#), December 1, 2020
- [The Fridge Edit](#), November 14, 2020
- [Top Five Salads for Summer](#), May 6, 2019
- [Slow Cooker Recipes for the Whole Family](#), February 4, 2019

Quoted in “Nutrition student and dietitian discuss TikTok’s effects on body image,” by Julianna Washburn for the UGA Red & Black, April 19, 2021.

[https://www.redandblack.com/culture/nutrition-student-and-dietician-discuss-tiktoks-effect-on-body-image/article\\_2c27501a-9fce-11eb-8c18-e348132706be.html](https://www.redandblack.com/culture/nutrition-student-and-dietician-discuss-tiktoks-effect-on-body-image/article_2c27501a-9fce-11eb-8c18-e348132706be.html)

The Passages Project, “Rejecting diet culture in a society that praises it.” Melanie Ng, January 4, 2021. <https://www.thepassagesproject.com/passages-library/o95959epp91xh0yo9nmghbrg2eol3>

Interviewed for the *Core 4 Momentum* Podcast, co-hosted by Amy Newberry, DPT. Discussed diet culture, body image, and how to distinguish between nutrition information and misinformation, particularly for pregnant and post-partum women. Currently in editing stage.

### Community Presentations:

ACCess Wellness Healthy Hour, Unified Government of Athens-Clarke Co. Spring 2019-20

- *Using your InstantPot and food demonstration*, Jackie Dallas and **Melanie Ng**
- *Healthy Back to School/Work Lunches and Snacks*, **Melanie Ng** and Taylor Ragan
- *Collagen... Is it all that it's Cracked up to be?* **Melanie Ng** and Olivia Taylor
- *Healthy Eating in a Processed Foods World*, **Melanie Ng** and Ani Powell

Chattahoochee High School marching band, Fulton County Schools Johns Creek, Georgia  
*Powering your Performance: Using Food as Fuel* Summer 2019

Janssen Pharmaceutical Companies, Johnson & Johnson Athens, Georgia  
*Sneak in Those Vegetables and food demonstration* Spring 2019

### MENTORING

Kristen Hankins, Fall 2021, Culinary Science practicum student, SAPDL, UGA. FACS Education.

Donna Mandujano, Fall 2020, Culinary Science practicum student, SAPDL, UGA. FACS Education.

Destiney McDaniel, Fall 2020, Undergraduate research assistant, SAPDL, UGA. Dietetics.

Sylvia (Shi) Chen, Spring 2019, Undergraduate research assistant, SAPDL, UGA. Illinois State University Dietetic Intern, Normal, IL.

Samara Pattiasina, Spring 2019, Undergraduate research assistant, SAPDL, UGA. Kent State University Dietetic Internship Kent, OH. Registered Dietitian.

Amanda Kennedy, Fall 2018, Undergraduate research assistant, SAPDL, UGA. University of Georgia Non-Thesis Masters Student in Nutrition and WIC Nutritionist in Georgia.

Rhea Sharma, Fall 2018, Undergraduate research assistant, SAPDL, UGA. Loyola University Dietetic Intern, Chicago, IL. Registered Dietitian.

Katherine Sprenger, Fall 2018, Undergraduate research assistant, SAPDL, UGA. Coca-Cola Sensory Evaluation Technician, Atlanta, GA.

## **CLINICAL, COMMUNITY & FOODSERVICE EXPERIENCE**

**The ASPIRE Clinic, FACS Teaching Clinic** Athens, Georgia  
*Nutrition Education Counselor, Dietetic Intern* Fall 2019-Summer 2021

- Provided free nutrition counseling to Athens residents, focusing on motivational interviewing, empathy, and weekly goal setting

**Hall County School Nutrition, Hall County Schools** Gainesville, Georgia  
*Dietetic Intern* Summer 2019

- Developed 4-week menu cycles, educational handouts for all grade levels, and updated carbohydrate and allergen information
- Performed a mock review in a school foodservice setting and assisted with a review of the mobile route for the county's Seamless Summer Operation program

**Gwinnett Medical Center and Glancy Rehabilitation Center** Lawrenceville/Duluth, Georgia  
*Dietetic Intern* Summer 2019

- Gained experience in a 550+ and 200+ bed hospital system in areas including cardiovascular, oncology, renal disease, neuroscience, women's health, rehabilitation, bariatric and weight loss, and intensive to progressive care
- Performed independent staff-relief 2-3 days every week for the duration of the rotation (6 weeks)

**Supplemental Nutrition Assistance Program Education** Athens, Georgia  
*Dietetic Intern* August 2018-May 2019

- Developed and published recipe and blog content for FoodTalk.org website under the direction of the nutrition content specialist, Laurel Sanville, MS, RDN, LD
- Experiences include cost analysis; heading the communication for a state purchase order; creating nutrition facts panels; and recipe testing for Food Talk

**Piedmont Athens Regional Medical Center** Athens, Georgia  
*Practicum Student* Spring 2018

**Peer Nutrition Educators, UGA Dining Services and Health Center** Athens, Georgia  
*Practicum Student, Nutrition Educator, and MyPlate Ambassador* Fall 2016-Spring 2017