

Thushanthi Perera



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1. Personal Information

Full Name: Hidel Arachchige Thushanthi Perera (Preferred: Thushanthi/ Thushi)

Date and Place of Birth: 05th of January 1986, Sri Lanka

Nationality/Citizenship: Sri Lankan

Gender: Female

Civil Status: Married

2. Work Experience

2.1. Current Position:

- ✓ Senior Lecturer, Department of Applied Nutrition, Faculty of Livestock, Fisheries, and Nutrition. Wayamba University of Sri Lanka, Makandura, Gonawila (60170), Sri Lanka from 7th June 2019 to Present.

2.2. Positions Held:

- ✓ Graduate Research and Teaching Assistant, Department of Nutrition, College of Public Health and Human Sciences, Oregon State University, Corvallis, OR, USA from 15th June 2013 to 15th June 2018.
- ✓ Graduate Research and Teaching Assistant, Department of Nutritional Sciences, College of Human Sciences, Oklahoma State University, Stillwater, OK, USA from 15th August 2011 to 13th December 2012.
- ✓ Research Assistant, Department of Agricultural Economics and Business Management, Faculty of Agriculture, University of Peradeniya, Peradeniya, Sri Lanka from 1st November 2010 to 30th June 2011.
- ✓ Demonstrator, Department of Agricultural Economics and Business Management, Faculty of Agriculture, University of Peradeniya, Peradeniya, Sri Lanka from 6th May 2009 to 31st October 2010.

3. Professional Information

3.1. Educational Background:

- ✓ 2013 – 2018 Ph.D. in Nutrition (GPA: 3.76), Oregon State University, Corvallis, USA. Dissertation title: Why does Regular Legume Consumption matter for Colorectal Cancer Prevention.
- ✓ 2011 - 2012 MS in Nutritional Sciences (GPA: 4.00), Oklahoma State University, Stillwater, USA. Thesis: Effects of Meal Frequency and Breakfast Consumption on Nutritional Status of 9 to 13-Year-Old Children.
- ✓ 2009 - 2011 MS in Food and Nutrition (GPA: 3.81), Postgraduate Institute of Agriculture, Peradeniya, Sri Lanka. Thesis title: The Pattern of Consumption of Fruits and Vegetables by Undergraduate Students: A Case Study.
- ✓ 2005 - 2009 BS in Agricultural Technology & Management (GPA: 3.64), Faculty of Agriculture, University of Peradeniya, Sri Lanka (Major: Agricultural Economics and Business Management). Thesis title: Role of Care in Alleviating Child Malnutrition.
- ✓ 1991 - 2004 Sri Sumangala Girls School, Panadura Sri Lanka.

3.2. Prizes and Awards:

- ✓ University Scholarship for the Best Performance at the 1st Year Examinations in Agriculture, Faculty of Agriculture, University of Peradeniya for 2005-06 Academic Year.
- ✓ International Peace Scholarship for Women who Excel in Research Awarded for 2014-15 and 2015-16 Academic Years, Philanthropic Educational Organization.
- ✓ Ava Milam Clark Fellowship, College of Public Health and Human Sciences, Oregon State University for 2014-15, 2015-16 and 2017-18 Academic Years.
- ✓ Woods/Foster Fellowship, College of Public Health and Human Sciences, Oregon State University 2014-2015 Academic Year.
- ✓ Helen Charley Fellowship, School of Biological and Population Health Sciences, Oregon State University for 2014-15 and 2017-18 Academic Years.
- ✓ Annie MacDonald Fellowship, School of Biological and Population Health Sciences, Oregon State University for 2014-15 Academic Year.
- ✓ Margy J Woodburn Fellowship, School of Biological and Population Health Sciences, Oregon State University for 2014-15 Academic Year.
- ✓ Patricia Reynolds Fellowship, College of Public Health and Human Sciences, Oregon State University for 2015-16 Academic Year.
- ✓ Thayer Fellowship, College of Public Health and Human Sciences, Oregon State University for 2016-17 Academic Year.
- ✓ Rohlfing Fellowship, College of Public Health and Human Sciences, Oregon State University for 2016-17 Academic Year.
- ✓ Hawthorne Fellowship, College of Public Health and Human Sciences, Oregon State University for 2017-18 Academic Year.
- ✓ Recipient of the Australia Awards 2021 to follow the Multisectoral Approaches to Nutrition and Food Security Short Course (Sri Lanka).

3.3. Additional Qualifications:

- ✓ International Computer Driving License (Competence in the Microsoft Office package).
- ✓ Experience with STATA, SAS, EPI INFO, SUDAAN and SPSS.
- ✓ Experience in handling large datasets (e.g. NHANES - National Health and Nutrition Examination Survey).
- ✓ NVivo for Qualitative Research offered by the National Center for Advanced Studies, Sri Lanka in 2021.
- ✓ Cost of Diet training offered by the World Food Programme in 2021.

3.4. Extra-Curricular Achievements:

- ✓ Member of the Agriculture Faculty English Literary Association, University of Peradeniya (2007 – 2009)
- ✓ Member of the Agriculture Faculty Management Science Society, University of Peradeniya (2007 – 2009)

4. Research and Professional Work

ResearchGate Profile: [goo.gl/DPNBzb](https://www.researchgate.net/profile/Tilini-Silva)
Google Scholar Profile: [goo.gl/SyGyNH](https://scholar.google.com/citations?user=SyGyNH)
ORCID: [goo.gl/HWC4Ta](https://orcid.org/0000-0001-9111-4444)

4.1 Research Interests:

1. Food Literacy Education
2. Food Security, Sustainable Nutrition and Food Systems
3. Innovative Nutrition Education using DigiTech Frameworks

4.2 Book Chapters (Total: 3):

- 5 Perera, T. (2021), Revisiting the Multiple Intelligence Theory to Enhance Student Engagement in Higher Education. TO BE PUBLISHED IN *Leaning Eganemet and Experience in Focus: Challenges, Opportunities, and Way Forward*. Staff Development Center, Wayamba University of Sri Lanka.
- 6 Perera, T., Takata, Y. and Bobe, G. (2016), Grain Legume Consumption Inhibits Colorectal Tumorigenesis: A Meta-Analysis of Human and Animal Studies: *Grain Legumes*, Aakash Goyal (Ed.), pp. 141-178, InTechOpen. DOI: 10.5772/63099. Available from: <http://www.intechopen.com/books/grain-legumes/grain-legume-consumption-inhibits-colorectal-tumorigenesis-a-meta-analysis-of-human-and-animal-studi>
- 7 Weerahewa, J., Herath, D. and Perera, T. (2009), Food Security in Sri Lanka: *Economic Growth Agricultural Trade and Food Security: Five Essays on Sri Lanka*, Jeevika Weerahewa (Ed.), pp. 75-114, University of Peradeniya.

4.3 Peer-Reviewed Publications (Total: 6):

1. Perera, T., Russo, C., Takata, Y and Bobe, G. (2020), Legume Consumption Patterns in U.S. Adults: National Health and Nutrition Examination Survey (NHANES) 2011-2014 and Beans, Lentils, Peas (BLP) 2017 Survey, *Nutrients* 12 (1237): 1-14.
2. Perera, T., Frei, S., Frei, B., Wong, S.S. and Bobe, G. (2015), The Role of School Foodservice Personnel in Nutrition Education: Challenges and Opportunities at U.S. Elementary Schools, *Journal of Health Education Research & Development* 3(2): 1-8.
3. Perera, T., Frei, S., Frei, B., Wong, S.S. and Bobe, G. (2015), Improving Nutrition Education in U.S. Elementary Schools: Challenges and Opportunities, *Journal of Educational Research and Practice* 6(30): 41-50.
4. Perera, T., Frei, S., Frei, B. and Bobe, G. (2015), Promoting Physical Activity in Elementary Schools: Needs Assessment and Preliminary Results of Brain Breaks, *Journal of Educational Research and Practice* 6(15): 55-64.
5. Perera, T., Young, M.R., Zhang, Z., Murphy, G., Colburn, N.H., Lanza, E., Hartman, T.J., Cross, A.J. and Bobe, G. (2015), Identification and Monitoring of Metabolite Markers of Dry Bean Consumption in Parallel Human and Mouse Studies, *Molecular Nutrition & Food Research* 59(4): 795-806.
6. Perera, T. and Mudhujith, T. (2011), The Pattern of Consumption of Fruits and Vegetables by Undergraduate Students: A Case Study, *Tropical Agricultural Research* 23(3): 261-271.

4.4 Abstracts from Conferences with Proceedings (Total: 16):

1. Sanduni Hansika and Perera, T. (2022), Digital Nudging as a Trigger for Healthy Eating Among Young Adults, *Journal of Nutrition Education and Behavior*.
2. Parami Weerasinghe and Perera, T. (2022), Photo-Based Food Journaling and Self-Reflection on SMART Eating in Adults, *Journal of Nutrition Education and Behavior*.
3. Tilini Silva and Perera, T. (2022), Challenges and Opportunities for Mindful Eating During the Pandemic, *Current Developments in Nutrition*.

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4. Gayathri T Subasinghe, Thathsarani Pathirana and Perera, T. (2022), Consumer Knowledge, Perceptions, Attitudes and Practices on the Use of Nutrition Labeling including Traffic Light Labeling (TLL) System in Sri Lanka, *Current Developments in Nutrition*.
 5. H. Hoorul, and Perera, T. (2021), Acceptance of Legumes as a Food Group among Sri Lankan Young Adults, *The Journal of Nutrition Education and Behavior*. Oral Presentation numbered P8 presented at Society of Nutrition Education and Behavior (SNEB) Annual Virtual Conference, 8th August 2021.
 6. Dimalini, S., Perera, T., Nanayakkara, N., & Silva, KDRR, Silva. (2021), Teaching and Learning Approaches in the Current Secondary School Food Literacy Curricula, Oral presentation presented at iPURSE 2021, 11th November 2021.
 7. Perera, T., Takata, Y. and Bobe, G. (2019), Current Legume Consumption in U.S. Adults: Results from the National Health and Nutrition Examination Survey (NHANES) 2011-2014, *Current Developments in Nutrition*, Volume 3, Issue 12, Poster presented at American Society for Nutrition in Baltimore, MD, June 8-11, 2019.
 8. Perera, T., Takata, Y. and Bobe, G. (2017), Dry Bean Consumption Inhibits Colorectal Tumorigenesis in Preclinical Studies: A Meta-Analysis of Animal Studies, *FASEB Journal*, Volume 31, Issue 1, Poster presented at the Experimental Biology Conference in Chicago, IL, April 22-26, 2017.
 9. Perera, T., Murphy, G., Young, M.R., Colburn, N.H., Lanza, E., Cross, J. and Bobe, G. (2016), Increased Serum Fatty Acyl Carnitine Levels may Indicate Development of Advanced Colorectal Adenoma, *Molecular Cancer Research* 14 (1), Poster B74 presented at AACR Special Conference titled Metabolism and Cancer in Bellevue, WA, June 10th, 2015.
 10. Perera, T., Young, M.R., Saud, S.M., Dextras, C.R., Jones-Hall, Y.L., Karoly, E.D., Sampey, B.P., Kim, Y.S., Colburn, N.H. and Bobe, G. (2016), Changes in Fatty Acid Profile Indicate a Chemo-Preventive Response to Navy Bean Extract in an Inflammation-Associated Colorectal Cancer Mouse Model, *Molecular Cancer Research* 14 (1), Poster A53 presented at AACR Special Conference titled Metabolism and Cancer in Bellevue, WA, June 9th, 2015.
 11. Bobe, G., Perera, T., Frei, S. and Frei, B. (2014), Brain Breaks: Physical Activity in the Classroom for Elementary School Children, *Journal of Nutrition Education and Behavior* 46(4S): 141S, Poster P86 presented at Society of Nutrition Education and Behavior (SNEB) Annual Conference, Milwaukee, WI, 28th June, 2014.
 12. Bobe, G., Perera, T., Frei, S. and Frei, B. (2013), Imbalanced Food Group and Nutrient Intake by Elementary School Children in an Affluent U.S. Community, *Journal of Nutrition Education and Behavior* 45(4S): 34S. Poster P85 presented at Society of Nutrition Education and Behavior (SNEB) Annual Conference, Portland, OR, 12th August, 2013.
 13. Bobe, G., Perera, T., Frei, S. and Frei, B. (2013), Nutrition and Physical Activity Assessment of Teachers and Cafeteria Personnel in Oregon Elementary Schools: Perceptions and Preferences, *Journal of Nutrition Education and Behavior* 45(4S): 34S. Poster P86 presented at Society of Nutrition Education and Behavior (SNEB) Annual Conference, Portland, OR, 12th August, 2013
 14. Perera, T. and Gates, G. (2013), Association between Breakfast Consumption and Nutritional Status in 9 to 13-Year-Old Children, *Journal of Nutrition Education and Behavior* 45(4S): 31S. Poster P78 presented at Society of Nutrition Education and Behavior (SNEB) Annual Conference, Portland, OR, 12th August, 2013.
 15. Perera, T. and Weerahewa, J. (2010), Assessing the Role of Care in Alleviating Child Malnutrition: A Case Study from Kandy, Abstract published in the 12th National Convention on Women's Studies, Organized by Center for Women's Research (CENWOR), Colombo, Sri Lanka.
 16. Perera, T. and Weerahewa, J. (2009), Role of Care in Alleviating the Child Malnutrition, Abstract published in the 10th Annual Symposium on Poverty Research in Sri Lanka, Organized by Centre for Poverty Analysis (CEPA), Colombo, Sri Lanka.

4.5 Presentations at Conferences (Total: 40):

1. Sanduni Hansika and Perera, T. (2022), Digital Nudging as a Trigger for Healthy Eating Among Young Adults, presented at the Society of Nutrition Education and Behavior (SNEB) Annual Conference.
 2. Parami Weerasinghe and Perera, T. (2022), Photo-Based Food Journaling and Self-Reflection on SMART Eating in Adults, presented at Society of Nutrition Education and Behavior (SNEB) Annual Conference.
 3. Tilini Silva and Perera, T. (2022), Challenges and Opportunities for Mindful Eating During the Pandemic, presented at the American Society for Nutrition.
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4. Gayathri T Subasinghe, Thatthasrani Pathirana and Perera, T. (2022), Consumer Knowledge, Perceptions, Attitudes and Practices on the Use of Nutrition Labeling including Traffic Light Labeling (TLL) System in Sri Lanka, presented at the American Society for Nutrition.
 5. Parami Weerasinghe and Perera, T. (2022), Elevating Self-reflection on SMART Eating in Sri Lankan Adults with a Meal Tracking Smartphone App., presented at the ICN, Tokyo in 2022.
 6. H. Hoorul, and Perera, T. (2021), Acceptance of Legumes as a Food Group among Sri Lankan Young Adults, Poster Presentation numbered P8 presented at Society of Nutrition Education and Behavior (SNEB) Annual Virtual Conference, 8th August 2021.
 7. Dimalini, S., Perera, T., Nanayakkara, N., & Silva, KDRR, Silva. (2021), Teaching and Learning Approaches in the Current Secondary School Food Literacy Curricula, Oral presentation presented at iPURSE 2021, 11th November 2021.
 8. Perera, T., Takata, Y. and Bobe, G. (2019), Current Legume Consumption in U.S. Adults: Results from the National Health and Nutrition Examination Survey (NHANES) 2011-2014. Poster presented at the American Society for Nutrition in Baltimore, MD, June 8-11, 2019.
 9. Perera, T., Takata, T., and Bobe, G. (2019), Are We Eating Enough Legumes? Evidence from the National Health and Nutrition Examination Survey (NHANES) 2011-2014 and Beans, Lentils, Peas (BLP) 2017 Survey. Poster presented at LPI International Conference 2019 in Corvallis, OR, August 14-16, 2019.
 10. Perera, T., Russo, C., and Bobe, G. (2019), A Cross-Sectional Analysis to Identify Reasons for the Disconnect between Dietary Recommendations and Legume Consumption Patterns in U.S. Adults. Poster presented at LPI International Conference 2019 in Corvallis, OR, August 14-16, 2019.
 11. Perera, T., Takata, T., and Bobe, G. (2019), Are We Eating Enough Legumes? Evidence from the National Health and Nutrition Examination Survey (NHANES) 2011-2014 and Beans, Lentils, Peas (BLP) 2017 Survey. Oral presentation at 75th Annual Oregon Public Health Association Conference & Meeting 2019 in Corvallis, OR, October 14-15, 2019.
 12. Perera, T., Russo C., and Bobe, G. (2019), Reasons for the Disconnect Between Dietary Recommendations and Legume Consumption Patterns in U.S. Adults. Poster presented at 75th Annual Oregon Public Health Association Conference & Meeting 2019 in Corvallis, OR, October 14-15, 2019.
 13. Perera, T., Takata, Y. and Bobe, G. (2017), Grain Legume Consumption may provide Chemo-Preventive Effects on Incident and Prevalent Colorectal Adenoma and Colorectal Cancer: A Meta-Analysis of Human Studies. Poster presented at Diet and Optimum Health Conference in Corvallis, OR, September 13-16, 2017.
 14. Perera, T., Takata, Y. and Bobe, G. (2017), Dry Bean Consumption Inhibits Colorectal Tumorigenesis in Preclinical Studies: A Meta-Analysis of Animal Studies. Poster presented at the Experimental Biology Conference in Chicago, IL, April 22-26, 2017.
 15. Perera, T., Takata, Y. and Bobe, G. (2016), Grain Legume Consumption Confers Chemo-Preventive Effects on Colorectal Neoplasia: A Meta-Analysis of Human Studies. Poster presented at the 25th American Institute for Cancer Research Conference in North Bethesda, MD, November 14-16, 2016.
 16. Perera, T. and Bobe, G. (2016), Revisiting Pulses as a "Superfood": How can we Improve Pulse Consumption? Poster presented at the 72nd Annual Oregon Public Health Association Conference and Meeting in Corvallis, OR, October 10-11, 2016.
 17. Perera, T., Russo, C., Bennett, C., Jacobs, J.P., Bobe, G. (2016) Master Chefs: A Multisensory Nutrition and Cooking Program for Middle School-Aged Children. Poster presented at the 72nd Annual Oregon Public Health Association Conference and Meeting in Corvallis, OR, October 10-11, 2016.
 18. Perera, T., Russo, C., Bennett, C., Jacobs, J.P., Bobe, G. (2016) Fresh Grown Cooking for Kids: A Multisensory Nutrition and Cooking Program for Elementary School-Aged Children. Poster presented at the 72nd Annual Oregon Public Health Association Conference and Meeting in Corvallis, OR, October 10-11, 2016.
 19. Perera, T., Frei, S., Bennett, C., Alexander, A., Frei, B. and Bobe, G. (2015), Healthy Sprouts – A Novel Program that Supports Parents in Creating a Healthy Food Environment at Home for their Preschool-Aged Children. Oral presentation at the 71st Annual Oregon Public Health Association Conference and Meeting in Corvallis, OR, October 12-13, 2015.
 20. Perera, T., Frei, S., Bennett, C., Frei, B. and Bobe, G. (2015), Brain Breaks 2: Physical Activity Breaks in the Classroom to Promote Physical Activity and Strengthen Cognitive Function in Elementary School Children. Poster presented at the 71st Annual Oregon Public Health Association Conference and Meeting in Corvallis, OR, October 12-13, 2015.
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21. Perera, T., Frei, S., Bennett, C., Alexander, A., Frei, B. and Bobe, G. (2015), Healthy Sprouts: A Unique Family Centered Preschool Program that Promotes Kindergarten Readiness and Family Wellness at Home. Poster presented at Diet and Optimum Health Conference 2015 in Corvallis, OR, September 9-12, 2015.
 22. Perera, T., Frei, S., Bennett, C., Patterson-Jacobs, J., Frei, B. and Bobe, G. (2015), Fresh Grown Cooking for Kids: A Multisensory Nutrition and Cooking Program for Elementary School-Aged Children. Poster presented at Diet and Optimum Health Conference 2015 in Corvallis, OR, September 9-12, 2015.
 23. Perera, T., Frei, S., Frei, B. and Bobe, G. (2015), Family Sharing Garden in a Socio-Economic and Culturally Diverse Community: Expectations and Challenges. Poster presented at Diet and Optimum Health Conference 2015 in Corvallis, OR, September 9-12, 2015.
 24. Perera, T., Frei, S., Frei, B. and Bobe, G. (2015), Brain Breaks 2: More Classroom Fitness for Elementary School Children. Poster presented at Diet and Optimum Health Conference 2015 in Corvallis, OR, September 9-12, 2015.
 25. Perera, T., Murphy, G., Young, M.R., Colburn, N.H., Lanza, E., Cross, A.J. and Bobe, G. (2015), Serum Fatty Acyl Carnitines are Potential Indicators of Advanced Colorectal Adenoma Development in Patients with a Colorectal Adenoma History. Poster presented at Diet and Optimum Health Conference 2015 in Corvallis, OR, September 9-12, 2015.
 26. Perera, T., Young, M.R., Saud, S.M., Dextras, C.R., Jones-Hall, Y.L., Karoly, E.D., Sampey, B.P., Kim, Y.S., Colburn, N.H. and Bobe, G. (2015), Navy Bean Extract Attenuates Colon Tumorigenesis in an Inflammation-Induced Colorectal Cancer Mouse Model. Poster presented at Diet and Optimum Health Conference 2015 in Corvallis, OR, September 9-12, 2015.
 27. Perera, T., Murphy, G., Young, M.R., Colburn, N.H., Lanza, E., Cross, J. and Bobe, G. (2015), Increased Serum Fatty Acyl Carnitine Levels may Indicate Development of Advanced Colorectal Adenoma. Poster B74 presented at AACR Special Conference titled Metabolism and Cancer in Bellevue, WA, June 10th, 2015.
 28. Perera, T., Young, M.R., Saud, S.M., Dextras, C.R., Jones-Hall, Y.L., Karoly, E.D., Sampey, B.P., Kim, Y.S., Colburn, N.H. and Bobe, G. (2015), Changes in Fatty Acid Profile Indicate a Chemo-Preventive Response to Navy Bean Extract in an Inflammation-Associated Colorectal Cancer Mouse Model. Poster A53 presented at AACR Special Conference titled Metabolism and Cancer in Bellevue, WA, June 9th, 2015.
 29. Perera, T., Frei, S., Frei, B. and Bobe, G. (2014), Brain Breaks: Physical Activity in the Classroom for Elementary School Children, Poster P86 presented at Society of Nutrition Education and Behavior (SNEB) Annual Conference, Milwaukee, WI, 28th June, 2014.
 30. Perera, T. and Gates, G. (2013), Association Between Breakfast Consumption and Nutritional Status in 9 to 13-Year-Old Children, Poster P78 presented at Society of Nutrition Education and Behavior (SNEB) Annual Conference, Portland, OR, 12th August, 2013.
 31. Perera, T., Frei, S., Frei, B. and Bobe, G. (2013), Imbalance Food Group and Nutrient Intake by Elementary School Children in an Affluent U.S. Community, Poster P85 presented at Society of Nutrition Education and Behavior (SNEB) Annual Conference, Portland, OR, 12th August, 2013.
 32. Perera, T., Frei, S., Frei, B. and Bobe, G. (2013), Nutrition and Physical Activity Assessment of Teachers and Cafeteria Personnel in Oregon Elementary Schools: Perceptions and Preferences, Poster P86 presented at Society of Nutrition Education and Behavior (SNEB) Annual Conference, Portland, OR, 12th August, 2013.
 33. Perera, T., Frei, S., Frei, B. and Bobe, G. (2013), Physical Education Level and Food Group and Nutrient Content of School Menus in Oregon Elementary Schools, Poster P52 presented at Diet and Optimal Health (OPH) Annual Conference, Corvallis, OR, 5-18 May, 2013.
 34. Perera, T., Frei, S., Frei, B. and Bobe, G. (2013), Perception, Preferences and Attitudes of Oregon Elementary School Teachers and Cafeteria Personnel on Improving Students' Diets and Physical Activity Level, Poster P51 presented at Diet and Optimal Health (OPH) Annual Conference, Corvallis, OR, 5-18 May, 2013.
 35. Perera, T., Young, M.R., Zhang, Z., Colburn, N.H., Lanza, E., Hartman, T.J. and Bobe, G. (2013), Identification of Metabolomic Serum Biomarkers for Legume Consumption, Poster P46 presented at Diet and Optimal Health (OPH) Annual Conference, Corvallis, OR, 5-18 May, 2013.
 36. Perera, T., Young, M.R., Murphy, G., Colburn, N.H., Lanza, E., Cross, A.J. and Bobe, G. (2013), Monitoring Dry Bean Consumption in the Polyp Prevention Trial with Metabolomic Serum Biomarkers, Poster P45 presented at Diet and Optimal Health (OPH) Annual Conference, Corvallis, OR, 5-18 May, 2013.
 37. Perera, T., Frei, S., Frei, B. and Bobe, G. (2013), Elementary School Children in Corvallis Oregon Have Imbalanced Food Group and Nutrient Intakes and Inadequate Blood Vitamin D Levels, Poster P39 presented at Diet and Optimal Health (OPH) Annual Conference, Corvallis, OR, 5-18 May, 2013.
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38. Perera, T. and Mudhujith, T. (2011), Fruit and Vegetable Consumption Behavior of Undergraduate Students, Paper presented at the 23rd Annual Congress Organized by Postgraduate Institute of Agriculture, University of Peradeniya, Peradeniya, Sri Lanka, 17th November, 2011.
 39. Perera, T. and Weerahewa, J. (2010), Assessing the Role of Care in Alleviating Child Malnutrition: A Case Study from Kandy, Paper presented at the 12th National Convention on Women's Studies, Organized by Center for Women's research (CENWOR), Colombo, Sri Lanka, 5th July, 2010.
 40. Perera, T. and Weerahewa, J. (2009), Role of Care in Alleviating the Child Malnutrition, Paper presented at the 10th Annual Symposium on Poverty Research in Sri Lanka, Organized by the Centre for Poverty Analysis (CEPA), Colombo, Sri Lanka, 4th December, 2009.

4.6 Grants:

1. National Research Council (NRC) Investigator Driven Research Grants 2019, **Collaborative Investigator** of the Project on 'Examination of the State of Food Literacy Education and Food Environment in Sri Lankan Secondary Schools' (**5.7 million**).
2. University Research Grants (URG) 2019, **Collaborative Investigator** Examination of the State of Food Literacy Education and Food Environment in Sri Lankan Secondary Schools' (**300,000**).
3. National Research Council (NRC) Investigator Driven Research Grants 2020, **Collaborative Investigator** of the Project on 'Household Food Waste Behaviors and Implications for Food Security and Environmental Sustainability in Sri Lanka' (**3.2 million**).
4. Nestle Foundation Research Grants 2022, **Collaborative Investigator** of the Project on 'Enhancing Food Literacy among Sri Lankan Adolescents: Effect of School Gardens in Promoting Healthy Diets, Behaviors and Knowledge' (**15 million**).
5. Australian Centre for International Agricultural Research (ACIAR) 2022, **Collaborative Investigator** of the Project on 'Developing Food Loss Reduction Pathways through Smart Business Practices in Mango and Tomato Value Chains in Pakistan and Sri Lanka' (60 million).
6. International Food Policy Research Institute (IFPRI), 2022, **Collaborative Investigator** of the Projects 'Fruit and Vegetables for Sustainable Healthy Diets (FRESH)' and 'Nudging for Good: AI-driven Diagnostics and Behavior Change to Improve Diets and Nutrition'.

4.7 Invited Seminars and Workshops:

Participation in Invited Seminars:

1. Invited seminar on 'Dietary Diversification in Chronic Disease Management: Legume Consumption, Acceptance and Its Role in Colorectal Cancer Prevention, Organized by the Nutrition Society of Sri Lanka (NSSL), Colombo, Sri Lanka, 25th-26th January 2020.
2. Participated in a 2-day virtual outreach programme on 13th-14th August 2021 to educate primary school teachers in Western Province.

Participation in Professional Workshops:

1. Participant in the 'Facilitating the Digital Conference Service to LEARN R & E Community', Gannoruwa, Sri Lanka on July 12, 2019.
2. Participant in the series of workshops on 'Online Teaching and Learning' organized by the Staff Development Center, Wayamba University of Sri Lanka, June-July 2020.
3. Participant in the series of workshops (5 days) on 'Effective Use of LMS' organized by the ICT Center, Wayamba University of Sri Lanka, July 2020.
4. Participant in the workshop on 'Mentoring' organized by the Wayamba University of Sri Lanka, 30th July 2020.
5. Participant in the workshop on 'Socio-Emotional Skills' organized by the Wayamba University of Sri Lanka, 30th July 2020.

4.8 Supervision of Research Students:

4.8.1 Undergraduate Students

1. Selvaratnam Dimalini, Teaching and Learning Approaches in the Current Secondary School Food Literacy Curricula.
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2. Hareeza Houral, Acceptance of Legumes as a Food Group in Sri Lankan Young Adults.
3. Hasitha Prabath, Household Food Waste Behaviors and Its Implications on Household Food Security.

4.8.2 Postgraduate Students

1. Poornima Rathnayake, 'Examination of the State of Food Literacy Education and Food Environment in Sri Lankan Secondary Schools' 2020, (PhD. co-supervisor, in-process).
2. Imesha Waidyaratne. 'Household Food Waste Behaviors and Implications for Food Security and Environmental Sustainability in Sri Lanka' 2021 (MPhil. co-supervisor, in-process).
3. Madusha Karunanayake, Enhancing Food Literacy among Sri Lankan Adolescents: Effect of School Gardens in Promoting Healthy Diets, Behaviors and Knowledge' (PhD. co-supervisor, in-process).
4. Nilmini Karunaratne, "Nudging for Good: AI-driven Diagnostics and Behavior Change to Improve Diets and Nutrition", (PhD. co-supervisor, in-process).
5. Hasara Sitisekara, 'Fruit and Vegetables for Sustainable Healthy Diets (FRESH)', (PhD. co-supervisor, in-process).

5. Teaching

5.1. Teaching Areas:

- ✓ Nutritional Epidemiology
- ✓ Public Health Nutrition
- ✓ Sociology of Food and Nutrition
- ✓ Communication and Health Promotion

5.2. Teaching Experience:

5.2.1. As an Instructor

Undergraduate

Department of Applied Nutrition, Wayamba University of Sri Lanka

- 1) NTN 2233: Nutritional Epidemiology & Research Methods (2019, 2020, 2022, 2023)
- 2) NTN 3212: Field Assignment in Nutrition (2019, 2020)
- 3) NTN 2141: Sociology of Food and Nutrition (2020, 2021)
- 4) NTN 2153: Community and Public Health Nutrition (2020, 2021)
- 5) NTN 2242: Communication and Health Promotion (2020)
- 6) LFN 2212: Community Link (2022, 2023)

Department of Nutrition, Oregon State University

- 1) NUTR 241: Applications in Human Nutrition, (2015-2017)
- 2) HHS 231: Lifetime Fitness for Health (ECampus), (2015-2017)
- 3) NUTR 255: General Human Nutrition (ECampus), (2016-2018)
- 4) NUTR 240: Human Nutrition (ECampus), (2017-2018)

Postgraduate

Department of Applied Nutrition, Wayamba University of Sri Lanka

- 1) PHN 1112: Fundamentals in Public Health Nutrition (2023)

5.2.2. As a Teaching Assistant

Undergraduate

Department of Nutrition, Oregon State University

- 1) NUTR 418: Human Nutrition Science (2016)

Department of Nutritional Sciences, Oklahoma State University

- 1) NSCI 4373: Principles of Nutrition Education (2012)

Department of Agricultural Economics and Business Management, University of Peradeniya

- 1) EB 2101: Principles of Economics (2009 and 2010)
- 2) EB 2201: Development Economics (2009 and 2010)

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| 3) EB 3101: Business Creation and Management (2009 and 2010) |
| 4) EB 3201: Project Analysis (2009 and 2010) |
| 5) EB 3202: Microeconomics (2009 and 2010) |

5.3. Curriculum Development Participation:

- ✓ Development of the course Nutrition & Health Promotion, BSc
- ✓ Development of the course Nutrition, Health and Behaviour, BSc
- ✓ Development of the course Food Anthropology, BSc
- ✓ Development of the course Global Challenges for Food and Health, MSc
- ✓ Development of the course Fundamentals in Public Health Nutrition, MSc
- ✓ Development of the course Design and Analysis of Epidemiological Studies, MSc

6. Departmental, Faculty and University Contribution

- ✓ Support to all Sub-Committees/Committees Appointed by the Department of Applied Nutrition, Faculty of Livestock, Fisheries and Nutrition and the Wayamba University of Sri Lanka.
 1. Staff-Student Liaison Committee
 2. Faculty Web Design Committee
 3. Degree Promoting Committee
 4. Faculty Outreach Committee
- ✓ Activity coordinator on Accelerating Higher Education Expansion and Development (AHEAD) for “Enhancing Higher Education for World of Work: An Emotionally Intelligent Nutrition Graduate” for the Department of Applied Nutrition, Faculty of Livestock, Fisheries and Nutrition and the Wayamba University of Sri Lanka for 2019-2021.
- ✓ A committee member of the Faculty New Student Orientation Committee for the year 2020.
- ✓ A committee member of the Faculty New Student Orientation Committee for the year 2021.
- ✓ A committee member of the UReS Organizing Committee for the year 2021.
- ✓ Chairperson for the Online Teaching and Learning Policy Development committee for 2020-2021 for the FLFN.
- ✓ Senior Treasurer, Nutrition Society of Wayamba University (NutSoc) from December 2019 to the present.
- ✓ Assistant Secretary, Wayamba University Teachers Association (WUTA) from October 2020-Jan 2022.
- ✓ Member of the Editorial Board Wayamba University of Sri Lanka (WUSL) Newsletter/Newsflash from October 2020 to present.
- ✓ Sub Committee Member Web and MIS, the Wayamba University of Sri Lanka since November 2020.
- ✓ Sub Committee Member Newsletter Web, the Wayamba University of Sri Lanka since November 2020.
- ✓ A member of the Green Faculty Initiative at FLFN from 2021 to the present.
- ✓ Contribution to creating the Student e-portfolio for Mentoring for the Faculty of Livestock, Fisheries & Nutrition and streamlining the Faculty Mentoring System in 2021.
- ✓ Contribution to streamlining Academic Mentoring for the Faculty of Livestock, Fisheries & Nutrition in 2021.
- ✓ Academic Mentoring Coordinator, Faculty of Livestock, Fisheries & Nutrition, the Wayamba University of Sri Lanka from October 2021 to the present.
- ✓ Faculty Student Counselor, Faculty of Livestock, Fisheries & Nutrition, the Wayamba University of Sri Lanka from May 2022 to the present.
- ✓ Member of the English Language Teaching Monitoring Committee (ELMEC) from 2021 to present.
- ✓ Conference Coordinator, Annual Scientific Sessions 2023 of the Nutrition Society of Sri Lanka (NSSL).
- ✓ Editor, Nutrition Society of Sri Lanka (NSSL) February 2023 to present.

7. References

- ✓ Kumari M. Rathnayake
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Wayamba University of Sri Lanka 60170

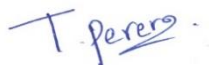
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I hereby certify that the above information is true and accurate to the best of my knowledge.



Thushanthi Perera
19 July 2023