

KASSANDRA VALDOVINOS

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SUMMARY

Food and Nutrition major and aspiring RD to Be, with a dedication for community wellness.

EXPERIENCE

Summers

2014-2017

Babysitter

- Worked with children ages 2-8 years old
- Healthy cooking
- Diapering and Bathing
- Crafts, Recreational activities
- Tutoring, lesson plans, homework help

August 2018-
August 2020

Recreation Leader I (ASES), City of Escondido

- ability to work with a diverse group of children
- effectively plan, lead, and execute daily lesson plans
- excellent oral and written skills to communicate with school staff and parents

Senior Nutrition, City of Escondido

- Assisting in the Park Avenue Café Nutrition Program
- Package and Deliver food to seniors in Escondido
- Assemble utensils
- Maintain a clean and orderly work area
- Follow and stay up to date with COVID-19 guidelines

August 2020-
Present

Private Tutoring

- Enhance student's learning by using a variety of instructional approaches to meet needs of student's attention span
- Evaluate and revise lesson plans and module contents
- Duo language instruction (English and Spanish) for all academic subjects
- Collaboration with students and parents to assess progress

EDUCATION

AUGUST 2016- JUNE 2019

PALOMAR COMMUNITY COLLEGE

CSU Transfer Degree- 3.81 GPA

Nutrition Courses:

- Intro to Nutrition and Food Professions (NUTR100),
- Food and Culture (NUTR120),
- Fundamentals of Nutrition (NUTR165),
- Science of Human Nutrition (NUTR185)

AUGUST 2019-PRESENT

SAN DIEGO STATE UNIVERSITY

Major: Food and Nutrition

Expected Graduation: June 2021- 3.35 GPA

- Nutrition Courses:
- Intro To Food Science (NUTR205)
- Advanced Nutrition (NUTR302)
- Nutrition throughout the Lifespan (NUTR304)
- Quantity Food Production (NUTR303)
- Science of Food (NUTR401)
- Food Systems Management (NUTR404)
- Medical Nutrition Therapy (NUTR 406/407)

-2020/21 SNO Member

KEY SKILLS AND CHARACTERISTICS

- Critical Thinking
- Handling Pressure
- Leadership
- Problem Solving
- Food Safety Knowledge
- Adaptability

ACTIVITIES

2018 Palomar Nutrition Club Member

2020/21 SDSU SNO Member