

CV - Itamar Yehuda

January 2022

Personal Details:

Full name: Itamar Yehuda.

Date of birth: October 1980.

Country of birth: Israel.

Citizenship: Israeli.

ID number: 040190746.

Family status: Married + 3.

Address: Moshav Aniam, Golan Heights, House number 344, Zip code 12495.

Telefax: 077-7292316 Cellphone: 054-2569025

Work address: Tel-Hai College, Upper Galilee, 1220800.

Shamir Research Institute, P.O.B 97, Katzrin, Zip code 1290000.

E-mail address: itamary@telhai.ac.il

itamary2010@gmail.com

<https://www.researchgate.net> - Itamar Yehuda

<https://scholar.google.com> - Itamar Yehuda

<http://www.sri.org.il> - Itamar Yehuda

Higher Education:

2003-2006 **Tel-Hai College.**

Bachelor of Science (B.Sc.) in Biotechnology.

- Faculty of Sciences and Technology.
- Degree received in June 2007.
- Scientific research project for excelling students: Migal - Galilee Research Institute (2005 – 2006), Virology and Vaccination Development lab. The topic of the project: "Genetic modification of LT toxin from the E.Coli bacteria to neutralize its bonding with the GM₁ receptor".

2006-2008 **The Hebrew University of Jerusalem.**

Master of Science (M.Sc.) in Nutritional Sciences as part of doctoral studies (direct track).

- The Robert H. Smith Faculty of Agriculture, Food and Environment - Institute of Biochemistry, Food Science and Nutrition.
- Transfer in January 2009 to direct doctoral track.

2008-2015 **The Hebrew University of Jerusalem.**

Doctor of Philosophy (Ph.D.) in Nutritional Sciences (direct track).

- The Robert H. Smith Faculty of Agriculture, Food and Environment - Institute of Biochemistry, Food Science and Nutrition.
- Doctoral thesis topic: "Effect of glabridin, a phytoestrogen from licorice root, on the antioxidant defense system under glucose stress, in vitro and in vivo".
- Doctoral advisors: Prof. Zecharia Madar from the Hebrew University of Jerusalem, and Prof.

Snait Tamir from the Tel-Hai College.

Academic Ranks and Tenure in Institutes of Higher Education:

2006-2008 **Tel-Hai College**
Faculty of Sciences and Technology - Teaching Assistant.

2008-2015 **Tel-Hai College**
Faculty of Sciences and Technology - Assistant.

2015-2017 **Tel-Hai College**
The Evaluation and Measurement Unit - Researcher.

- Evaluation of programs and processes of change (reforms) in education.
- Educational effectiveness research.

2015-Present **Shamir Research Institute**
Educational R&D Unit - Researcher.

- Educational effectiveness research.
- Research processes for social and educational programs.
- Investigating teaching and learning processes in innovative learning spaces.
- Genetic-based health promotion nutrition intervention for families.
- Nutritional intervention programs to promote a healthy lifestyle.

2016-2021 **Tel-Hai College**
Faculty of Sciences and Technology - Academic Staff Member, Amit B.

2021-Present **Tel-Hai College**
Faculty of Sciences and Technology - Lecturer

Teaching:

In academic institutions

2006-2007 **Tel-Hai College.**

- Labs - Organic Chemistry, Human Nutrition A and B, Principles of Food Preparation, Biochemistry.
- Practicum - Theoretical Biochemistry A and B, Human Nutrition A, and B.
- Courses that I reviewed papers and exams: Human Heredity, Radiobiology, Main Topics in Biotechnology, First and Advanced Seminar in Biotechnology, Seminar in Nutritional Sciences.

2008-2015 **Tel-Hai College.**

- Lecturer for the Human Nutrition A course (Energy chapter).
- Labs - Human Nutrition A and B, Biochemistry.
- Practicum - Theoretical Biochemistry A and B, Human Nutrition A, and B.
- Courses in which I reviewed papers and exams: Human Heredity, Radiobiology, Main Topics in Biotechnology, Scientific Writing and Information Management, First and Advanced Seminar in Biotechnology, Seminar in Nutritional Sciences.
- Guiding scientific research project to excelling students studying for a B.Sc. in the Department of Nutritional Sciences and Biotechnology.

2016-2019 **Tel-Hai College.**

- Lecturer for the Human Nutrition A and Scientific Writing courses.
- Labs - Human Nutrition A and B, Biochemistry.

- Practicum - Human Nutrition A, and B.

2020-Present **Tel-Hai College.**

- Lecturer for the Nutritional Bioenergetics and Scientific Writing courses.
- Labs - Human Nutrition A and B.
- Practicum - Human Nutrition B.

In non-academic institutions:

2008-2016 **The Sidney Warren Science Education Centre for Youth (at Tel-Hai College).**

Coordinator of the Food and Nutrition program.

- Develops scientific programs.
- Leads scientific enrichment days where youth is exposed to scientific activities and content.
- Coordinates the scientific excellence project that nurtures a student's scientific skills and affinity.
- Guidance in Science Oriented Youth Camp.
- Guiding term paper for 5 academic units.

Research Grants:

- 2015 - 2020 (CI) - Evaluation of the pedagogical reforms in schools. The Golan Regional Council. 858,000 NIS. Collaborators: Dr. Irit Sasson (PI).
- 2016 - 2019 (CI) - Evaluation of the program to extend the school day. Gamla School, Katzrin. 53,500 NIS. Collaborators: Dr. Irit Sasson (PI).
- 2017 - 2021 (PI) - Effect of family and genetics-based lifestyle and nutrition intervention in patients with obesity and/or obesity-related diseases. Ministry of Science and Technology (Competitive Fund), 250,000 NIS. Collaborators: Dr. Adi Vitman- Schorr (CI), Prof. Shmuel Shamai (CI), Prof. Snait Tamir (CI), Prof. Dani Berkovich (CI).
- 2018 - 2021 (CI) - Evaluation of the pedagogical reform in 'Mevo HaGalil' School. The Upper Galilee Regional Council. 113,300 NIS. Collaborators: Dr. Irit Sasson (PI).
- 2020 - 2021 (PI) - Effect of weekly personal phone intervention for a healthy lifestyle on depression and loneliness among adults in crisis situations (Corona as a Case Study). Tel-Hai College (Competitive Fund), 20,000 NIS. Collaborators: Dr. Adi Vitman- Schorr (CI), Prof. Shmuel Shamai (CI), Prof. Snait Tamir (CI).

Active Participation in Conferences:

Feb. 2011 *ILANIT / FISEB. Federation of all the Israel Societies for Experimental Biology Conference*

- "Glabridin, a phytoestrogen from licorice root, up-regulates paraoxonase 2 under glucose stress" - Eilat, Israel.

Feb. 2012 *The 8th Migal Conference*

- "Maternal saturated fatty acid diet during pregnancy increases the risk for the development of cardiovascular disease in the mouse offspring" - Gonen, Israel.

Feb. 2014 *ILANIT / FISEB. Federation of all the Israel Societies for Experimental Biology Conference*

- "The Effect of a Glabridin Supplement on the Antioxidant Defense System in Mouse Offspring of Mothers Fed a Saturated Fatty Acid" - Eilat, Israel.

Aug. 2016 *The 8th Biennial Conference of EARLI SIG 1: Assessment & Evaluation*

- "The question of the effectiveness of the pre-academic program: Evaluation study" - Munich, Germany.

May. 2019 *The Innovative Learning Environments Design Conference*

- "Universal Design of Learning (UDL) environments: an assessment study at the 'Shorashim' inclusive school " - Tel-Hai College, Israel.

Aug. 2019 *The 18th Biennial Conference of EARLI*

- "Evidence-informed practice: Critical thinking and question-posing skills in a PBL environment"
- "Implementing pedagogical innovation- A multiple case study approach" - Aachen, Germany.

June. 2021 *The IAIE 2021 Intercultural Education in an Age of Information and Disinformation Conference*

- "Pedagogical assessment of innovative learning environments" - Israel (On-line).

Aug. 2021 *The 19th Biennial Conference of EARLI*

- "Pedagogical Assessment: Relationships between Space, Active Learning, and High-order Thinking Skills" - Belgium (On-line).

Dec. 2021 *The Israeli Annual Geographic Association no. 62*

- " Loneliness, Malnutrition and Change in Subjective Age Among Older Adults During COVID-19 Pandemic" - Tel-Hai College, Israel.

Publications:

Ph.D. thesis:

Title: Effect of glabridin, an isoflavan from licorice root, on the antioxidant defense system and anti-atherogenic factors under high glucose, in vitro and in vivo

Date of submission: February 2016

Number of Pages: 83

Language: English

Name of Supervisor: Prof. Zecharia Madar and Prof. Snait Tamir

University: The Hebrew University of Jerusalem

Articles in refereed journals:

- **Yehuda, I.**, Madar, Z., Szuchman-Sapir, A., & Tamir, S. (2011). Glabridin, a phytoestrogen from licorice root, up-regulates manganese superoxide dismutase, catalase, and paraoxonase 2 under glucose stress. *Phytother Res*, 25(5): 659-667. IF - 4.087, Q2
- **Yehuda, I.**, Madar, Z., Leikin-Frenkel, A., & Tamir, S. (2015). Glabridin, an isoflavan from licorice root, down-regulates iNOS expression and activity under high glucose stress and inflammation. *Mol Nutr Food Res*, 59(6): 1041-52. IF - 5.309, Q1
- **Yehuda, I.**, Madar, Z., Leikin-Frenkel, A., Szuchman-Sapir, A., Magzal F., Markman G., & Tamir, S. (2016). Glabridin, an isoflavan from licorice root, up-regulates paraoxonase 2 expression under hyperglycemia and protects it from oxidation. *Mol Nutr Food Res*, 60(2): 287-99. IF - 5.309, Q1
- Sasson, I., **Yehuda, I.**, & Malkinson, N. (2018) Fostering critical thinking and question-posing skill in an innovative learning environment. *Thinking Skills and Creativity*, 29: 203-212. IF - 3.106, Q1
- Adawi, M., Abu-Gabel, T., Sabbah, F., **Yehuda, I.**, Tamir, S., & Blum, A. (2020). Vascular reactivity of adult-onset systemic Lupus erythematosus patients. *IMAJ*, 22(6), 348-351. 1.051, Q3
- Adawi, M., Sabbah, F., Tzischinsky, O., Blum, N., Luigi Bragazzi, N., **Yehuda, I.**, Tamir, S., Romanenko, O., & Blum, A. (2020). Sleep disorders and vascular responsiveness in patients with rheumatoid arthritis. *J Intern Med*, 288(4): 439-445. IF - 6.871, Q1

- Gudban, N*, **Yehuda, I***, Tamir, S., & Blum, A. (2021). Effect of Telemedicine Dietary Intervention for Endothelial Function in Patients with Type 2 Diabetes Mellitus on Mediterranean Diet. *IMAJ*, 23(2): 89-93. IF - 0.860, Q3
 - Vitman Schorr, A*, **Yehuda, I***, & Tamir, S. (2021). Loneliness, malnutrition and change in subjective age among older adults during COVID-19 pandemic. *Int J Environ Res Public Health*, 18(1): 106. IF - 3.390, Q1
 - Vitman Schorr, A*, **Yehuda, I***, & Tamir, S. (2021). Ethnic differences in loneliness, depression, and malnutrition among older adults during COVID-19 quarantine. *J Nutr Health Aging*, 25(3): 311-317. IF - 4.075, Q1
 - Miedijensky, S., Sasson, I., & **Yehuda, I.** (2021). Teachers' learning communities for developing thinking skills - A case study of school pedagogical change. *Interchange*, 1-22. IF - 1.300, Q3
 - Sasson, I., **Yehuda, I.**, Miedijensky, S., & Malkinson, N. (2021). Designing new learning environments: An innovative pedagogical perspective. *Curriculum Journal*. <https://doi.org/10.1002/curj.125>. IF - 2.100, Q1
 - Sasson, I., **Yehuda, I.**, & Miedijensky, S. (2021). Innovative learning spaces: class management and universal design for learning. *Learning Environments Research*, 1-15. <https://doi.org/10.1007/s10984-021-09393-8>. IF - 3.600, Q1
- *Contributed equally to the study.

Submitted Publications:

- Sasson, I. & **Yehuda I.** Re-designing the learning environment: The impact on students' motivation and personal responsibility. Submitted to Educational Studies.

Reviewing for Refereed Journal:

- Journal of Interactive Learning Environments (2019).
- Journal of Clinical Medicine (2021).

Miscellaneous:

Participated in several educational projects in the community:

- Perach project (3 years) – training children that require academic and emotional assistance.
- Leshem (2 years) – training students with learning disabilities.
- Leumi Acharai (1 year) – providing educational promotion to high school students that were struggling with the matriculation exams.

References:

- Hanoch Slor, Professor (emeritus), Tel-Hai College, Upper Galilee, Zip code 12210 Cell: 052-8222832 Email: hslor@post.tau.ac.il
- Snait Tamir, Associate Professor, Tel-Hai College, Upper Galilee, Zip code 12210 Cell: 050-6361859 Email: snait@telhai.ac.il
- Karen Jackson, Senior Lecturer, Tel-Hai College, Upper Galilee, Zip code 12210 Cell: 050-3040813 Email: karen@migal.org.il
- Doron Goldberg, Senior Lecturer, Tel-Hai College, Upper Galilee, Zip code 12210 Cell: 050-7214731 Email: goldberg@migal.org.il
- Irit Sasson, Senior Lecturer, Tel-Hai College, Upper Galilee, Zip code 12210 Cell: 054-6780082 Email: iritsa@telhai.ac.il