



METHNI TENNAKOON



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No.62/A, Meedeniya,
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PROFESSIONAL SUMMARY

Fresh graduate with a Bachelor of Science in Food Science and Technology, possessing a solid foundation in food quality control, research, and product development. With hands-on experience in analyzing food safety, shelf life, and quality management, I aim to contribute to advancing innovations in the food industry. My academic projects, including research on glycemic responses and the shelf life of food ingredients, demonstrate my commitment to understanding and improving food processes. I am focused on continuous learning and professional development within the food science field.

PROFESSIONAL QUALIFICATIONS

Bachelor of Science Food Science & Technology

Jan 2020 – Apr 2025

University of Peradeniya, Sri Lanka

- FGPA – 3.89 (First Class)
- Academic Year - 2018 (2018/2019 Batch)
- Relevant Coursework - Food Chemistry, Food Microbiology, Food Engineering, Food Safety, Human Nutrition and Quality Control

EDUCATIONAL QUALIFICATIONS

GCE Advanced Level Examination

2018

Pushpadana Girls' College, Kandy, Sri Lanka

- Passed with: Chemistry – A, Physics – A, Biology – B, General English – B

GCE Ordinary Level Examination

2014

Pushpadana Girls' College, Kandy, Sri Lanka

- Passed with 9As

PUBLICATIONS

Technical Advancements in Supercritical Fluid Extraction of Coconut Oil: A Comparative Analysis with Traditional Methods (Review). Global Scientific Journal, 13(1). Published January 2025. Available at:

www.globalscientificjournal.com

ACHIEVEMENTS

Member of the winning team – Inter-University Food Science Quiz Competition 2023

Institute of Food Science & Technology Sri Lanka (IFSTSL)

SKILLS

- Technical Skills - MS Word, Excel, PowerPoint, Access
- Languages - Sinhala (Native), English (Advanced)
- Soft Skills - Leadership, Critical Thinking, Communication, Teamwork

PROJECTS

Role of Habitual Mastication Behavior on Glycemic Response to White, Finger Millet, and Multigrain Breads with Structural Variations in Healthy Individuals (Final Year Research Project)

Dec 2024 - Apr 2025

University of Peradeniya, Faculty of Agriculture, Department of Food Science & Technology

- Analyzed mastication parameters and their relationship with glycemic index (GI) values for different bread types: white, finger millet, and multigrain breads.
- Examined structural and compositional variations in the breads and their impact on the mastication process and subsequent glycemic response.

Determination and Systematic Tabulation of Shelf-life of Food Ingredients and Culinary Products Used in the Food Catering Industry

Jan 2023 – Feb 2023

University of Peradeniya & Cinnamon Hotels & Resorts, Sri Lanka (In-plant Training Program)

- Conducted a comprehensive literature review on meat, processed meat products, seafood, and vegetables.
- Systematically tabulated the shelf-life, secondary shelf-life, storage conditions, perishability, spoilage, and allergenicity of food ingredients used in hotels.

CERTIFICATES

- **ISO 9001:2015 Lead Implementer**
Halcyon (Pvt) Ltd | June 2024
- **Certified Lean Six Sigma White Belt**
Skill Gate (Pvt) Ltd | October 2021 – December 2021
- **Diploma in English**
British College, Kandy | 2020
- **General Information Technology Examination**
Passed with Distinction | 2020
- **Project Management & Other Tools for Career Development Specialization**
University of California (Coursera) | 2020
- **Project Management Principles and Practices Specialization**
University of California (Coursera) | 2020
- **Preparing to Manage Human Resources Certification**
University of Minnesota (Coursera) | 2020

NON-RELATED REFERENCES

Available upon request