

# CV - Itamar Yehuda

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June 2022

## Personal Details:

Full name: Itamar Yehuda.

Date of birth: October 1980.

Country of birth: Israel.

Citizenship: Israeli.

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Family status: Married + 4.

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<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 GM<sub>1</sub> 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).
- 2021 - 2022 (CI) - Research Centered-Design Practice Partnerships as a Means to Promote Transfer Skills. Among In-Service Teachers. Tel-Hai College (Competitive Fund), 20,000 NIS. Collaborators: Dr. Irit Sasson, Dr. Irit Sasson (PI), Dr. Yotam Hod (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 8<sup>th</sup> 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 8<sup>th</sup> 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 18<sup>th</sup> 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 19<sup>th</sup> 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.
- June. 2022 *The SIG 1 & 4 Joint Conference of EARLI*
- "A Pedagogical Methodology for Assessing Innovative Learning Environments" - Cadiz, Spain.

## **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*, 52(4), 577-598. IF - 1.300, Q3
- Sasson, I., **Yehuda, I.**, Miedijensky, S., & Malkinson, N. (2021). Designing new learning environments: An innovative pedagogical perspective. *The Curriculum Journal*, 33(1), 61-81. 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. IF - 3.600, Q1
- Sasson, I., Grinstein, Y., Ayali, T., & **Yehuda, I.** (2022). Leading the school change: The relationships between organizational, personal, and pedagogical aspects. *International Journal of Leadership in Education*. DOI: [10.1080/13603124.2022.2068187](https://doi.org/10.1080/13603124.2022.2068187). IF - 1.450, 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.
- Vitman Schorr, A., Mor, R., & **Yehuda, I.** The protective role of group activity prior to covid-19 pandemic quarantine on the relation between loneliness and quality of life during covid-19 pandemic. Submitted to The Journal Sport Sciences for Health.

#### 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:

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- 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