**CURRICULUM VITAE**

**1. PERSONAL PROFILE**

Name Refiloe Ts’oeu

Date of birth 29-05-1990

Marital status Married

Number 59901007 /57559393

Email [refiloetsoeu80@gmail.com](mailto:refiloetsoeu80@gmail.com)

**2. EDUCATION**

**Level Name of the school Results**

Primary Morija primary school first class

Secondary Thetsane high school second class

Cosc Thetsane high school second class

Tertiary Lesotho Agricultural College Graduated with distinction in Home

Economics Education

National University of Lesotho Year 2 proceed with C

Year 3 proceed with C

Year 4 second class division

**3. LANGUAGES**

* English
* Sesotho

**4. COMPUTER SKILLS**

* Microsoft Office, Word Press, Google Analytics, Social Media, Microsoft excel

**5. WORK EXPERIENCE**

**5.0 Internship at Berea hospital**

* Monitoring work stations and dressing procedures
* Ensures proper labelling of foods and meats
* Surveys food preparation and distribution for safe practices ensuring variety, adequate seasoning, visual appeal, proper temperature, and appropriate sizes
* Ensures proper practice of hygiene practices
* Meal planning
* Dietary food guidelines

**The cook**

* Food cooking at catering events
* Worked under pressure maintaining proper sanitary conditions
* Monitoring of stock and place orders
* **5.2 Khali butchery as The Manager**
* Managing day to day operation of the butcher,food orders,scheduling of workers, ordering inventory(ingredients)⅗
* Coming up with marketing strategies together with other employees to attract more customers
* Creating a positive working relationship ,and five star experience for our customers
* Working late hours due to our target makert

**5. .3 Volunteer at Berea hospital after my BSc in Nutrition**

* Educating people about proper eating and preparing of food
* Doing dietary counselling to people with chronic illness such as HIV, Diabetes, Hypertension
* Nutrition screening to children and adult(BIM, BP, MUAC, diabetes,)
* Ensures that the inpatients eat the proper food,( drug and nutrient interaction)
* Counselling to pregnant adolescent about proper eating for a healthy full term pregnancy.
* Supervise menu planning for patients with chronic diseases

**5.4 Internship at Matikoe High School**

* I was a morning study supervisor ensuring students read
* Practical work with students ,sewing cooking, knitting
* I was able to finish the syllabus set both practical and theory

**5.5 Voter educator at IEC**

* Educating the public on electoral matters
* Distributing voter education material in constituencies
* Sensitizing the public on all electoral activities
* Assist the constituency electoral agent in training of all voting stuff

**5.6 Thetsane industry**

* Preparing the first sample of clothing to the buyers.
* Checking that the clothing are up to the standard that the buyer demanded

REFERENCES

Dr Rose Dufe Turkson 59501023

Dr Ranneilemg Motsamai 59363998

Mrs Lineo Mohau 58786020

Kebitsamang Mothibe 63080372