

HENNI PERMATA SULIS

Nutrition Graduate (GPA 3.90/4.00) | Food Service · Quality Control · Food Safety

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PROFESSIONAL SUMMARY

Nutrition Science graduate from Universitas Hasanuddin (GPA 3.90) with hands-on food service and quality control experience: as a Food Service Intern, supervised the preparation of 250 meal portions per day under hygiene, sanitation, food safety, and kitchen SOP standards, monitoring raw materials, packaging, portion weights, and nutrition-standard compliance. Backed by hospital dietetics practice, laboratory analysis of anthropometric and biochemical data, and a journal publication on a supplementary feeding program and stunting prevention. Detail-oriented, systematic in documentation, communicative, and ready to contribute in Food Service & Quality Control and Food Industry & Product Development.

EXPERIENCE

Food Service Intern

Oct 2025

Salam Setara by KITA BISA

- Supervised the preparation and processing of 250 meal portions per day, ensuring compliance with hygiene, sanitation, food safety standards, and kitchen SOPs.
- Monitored raw material quality, packaging, and portion weights as part of food production quality control.
- Checked menu compliance with school-age nutrition standards and on-time meal distribution to one school.
- Identified 15 food service issues through monitoring and evaluation as a basis for improving food service quality.

Bekal Anak Indonesia Facilitator

Aug 2025 – Nov 2025

Salam Setara by KITA BISA

- Assessed and monitored the eating habits and packed lunches of 238 children as a basis for evaluating their nutritional needs.
- Educated and mentored children and 200+ parents on preparing healthy, balanced, and safe packed lunches.
- Monitored and evaluated program implementation, then formulated recommendations to improve the quality and consumption habits of children's packed lunches.

Laboratory Assistant

Nov 2025 – Dec 2025

Fakultas Kesehatan Masyarakat (Faculty of Public Health), Universitas Hasanuddin

- Contributed to collecting, processing, and analyzing anthropometric and biochemical data to determine nutritional status based on relevant indicators.
- Facilitated student practicums by ensuring accurate measurement procedures, careful recording of results, and understanding of nutritional status assessment principles and methods.
- Supported nutritional status assessment practicums covering anthropometric measurement and the examination and interpretation of biochemical parameters according to established procedures.

Dietetic Intern

Sep 2025 – Oct 2025

Rumah Sakit Pendidikan Universitas Hasanuddin (Hasanuddin University Teaching Hospital)

- Assessed the nutritional status of 10 patients using anthropometric, biochemical, clinical, and dietary intake data.
- Calculated patients' energy and nutrient requirements and contributed to diet planning tailored to each patient's condition and needs.
- Monitored patients' nutritional status and intake progress, then provided nutrition education in line with dietary recommendations.

Committee Member, National Webinar Stunting vs Wasting 2025

May 2025

Universitas Hasanuddin

- Coordinated the preparation, execution, and technical needs of a national webinar on stunting and wasting together with the committee and 4 speakers.
- Managed registration administration and data for 1,000+ webinar participants.
- Carried out webinar publicity and information dissemination with the committee team.

ORGANIZATIONAL EXPERIENCE

Member

May 2025 – Apr 2026

HIPMI PT UNHAS

- Participated in entrepreneurship, business development, and member capacity-building activities.
- Contributed to planning and executing 5+ seminars, training sessions, and organizational events.
- Built relationships and collaborated with members and 10+ external partners across various activities.

EDUCATION

Bachelor of Nutrition Science (S1 Ilmu Gizi)

2022 – 2026

Universitas Hasanuddin

- GPA: 3.90/4.00
- Thesis: The Relationship between Breakfast Habits and Nutritional Status of Students at Madrasah Ibtidaiyah Swasta (MIS) Ainus Syamsi, Maros
- Relevant coursework: Food Technology and Safety · Food Processing and Preservation · Food Service Management · Food Service Internship · Food Ingredient Analysis · Food Microbiology · Food and Nutrition Planning · Health Service Systems

PUBLICATION

Optimalisasi Gizi Anak melalui Program Makanan Tambahan dan Edukasi Gizi Berbasis Leaflet dalam Pencegahan Stunting: Studi Kasus di Desa Massaile

(Optimizing Child Nutrition through a Supplementary Feeding Program and Leaflet-Based Nutrition Education for Stunting Prevention: A Case Study in Massaile Village)

Henni Permata Sulis, Sulaeha. Jurnal Kesehatan Masyarakat Indonesia (JKMI), Vol. 3 No. 2, December 2025. DOI:

<https://doi.org/10.62017/jkmi.v3i2.6645>

HONORS & AWARDS

- 1st Place, National Essay Competition, Faculty of Medicine, Universitas Hasanuddin (Sep 2024)
- 1st Place, National Essay Competition, Administrasi Publik Competition Vol.2, Universitas Swadaya Gunung Jati (Jan 2024)
- 3rd Place, Opinion Writing Competition, Agrofest 6th, Universitas Bangka Belitung (Sep 2023)

SKILLS

Food Service & Quality: Hygiene, sanitation & food safety supervision; quality control of raw materials, packaging, portion weights, and nutrition-standard compliance; kitchen SOPs; food service monitoring & evaluation

Nutrition & Data Analysis: Nutritional status assessment; anthropometric measurement; 24-hour food recall (FoodRecalls 24 Hours app); data processing in Microsoft Excel

Tools & Administration: Administration (data entry, documentation, archiving); Microsoft Word (reports, official letters); Canva (presentations, educational materials); social media content

Soft Skills: Communication, Time Management, Problem Solving, Adaptability, Leadership, Initiative

CERTIFICATIONS & TRAINING

TOEFL Certificate (Score: 523)

2025

Brighten English

Vitamin A Capsule and Deworming Tablet Training

2023

Vitamin Angels

- Learned the importance of vitamin A supplementation and deworming in supporting children's health, growth, and development.
- Studied the basic principles of administration, target groups, and monitoring of vitamin A capsule and deworming tablet consumption.
- Strengthened understanding of nutrition education and prevention of health problems in target groups.

Basic Learning Skills, Character, and Creativity (BALANCE) Training

2022

Universitas Hasanuddin

- Developed effective learning, time management, and self-management skills during university studies.
- Strengthened creative thinking, communication, teamwork, and problem-solving skills.
- Built professional character, discipline, adaptability, and responsibility in academic and organizational settings.