



ERZSÉBET Mák Dr.
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PLACE, DATE OF BIRTH Hungary, Budapest, 04/09/1973

EDUCATION

1997. BsC in dieticians in Haynal Imre University of Health Sciences Faculty of Health
2002. BsC in Biology teacher in Eötvös Lóránd University Faculty of Education
2002. MsC in Agricultural Sciences with Specialization in Food Quality Assurance in University of West-Hungary Faculty of Agricultural and Food Sciences Specialization in Food Sciences

2006. Hungarian and European tender systems, tender strategy in Semmelweis University Knowledge Center
2006. Science and projekt management Semmelweis University Knowledge Center 2006.
2006. Industrial property protection for researchers in Semmelweis University Knowledge Center

2011. Schools of PhD Studies Semmelweis University
topic: Development of diet planning diet software with artificial intelligence
supervisor: Prof. Dr. István Szabolcs, professor, doctor of academia

SCIENTIFIC DEGREES

2011, PhD

LANGUAGE SKILLS

2002 Esperanto, intermediate
2003 English , basic

PROFESSIONAL- SCIENTIFIC CAREER

teaching assistant

1997, Semmelweis University Faculty of Helth Sciences (legal predecessor in Haynal Imre University of Health Sciences Faculty of Health)

assistant professor

2007, Semmelweis University Faculty of Helth Sciences

college professor

2012, Semmelweis University Faculty of Helth Sciences

college teacher

2022 Semmelweis University Faculty of Health Sciences Department of Dietetics and Nutrition

PUBLICATION LIST IN MTMT DATABASE

<https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=authors10022000>

SUBJECTS TAUGHT

Food preparation technology and colloidy
Cooking technology
Basics of health sciences,
Gastronomy and reform nutrition
History of diseases on the screen
National cuisines,
The kitchen of old times
Sports nutrition
Community care - part of nutrition
Women 's health - nutritional aspects

PRACTICES LED

Food preparation technology and colloidy

TEACHING IN DOCTORAL PROGRAM

course leader and supervisor at the Doctoral School of Health Sciences of Semmelweis
Doctoral School (previously 2012-2020 at the Doctoral School of Pathology)
led course: Nutritional Science Analysis and Diet Therapy Interventions

Graduated PhD students

1. Gergő Erdei: Prevalence of childhood overweight and obesity, regional differences and their correlations with certain sociodemographic factors Protection: 2019.
2. Szilvia Molnár: Parents 'and nutrition managers' assessment of kindergarten public catering - as one of the arenas for the formation of health awareness and nutritional behavior education Protection: 2020.
3. László Suszter: Ergonomic nutrition of athletes, diet therapy interventions and the effects of exercise on the body Protection: 2021.
4. Blanka Vékony: The impact of modern animal husbandry on human nutrition Protection: 2024.

PhD students

1. Brigitta Szálka: Supporting diet therapy for diabetic patients using a mobile application program
2. Annamária Polgár: The diet of inflammatory bowel patients in the light of the latest research, especially the FODMAP diet
3. Diana Gellért: Food consumption habits and nutrient intake and nutritional status of type 2 diabetics in relation to cardiological disease risk
4. Anna Csák: The relationship between nutrition and intelligence - Examining the consumption of micronutrients that affect brain function in individuals with high IQ
5. Anita Eredics: Lifestyle of pregnant women with preeclampsia, health science analysis

PARTICIPATION IN TDK WORK	YEAR, NAME OF THEME 2009. The role of baking studios in the education of patients with phenylketonuria 2010. The importance of diet in the treatment of hypopituitarism 2015. Attitude study of health care workers and mainly epileptics in case of ketogenic diet 2016. Dietary therapy options for shelter dogs with eating disorders 2016. Investigation of the applicability of different fats in a ketogenic diet 2016. Health examination of pregnancies and children with maternal phenylketonuria 2017. Survey of dietary supplement consumption by Olympic sports competitors 2017. Investigation of youtube as a communication channel through analysis of health videos 2018. Survey of body composition, nutrition and quality of life of senior athletes 2018. Impact of Zumba exercise program combined with dietary counseling a fitness and nutrition 2018. Survey of the nutrition and nutritional status of the Hungarian cheerleader team 2019. Ergogenic nutrition of athletes 2020. Comparison of nutrition of vegan and traditional diet groups depending on seasonality 2023. UNITY? AT THE FOREFRONT OF SPORT WITH DIABETES
PROFESSIONAL- SCIENTIFIC ACTIVITIES	YEAR, ACTIVITY 10/ 10-11 / 2019 Compulsory scoring training for nurses in the care professional group in 30 hours. Subject: Baby-mother nutrition - From childbearing to infancy, Location Tatabánya (at the request of the

Vocational and Continuing Education Directorate of the University of Pécs)

Since 2012, I have been teaching regularly (3-4 times a year) in the scoring trainings organized by the Association of Hungarian Nurses on the following topics: Diet of children with food allergies, Special nutritional needs of teenagers, Nutrition: from nutrition to adolescence,

Since 2012, I have been a professional and scientific consultant dietitian for a network of stores called DIET-Market

From 2011 to 2013, as an external teacher at the International Wellness Institute, I taught Diet Composition. subject within the Sports Nutrition course

In 2012, I was a professional reviewer of András Tihanyi's book: Performance-Enhancing Sports Nutrition, Krea-Fitt Kft. Budapest 2012.

Since 2012, at the request of a veterinarian, I have developed a ketogenic diet for the treatment of epileptic dogs. Since then, veterinarians often ask for my help for training and regularly call for further training and conferences.

Since 2011 I have been organizing courses related to nutrition within the framework of Egészségtudat Kft. ([Www.taplalkozasdieta.hu](http://www.taplalkozasdieta.hu))

Since 2011, I have been the manager and article writer of the Maternity and Children's sections of the website of Gastroyal Food Kft.

Since 2009 I have been a dietetic and scientific consultant for Gastroyal Food Kft.

In 2006-2010, at the request of the National Office for Research and Technology, I carried out tender expertise and reviews

In 2005 the food plant of ERFÓ Catering and Trade KHT

I was a consultant dietitian

Since 2004, I have been regularly participating in the evaluation of the public catering tender, at the request of both the tenderers and the Public Procurement Arbitration Committee of the Public Procurement Authority.

Since 2004, I have been regularly participating as a forensic expert in Budapest

At the Institute of Medical Experts and at the request of the Metropolitan and County Courts (currently the Metropolitan Court)

Since 2004 as a dietitian for the NUMIL Home Care Service

I deal with teaching the ketogenic diet of children with epilepsy

In 2003, I worked for a year at the Buda Children's Hospital as a therapeutic dietitian

Between 2000 and 2004 I was the editor-in-chief of the New Diet professional newspaper of the National Association of Hungarian Dietitians.

In 2003, I taught several subjects and participated as a member of the examination committee

Dietary Chef course organized by the Institute of Continuing Education in Trade and Tourism

I have been a regular member of the examination board of SE since 2002. Eü.Fk. In the final exam of the Nutrition Manager training courses organized by the Department of Dietetics, the Institute for Continuing Health Care and Pentasys Kft.

I have been teaching at SE since 2000. Eü.Fk. Department of Dietetics, Health

Continuing education and Food Management training courses organized by Pentasys Kft. (Kitchen technology knowledge, Nutrition, First aid subjects)

In the 1998/99 academic year, I taught as a teacher at the Móricz Zsigmond High School Kitchen engineering subject

**MEMBERSHIP IN
ORGANISATIONS**

YEAR, ORGANISATION

Since 2017 Member of the editorial board of the "Recreation" professional magazine of the Central and Eastern European Recreation Society

2016 Member of the Central and Eastern European Recreation Association

Since 2012, a member of the Public Body of the Hungarian Academy of Sciences, the Nutrition Science Committee and the Food Analysis and Quality Working Committee of the ETB

Between 2008-2012 I was a member of the Board of Trustees of the Hungarian PKU Association

Between 2000 and 2004 I was the editor-in-chief of the professional journal of the National Association of Hungarian Dietitians, the New Diet.

Between 2000 and 2004 I was a member of the board and presidency of the National Association of Hungarian Dietitians,

Since 1997. I have been a member of the National Association of Hungarian Dietitians (MDOSZ)

Since 1997 I have been a member of the Hungarian Nutrition Society

**PROFESSIONAL
ACKNOWLEDGEMENTS**

YEAR, ACKNOWLEDGEMENT

2006 Főigazgató dícséret

2016 Emberi Erőforrások Minisztérium Miniszter Elismerő Oklevele a Tanszéki munkacsoport tagjaként

2018 Semmelweis Egyetem Kiváló Oktatója

- 2019 Közép-Kelet-Európai Rekreációs Társaság elismerése: Tudományos Egyénre Szabott Egészségfejlesztés Kulcsa
- 2020 Merit Prize
- 2022 Hungarian Atherosclerosis Associate Prize of Pro Dietetica Metabolica Díja
- 2024 Exelent TDK – Science Student Educator

DATE OF FINALISING CV **20/03/2025**
