
Andriana E. Lazou
Dr. Chemical Engineer

CURRICULUM VITAE

ATHENS
2024

PERSONAL INFORMATION:

Surname: Lazou

Name: Andriana

Father's Name: Evangelos

Born Date: 25/09/1982

Address: 112 Ioannou Foka Str. Galatsi, 111 46 Athens

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Current position:

7/11/2017-Today: Associate Professor, Department of Food Science and Technology, School of Food Sciences, University of West Attica, with specialization in: "Structural and mechanical properties and their utilization in food processing and quality of puffed food", starting from 7/11/2017 (FEK No 1099/3.11.2017 & 414/19.4.2018)

Education:

2005-2011: Doctoral Dissertation, School of Chemical Engineering, NTUA, PhD thesis title: Study of extruded food products properties

2000-2005: Chemical Engineering, School of Chemical Engineering, National Technical University of Athens, Thesis title: Structural properties of novel extruded foods with texturized legume proteins

2000: Lyceum (middle school), Athens, Greece.

Other Studies:

2005: Seminar in Hygiene and HACCP (Hazard Analysis Critical Control Points) in food industry

2010: Accredited panelist, sensory evaluation area, Laboratory of Chemistry and Technology of the National Technical University of Athens.

2011: Seminar in rheology (viscoelasticity, temperature control, rotational and oscillatory testing, sample measurement) by Anton Paar GmbH held in the School of Chemical Engineering (NTUA).

Research Interests:

- Analysis and Design of Food Processes
- Extrusion Cooking
- Thermal Processing of Foods
- Physical Properties of Foods
- Sorption Phenomena in Foods
- Dehydration of Foods
- Osmotic Dehydration / Candying Process
- Food Rheology
- Natural Antioxidants
- Study and Development of innovative foods
- Study and Development of foods with designed structure and properties (food structuring)
- Sensory Evaluation of Foods
- Image Analysis of Foods
- Thermal Analysis of Foods
- Shelf-life estimation of foods
- Novel processing methods of foods
- Encapsulation of ingredients in food systems

Methods - Skills:

- Design and mathematical modelling of food processes
- Modelling of food properties – Design of structured food matrixes with specific quality properties
- Analysis and modelling of sorption phenomena of foods
- Differential Scanning Calorimetry (DSC)
- Rheology
- Dough Rheology
- Thermal processing
- Refrigeration and freezing of foods
- Food condensation
- Extraction techniques of bioactive compound
- Texture analysis
- Spectrophotometric techniques
- Image analysis of food systems
- Stereopychometer
- Colorimeter
- Food Stereoscapy
- Development of descriptive analysis in foods sensory evaluation
- Consumer acceptance methodology
- Operation of baking units
- Size reduction processes – cereal grain milling and sorting

PARTICIPATION & ORGANIZATION OF CONFERENCES:

- 2005: 4th 4th International Food Technology Conference, Piraeus, Greece.
- 2005: 5th Panhellenic Chemical Engineering Conference, Thessaloniki, Exhibition Center: Helexpo, Greece
- 2006: "Nutritional Labeling (Food Labels)" Conference, Athens, Greece.
- 2007: 5th International Congress on Food Technology, "Consumer Protection through Food Process Improvement & Innovation in the Real World". March 9-11, 2007, Thessaloniki, Greece
- 2007: 6th Panhellenic Chemical Engineering Conference, Athens, Greece.
- 2009: 7th Panhellenic Chemical Engineering Conference, Athens, Greece.
- 2010: Conference "Sensory Evaluation of Foods", NTUA, Athens, Greece.
- 2016: Organize and participate in the interactive workshop of Laboratory of Chemistry, Analysis & Design of Food Processes (TEI of Athens) entitled "Innovative Food: From laboratory to consumer", within the framework of Athens Science Festival 2016, Athens.
- 2019: Organize and participate in the interactive workshop of Laboratory of Chemistry, Analysis & Design of Food Processes (UNIWA) entitled "Inside the food matrix", within the framework of Athens Science Festival 2019, Athens.

SCHOLARSHIPS:

- 2007-2011: Scholarship for elaboration of the doctoral dissertation, from the Research Committee of the National Technical University of Athens.

AWARDS:

- 2006: D. Thomaidi Award, Greece, for publishing innovative scientific paper.
- 2007: D. Thomaidi Award, Greece, for publishing innovative scientific paper.
- 2009: D. Thomaidi Award, Greece, for publishing innovative scientific paper.
- 2010: D. Thomaidi Award, Greece, for publishing innovative scientific paper.
- 2011: D. Thomaidi Award, Greece, for publishing innovative scientific paper.
- 2013: Praise for the PhD thesis entitled: "Study of extruded food products properties", which excelled in certain criteria of "Stamou Stourna Prize" - "Best Experimental Dissertation of the year 2011" of the School of Chemical Engineering, NTUA.

(http://www.chemeng.ntua.gr/the_achievements/797/brabeio_didaktorikis_diatribis_s_stoyrna_etoys_2011).

PROFESSIONAL EXPERIENCE

2004: ETAT SA., Laboratory of Physical & Chemical Analyses.

2004-2005: Experience in extrusion process and determination of structural properties of extruded food products at the Laboratory of Process Design & Analysis, NTUA.

2007: Consultant at “Nestor Consultants S.A.”, participating in the projects:

1. Implementation of quality management system in accordance with international standard EN ISO9001: 2000 for the company “GORDAIR HANDLING AE”.
2. Development of food safety system ISO 22000 for the company “Andreas BERGNIS - BAKERY - CONFECTIONERY – CATERING”.
3. Audit for recertification food safety system according to ISO 9001:2000 and EL0T 1416 (HACCP) for the company “BULLY NUTS” Michael Balamoutsos SA Nuts.
4. Control of development programs the company food “OLYMPIC FOODS SA”.
5. Technical assistance in the implementation of the Development Law 3299/04 for the company “Food S.A.”.

2008: Consultant at “Nestor Consultants S.A.”, participating in the following projects:

1. Implementation of quality management system ISO 9001:2000 the company “ICC ATE.”
2. Implementation of quality management system ISO 9001:2000 the company “Eltrak S.A.”.

2008: Consultant of “Axon Environmental Ltd.” in the project: “Measurements of air pollution under the environmental conditions of the facilities of the refinery Hellenic Petroleum”.

24/3/2008-23/5/2008: National Technical University of Athens, participation in the project Strategic Planning of Markopoulo Municipality, Attica Greece for the Years 2007-2010.

2009: Consultant at “Nestor Consultants S.A.”, participating in the project: “Development of HACCP- ISO 22000 System for the company “Pandecor S.A.”.

- 2009-2010: Consultant at “Redecon S.A.” for the preparation of 15 comprehensive investment proposals under the Support Programme for Small and very small enterprises, under the NSRF 2007-2013.
- 2010: Consultant at “Planet S.A.” for completeness check and evaluation of investment proposals of Piraeus Bank under the Support Programme for Small and very small enterprises, under the NSRF 2007-2013.
- 2010: Consultant of “Axon Environmental Ltd.” within the framework of the European LIFE program entitled: “Development of a Cost Efficient Policy Tool for reduction of Particulate Matter in AIR (ACCEPT-AIR)”.
- 2010: Consultant at “Nestor Consultants S.A.”, participating in the project: “Design, development and implementation of quality management system ISO 9001:2008 in the company Alepoudelis Ltd.”.
- 2010: Consultant at “Planet S.A.” for the development of a structural adjustment plan for a business client of the Company under the program “Structural Adjustment and employees of businesses in the economic crisis”.
- 23/12/2013-24/2/2014: EDET S.A., "Development of application programming interfaces to interface the Central Support System for the Internship of students with the DASTA/GPA PSs" under the framework of the action "Central Support System for Student Internship", of the E.P. "Education and Lifelong Learning".
- 1/10/2016-1/10/2017: Consultant and project manager at Axia Innovation S.A.

RESEARCH PROJECT

1. 2010-2012: Researcher, Project supporting basic research (P.E.V.E. - NTUA (2010) entitled: "Study of the structure and properties of added value extruded products".
2. 2013-2015: Researcher, in project entitled “Study of properties and processing of novel foodstuffs made from dried fruit byproducts”, within the research project "Archimedes III - Support Research Teams of Technological Educational Institute of Athens”.
3. 12/12/2016-31/05/2017: «Development of food aromatic products»

TEACHING EXPERIENCE

- 1/9/2005-30/6/2006: Assistant, teaching laboratory courses on Unit Operations I & II Labs at School of Chemical Engineering of National Technical University of Athens.

- 1/9/2006-30/6/2007: Assistant, teaching laboratory courses on Unit Operations I & II Labs at School of Chemical Engineering of National Technical University of Athens.
- 1/1/2008-31/12/2008: Assistant, teaching laboratory courses on Unit Operations I & II and Design of Chemical Industries Labs at School of Chemical Engineering of National Technical University of Athens.
- 1/1/2009-31/12/2009: Assistant, teaching laboratory courses on Unit Operations I & II and Design of Chemical Industries Labs at School of Chemical Engineering of National Technical University of Athens.
- 1/1/2010-31/12/2010: Assistant, teaching laboratory courses on Unit Operations I & II and Design of Chemical Industries Labs at School of Chemical Engineering of National Technical University of Athens.
- 4/10/2010-5/7/2011: Laboratory Teaching Assistant, Laboratory of Food Processing, Department of Food Technology, Faculty of Food Technology & Nutrition, Technological Educational Institute of Athens.
- 22/11/2010-5/7/2011: Laboratory Teaching Assistant, Laboratory of Food Engineering, Department of Food Technology, Faculty of Food Technology & Nutrition, Technological Educational Institute of Athens.
8. 1/1/2011-31/12/2011: Assistant, teaching laboratory courses on Unit Operations I & II, Design of Chemical Industries, Advanced Methods of Technical-Economic Planning of Chemical Industries at School of Chemical Engineering of National Technical University of Athens
- 24/10/2011-10/7/2012: Laboratory Teaching Assistant, Laboratory of Food Processing and Laboratory of Food Engineering, Department of Food Technology, Faculty of Food Technology & Nutrition, Technological Educational Institute of Athens.
- 18/10/2012-5/7/2013: Laboratory Teaching Assistant, Laboratory of Food Processing and Laboratory of Food Engineering, Department of Food Technology, Faculty of Food Technology & Nutrition, Technological Educational Institute of Athens.
- 29/10/2013-4/7/2014: Laboratory Teaching Assistant, Laboratory of Food Processing and Laboratory of Food Engineering, Department

- of Food Technology, Faculty of Food Technology & Nutrition, Technological Educational Institute of Athens.
- 29/10/2014-4/7/2015: Laboratory Teaching Assistant, Laboratory of Food Processing and Laboratory of Food Engineering, Department of Food Technology, Faculty of Food Technology & Nutrition, Technological Educational Institute of Athens.
- 24/9/2014-22/1/2015: Assistant, teaching courses on Master of Science Program with title: “Master of Science in Food Science and Technology”.
- 22/1/2014-6/7/2015: Assistant, teaching courses on Master of Science Program with title: “Master of Science in Food Science and Technology”.
- 4/11/2015-1/7/2016: Laboratory Teaching Assistant, Laboratory of Food Processing and Laboratory of Food Engineering, Department of Food Technology, Faculty of Food Technology & Nutrition, Technological Educational Institute of Athens.
- 30/9/2015-31/1/2016: Assistant, teaching courses on Master of Science Program with title: “Master of Science in Food Science and Technology”.
- 09/10/2015-31/01/2016: Supervision of two diploma theses on the Master of Science Program with title: “Master of Science in Food Science and Technology”.
- 18/1/2016-31/01/2016: Participation in presentation committees of the Master of Science Program with title: “Master of Science in Food Science and Technology”.
- 07/03/2016-20/06/2016: Assistant, teaching courses on Master of Science Program with title: “Master of Science in Food Science and Technology”.
- 1/11/16-30/6/2017: Laboratory Teaching Assistant, Laboratory of Food Processing and Laboratory of Food Engineering, Department of Food Technology, Faculty of Food Technology & Nutrition, Technological Educational Institute of Athens.

TEACHING OF UNDERGRADUATE COURSES IN THE DEPARTMENT OF FOOD SCIENCE & TECHNOLOGY OF UNIWA

1) Course coordinator in:

- **Physical and Structural Properties of Food**, Winter semester

- **Science & Technology of Cereals and their Products, (*Theory and Laboratory*), *Spring semester***
- **Food Processing I (Theory), Spring semester**
- **Food Processing II (*Theory and Laboratory*), Spring semester**

2) Co instructor in the courses:

- **Food Engineering Lab II (Laboratory), Spring semester**

TEACHING IN POST GRAGUATE COURCES:

MSc Programm in “Master of Science in Food Science and Technology” of Department of Food Technology, Faculty of Food Technology & Nutrition, Technological Educational Institute of Athens, up to 2018.

Courses	Topics
Food Processing	1. Psychrometry 2. Estimation of evaporator cooling capacity (Lab)
Food preservation methods	1. Unsteady state heat tranfer 2. Thermal process calculation (Lab) 3. Thermal processing in continuous systems (Lab) 4. Calculation of Freezing time (Lab) 5. Food Dehydration (Lab)
Physicochemistry of Foods	1. Soprtion Isotherms (Lab) 2. Glass transition if foods 3. Mechanical Properties of Foods 4. Structural Properties of Foods 5. Glass Transition (Lab)
Advanced Food Processing Methods	Extrusion Cooking

MSc Programm in “Innovation, quality and security of Foods” of Department of Food Science and Technology, UNIWA, after 2018.

Courses	Topics
Principles and methods of Food processing and preservation	1. Psychrometry 2. Unsteady state heat tranfer 3. Food Refrigeration
Specific issues in food processing, preservation and packaging	1. Glass Transition 2. Extrusion Cooking 3. Membrane condensation 4. Innovative methods of food processing and preservation

Research Projects:

1. “Study of the structure and properties of added value extruded products”, Funding source: P.E.V.E. – NTUA, 2010-2012, Role: Researcher.
2. Study of properties and processing of novel foodstuffs made from dried fruit byproducts, Funding source: Archimedes III - Support Research Teams of Technological Educational Institute of Athens, 2013-2015, Role: Researcher.
3. “Development of food aromatic products”, Funding source: Giotis S.A., 2016-2017, Researcher.
4. “Design and optimization of freeze drying processes of aromatic and pharmaceutic water extracts”, Funding source: Natural Food Additives S.A, 2022-2023, *Project Coordinator*.
5. “Optimization of the quality of peaches and nectarines through innovative post-harvest handling”, Funding source: Ministry of Rural Development & Food, 2022-2025, *Project Coordinator*.
6. “Design and optimization of freeze drying processes of aromatic and pharmaceutic water extracts”, Funding source: Natural Food Additives S.A, 2023-2024, *Project Coordinator*.

REVIEWER IN SCIENTIFIC JOURNALS

- Journal of Food Engineering
- Journal of Food Processing and Preservation
- Innovative Food Science and Emerging Technologies
- LWT-Food Science and Technology
- Food Chemistry
- Plant Foods for Human Nutrition

PUBLICATIONS

BOOKS

1. LAZOY A. 2011. Study of extruded food products properties, Doctoral Dissertation (<http://dspace.lib.ntua.gr/handle/123456789/5601>).
2. LAZOS, E.S. & LAZOU, A.E. (2016). Cereal Science & Technology. Papazisis Publishers, Athens.
3. LAZOS, E.S. & LAZOU, A.E. (2016). Food Processing 1, Preservation Processes with heating, low temperatures and radiation energy, 2nd Edition. Papazisis Publishers, Athens.
4. LAZOS, E.S. & LAZOU, A.E. (2016). Food Processing 2, Preservation Processes with physicochemical, biological, new and emerging technologies, 2nd Edition. Papazisis Publishers, Athens.
5. LAZOU A.E. (2019). Physical Properties of Foods, Φυσικές Ιδιότητες Τροφίμων, Papazisis Publishers, Athens.

BOOK CHAPTERS

1. Lazou, A. & Krokida, M. 2017. Extrusion for Microencapsulation. In: Thermal and Nonthermal Encapsulation Methods, M.K. Krokida (ed), CRC Press, USA, p137-171.

PAPERS

1. **Lazou, A. E.**, Michailidis, P. A., Thymi, S., Krokida, M. K. and Bisharat, G. I. (2007) "Structural properties of corn-legume based extrudates as a function of processing conditions and raw material characteristics, *International Journal of Food Properties*, 10 (4), 721 – 738.
2. **Lazou A.E.**, Krokida M.K., Karathanos V.T. and Marinos-Kouris D., (2010) "Mechanical properties of corn-legume based extrudates", *International Journal of Food Properties*, 13(4), 847 - 863.
3. **Lazou, A.E.***, Krokida M.K. and Tzia K., (2010) "Sensory properties and acceptability of corn and lentil based extrudates", *Journal of Sensory Studies*, 25(6), 838-860.
4. **Lazou, A.E.***, Krokida M.K., (2010) "Functional properties of corn and corn-lentil extrudates", *Food Research International*, 43 (2), 609-616.
5. **Lazou, A.E.***, Krokida, M.K., (2010) "Structural and textural characterization of corn–lentil extruded snacks", *Journal of Food Engineering*, 100(3), 392-408.
6. **Lazou, A.***, and Krokida, M. (2011). Thermal characterization of corn-lentil extruded snacks. *Food Chemistry*, 127(4), 1625-1633.
7. Lafka, T.-I., **Lazou, A. E.**, Sinanoglou, V. J., & Lazos, E. S. (2011). Phenolic and antioxidant potential of olive oil mill wastes. *Food Chemistry*, 125(1), 92-98.
8. **Lazou A.***, Krokida M., Zogzas N., Karathanos V. (2011). Lentil-based snacks: Structural and textural evaluation. *Procedia Food Science* 1, 1593-1600.
9. Bratakos S. M., **Lazou A.E.**, Bratakos M.S. and Lazos E.S. (2012). Aluminium in food and daily dietary intake estimate in Greece. *Food Additives and Contaminants: Part B: Surveillance*, 5(1), 33-44.
10. Lafka T.I., **Lazou A.E.**, Sinanoglou V.J. and Lazos E.S. (2013). Phenolic extracts from wild olive leaves and their potential as edible antioxidants. *Foods*, 2, 18-31.
11. Bisharat, G., **Lazou, A.**, Panagiotou, N., Krokida, M., Maroulis Z. (2014) Antioxidant potential and quality characteristics of vegetable-enriched corn-based extruded snacks. *Journal of Food Science and Technology*, 1-15.
12. **Lazou A.E.**, Giannakourou M.G., Lafka T.I., Lazos E.S. (2016) Kinetic Study of the Osmotic Pretreatment and Quality Evaluation of Traditional Greek Candied Pumpkin. *Gavin J Food Nutrit Sci* 2016: 28-.
13. *Katsoufi S, Lazou A.E.**, Giannakourou M.C., Krokida M. 2017. Mass transfer kinetics and quality attributes of osmo-dehydrated candied pumpkins using nutritious sweeteners. *Journal of Food Science and Technology. J Food Sci Technol* 54: 3338-3348.

14. Katsoufi, S., **Lazou, A.E.***, Giannakourou, M.C. and Krokida, M.K., 2020. Air drying kinetics and quality characteristics of osmodehydrated-candied pumpkins using alternative sweeteners. *Drying Technology*, pp.1-12.
15. **Lazou A.***, Nikolidaki E., Karathanos V., Zogzas N. 2020. Thermal properties of Corinthian currant pastes as affected by storage. *J Food Processing and Preservation*. 2020; 44:e14755.
16. Giannakourou M.C., **Lazou A.E.**, Dermesonlouoglou E.K., 2020. Optimization of Osmotic Dehydration of Tomatoes in Solutions of Non-Conventional Sweeteners by Response Surface Methodology and Desirability Approach. *Foods*, 9, 1393.
17. **Lazou A.E.**, Dermesonlouoglou E.K. & Giannakourou, M.C. 2020. Modeling and Evaluation of the Osmotic Pretreatment of Tomatoes (*S. lycopersicum*) with Alternative Sweeteners for the Production of Candied Products. *FoodBioprocessTechnol* 13, 948–96.
18. **Lazou, A.E.*** 2022. Food extrusion: An advanced process for innovation and novel product development. *Critical Reviews in Food Science and Nutrition*: p. 1-29.
19. **Andriana Lazou***, Georgios Anastasiadis, Tarsia Provata, Zoi Koliou, Styliani Protonotariou. 2022. Utilization of industrial hemp by-product defatted seed flour: effect of its incorporation on the properties and quality characteristics of "tsoureki," a rich-dough baked Greek product. *Journal of the Science of Food and Agriculture*, 2023. 103 (8): p. 3984-3996.
20. **Andriana E. Lazou**, Panagiota-Kyriaki Revelou, Spiridoula Kougioumtzoglou, Irini F. Strati, Anastasia Kanellou, Anthimia Batrinou, 2024. Cultured meat: A survey of awareness among Greek consumers[J]. *AIMS Agriculture and Food*, 9(1): 356-373. doi: 10.3934/agrfood.2024021
21. **Lazou A.E.***, 2024. Properties, structure and acceptability of innovative legume-based biscuits with alternative sweeteners, *International Journal of Food Science, Hindawi*, Volume 2024, <https://doi.org/10.1155/2024/8216796>.
22. **Andriana E. Lazou***, Kyriaki Chatzimichail, Panagiota-Kyriaki Revelou, Petros Tarantilis, Styliani Protonotariou, Ioanna Mandala and Irini F. Strati, 2024. Effect of the storage process on quality characteristics of hemp enriched "tsoureki" a rich-dough baked Greek product. *Journal of Food Science*, 89, 3230–3247. <https://doi.org/10.1111/1750-3841.17128>.
23. **Andriana E. Lazou***, Eris-Marina Tsompanidou, Tarsia Provata, Georgios Anastasiadis, Natalia A. Stavropoulou, 2024. Effect of *Hypericum perforatum* flour addition on quality characteristics and acceptability of potentially stress-relief cakes, *Food Research*, Ms No FR-2024-008, accepted for publication, under production.
24. Stavropoulou N.A., **Lazou A.E.**, Giannakourou M.C., Sustainable Utilization of Mushroom By-Products Processed with a Combined Osmotic Dehydration Pretreatment and a Hot-Air-Drying Step. *Foods*. 2024; 13(9):1339. <https://doi.org/10.3390/foods13091339>.

*Corresponding author

h-Index google scholar: 10- Total citation google scholar: 618

i10-indexgoogle scholar: 11

h-Index Scopus: 9– Total citation Scopus: 325

Ιστοσελίδα scopus: <https://www.scopus.com/authid/detail.uri?authorId=22951326800>

CONFERENCE PROCEEDINGS

1. Lafka, T., **LAZOU, A.E.**, Lazos, E.S., (2006) “Effect of hydrocolloids on rheological properties of batter type dough”, 2nd International Congress on Bioprocesses in Food Industries, ICBF-2006, Patras.
2. Lafka, T.I., Mastorakos, P., Sinanoglou, V., Konteles, S., **LAZOU, A.E.**, Lazos, E.S. (2007). Extraction, Antioxidant and Antibacterial Activity of Carotenoids from Tomato Waste. Proceedings of 5th International Congress on Food Technology. Vol I, pp. 35-41.
3. Lafka, T.I., Sinanoglou, V., Konteles, S., **LAZOU, A.**, and Lazos, E.S. (2007). Comparison of Antioxidant and Antibacterial Activity of Some Food Industry Waste Extracts. Proceedings of 5th International Congress on Food Technology. Vol I, pp. 42-49.
4. Lazos. E.S., Lafka, T., **LAZOU, A.E.**, Labropoulos, A., (2008) “Evaluation of rheological properties of wheat flour-water doughs with added hydrocolloids or fat”, No 08-A-1585-IFT, Technical Research Papers. IFT Annual Meeting, USA.
5. **LAZOU, A.E.**, Krokida, M.K., Karathanos, V., Saravacos, G., (2008) “Mechanical Properties of corn-legume based extrudates, No G08, ICEF10, Chile.
6. Lazos, E. S. Lafka, T., **LAZOU, A.**, Labropoulos, A. (2009) Thermophysical Properties of Eggplant and Zucchini. No 09-A-2689-IFT, Technical Research Papers. IFT Annual Meeting, USA.
7. Lazos, E. S. Lafka, T., **LAZOU, A.**, Labropoulos, A. (2010) Fermentation and characteristics of a traditional sweet dough baked product (tsourekí). No 2010-TRP-2793-IFT, Technical Research Papers. IFT Annual Meeting, USA.
8. **Lazou, A.**, Krokida, M. and Tzia C. (2010) Texture evaluation of extruded corn-lentil snacks, EFFost Conference 2010, Dublin, Ireland.
9. **Lazou A.**, Krokida M., Zogzas N. and Karathanos, V. (2011) Lentil-based snacks: Structural and textural evaluation, ICEF 11, Athens.
10. Eleni P.N., Katsavou I.D., **Lazou A.E.**, Oikonomopoulou V.P., Panagiotou N.M., Krokida M.K., Maroulis Z.B. (2014) Investigation of the final properties of high-added value corn extrudates, International Conference on Food Properties (ICFP2014), Kuala Lumpur, Malaysia.
11. Eirini K. Nikolidaki*, Styliani V. Protonotariou, **Andriana Lazou**, Vaios T. Karathanos, Ioanna Mandala, Spyros E. Papadakis, Nikolaos P. Zogzas (2015), Effect of storage conditions on quality characteristics of dietary biscuits made with currant paste, 7th International Symposium on Food Rheology and Structure - ISFRS 2015, Zurich, Switzerland.
12. Nikolidaki E., **Lazou A.**, Zogzas N., Karathanos V. (2015) Quality degradation of currant-paste during storage, IFT Annual Meeting, Chicago, USA.
13. **Andriana Lazou**, Eirini Nikolidaki, Vaios Karathanos, Spyros Papadakis, Nikolaos Zogzas (2015). Effect of storage temperature and relative humidity on glass transition of black Corinthian currant paste, 29th EFFost Conference 2015, Athens, Greece.
14. **Andriana Lazou**, Maria Anastasaki, Ioannis Patsis, Fotini Karamani, Maria C. Giannakourou and E.S. Lazos (2015). Quality characteristics of traditional candied

pumpkin produced by osmotic dehydration. 29th EFFost Conference 2015, Athens, Greece.

15. Giorgos Anastasiadis, Tarsia Provata, **Andriana E. Lazou**, Styliani V. Protonotariou, Irini F. Strati, Maria C. Giannakourou. 2021. Effect of incorporation of defatted hemp seed flour on quality of rich dough baked Greek product “troureki”. 6th International ISEKI-Food Conference (ISEKI-Food 2021).

16. **Andriana E. Lazou**, Georgios Anastasiadis, Tarsia Provata, Maria C. Giannakourou, Styliani V. Protonotariou. 2021. Assessment of sensory acceptability of traditional and vegan rich dough baked product “tsoureki” enriched with defatted hemp seed flour. 14th Pangborn Symposium.

17. **Andriana E. Lazou**, Tarsia Provata, Georgios Anastasiadis, Maria C. Giannakourou, 2021. Effect of vegan formulation on the structural and textural properties of traditional rich dough baked product “tsoureki”. 4th Food Structure and Functionality Forum Symposium.

18. **Andriana E. Lazou**, Eleni Karalia, Maria Drosou, Vasiliki Kyrana, Vladimiro Lougovois. 2022. Effect of storage on quality characteristics of vegan formulation of traditional rich dough product “tsoureki”. 20th ICC Conference 2022, Vienna, Austria.

19. Natalia Stavropoulou, **Andriana Lazou**, Maria Giannakourou, 2023. Production of air-dried Oyster mushrooms applying hurdle technology principles, based on the sustainable use of Rosa damascena distillation byproducts combined with an osmotic dehydration step. 7th International ISEKI-Food Conference, 5-7 July 2023, Paris, France.

20. **Andriana E. Lazou**, Eris-Marina Tsompanidou, Georgios Anastasiadis, Natalia A. Stavropoulou, Evgenia D. Antonopoulou, 2024. Quality attributes of sweet baked products with addition of *Hypericum perforatum* flour, 7th International Cereal and Bread Conference, 22-25 April, Nantes, France.

PANHELLENIC CONFERENCE PROCEEDINGS

1. **Lazou, A.E.**, Panagiotou, N., Krokida, M.K., (2007) “Structural properties of extruded products containing legume proteins”, 6th Pan-Hellenic Congress on Chemical Engineering, Athens, Greece

Lazou, A.E., Krokida, M.K., Marnos-Kouris, D. (2009) “Functional Properties of Extruded Foods made of Corn Flour and Legume”, 7th Pan-Hellenic Congress on Chemical Engineering, Patras, Greece.

3. **Lazou, A.E.**, Krokida, M.K. (2011) Phase Transitions in Extruded Foods made of Corn and Lentil Mixtures, 8th Pan-Hellenic Congress on Chemical Engineering, Thessalonikis, Greece.

4. E. Antonopoulou, **A Lazou**, T. Tsiaka, P. Vareltzis, 2024. Study of the recovery of phenolic and antioxidant compounds from grape wastes with herbs and study of the properties, 14th Pan-Hellenic Congress on Chemical Engineering, Thessalonikis, Greece.

Invited presentations

2023: Presenter in the workshop of the Department of Food Science and Technology, UNIWA, entitled “New perspectives and modern challenges in Food Science and Technology.” Presentation title: Analysis and Design of Food Processes for the Development of Innovative Foods., Aigaleo Campus, Athens, Greece.

2023: Participant, Round table: “Safety and innovation in food production”, organized by Hellenic Association of Food Technologists, FOODTECH, 11/11/2023, Metropolitan Expo, Athens, Greece.

Other achievements

2023- today: Member of the steering committee of the MSc Program in “Food Innovation, Quality and Safety”, Department of Food Science & Technology, UNIWA.

2023- today: Course coordinator: Principles & Methods of Food Processing & Preservation, Advanced methods of food processing, preservation and packaging, MSc Program in “Food Innovation, Quality and Safety”, Department of Food Science & Technology, UNIWA.

2020- today: Member of Erasmus Committee – International Cooperation, Department of Food Science & Technology, UNIWA.

2018- today: Member of Evaluation Committee of the industrial training of the students, internship through NSRF, Department of Food Science & Technology, UNIWA.

2021-today: Member of the Committee for Organizing Scientific Seminars on Recent Advances in Food Science, Department of Food Science & Technology, UNIWA.

2022-today: Project coordinator of 3 research projects.

Website:

Cite: <https://fst.uniwa.gr/profile/lazou-andriana/>

Scopus: <https://www.scopus.com/authid/detail.uri?authorId=22951326800>

Google Scholar: <https://scholar.google.com/citations?user=pt8n1AEAAAJ&hl=el>

Foreign Languages

English

Computer skills

Operating Systems: Microsoft Windows

Programs: Microsoft Office, Statistica, SPSS, Mathcad, Matlab.

PROFESSIONAL ASSOCIATIONS

- 2005 -: Member of Technical Chamber of Greece
- 2005 -: Licensed Professional Engineer (Chartered Engineer) in Chemical Engineering (No. 47158/2005).
- 2007 -: Member of National Association of Chemical Engineers
- 2024-: Institute of Food Technologists - IFT Premier Membership, ID: 01225716

Other activities:

- 7/9/2018: Teaching Diploma in Ashtanga Vinyasa Yoga, Ashtanga Yoga Teacher Training with Kristina Karitinos, 120 hours, Πέθυμνο, Ελλάδα
- 02/2019: Seminar «Adjustments at Ashtanga Vinyasa Yoga», with Kristina Karitinos, Athens, Greece.
- 02/2020: Member of Hellenic AshtangaVinyasa Yoga Association.