

1 Feb 2023

Reference letter – Ms. Farah Ahmed Baeshen

To whom it may concern

Dear Sir/Madam,

In my capacity as the Head of Department of Clinical Nutrition and Assistant Professor of the Human Nutrition and Metabolism, I came to know **Ms. Farah Ahmed Baeshen** very well for the past five years as she has taken the following courses which I teach: Nutrition Assessment (A), Seminar and capstone (A+), Nutrition Epidemiology (A), and Adult weight Management (A+). Ms. Baeshen graduated on 2021 with a total GPA of 4.26/5, Second Honor Degree.

As her class professor I have had an opportunity to observe the student's participation and interaction in class and to evaluate the student's knowledge of the subject matter. I would rate the student's overall performance in these subjects as above average. I also know from discussions with the faculties in my department that we all think Ms. Farah is a very good student. Within the period of her studies, she has shown herself as a disciplined, reliable and conscientious student with the comprehensive knowledge in different areas.

Though Ms. Farah Baeshen has significantly performed in all aspects of her coursework, the best example is her publication for her graduate project on "The impact of COVID-19 pandemic on the dietary patterns and eating behaviour in Saudi adults". The work clearly showed her ability to deliver and well-thought scientific research skills.

I believe Ms. Farah would perform remarkably in the chosen Master's program and prove a great value to the institution. It will be a great opportunity for Ms. Farah to develop her scientific and research areas further. I highly recommend **Ms. Farah Baeshen** as a candidate for graduate school. Please feel free to contact me if you need further information.

Yours sincerely,



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