

CURRICULUM VITAE
JOHN TSAKNIS

I. Personal data

POSITION: Professor in Food Technology. School of Food Technology and Nutrition, Technological Educational Institutions (T.E.I.) of Athens.

WORK ADDRESS: Agiou Spyridonos str., Egaleo, GR-12210, Athens, Greece
Tel: +30-2105385550, Mobile: +30-6937082860
E-mail: jtsaknis@teiath.gr & ioannis.tsaknis@gmail.com

II. Education

1996: *Ph.D.* in Food Technology with a title "Isolation and identification of antioxidants from *Sideritis euboica* (Mountain tea)", University of Lincolnshire & Humberside, UK.

1992: *Master of philosophy* (by research) in Food Technology with a title "Quality changes of olive oil and other selected vegetable oils during frying", Humberside University, UK.

1998: Certificate of "*Chartered Chemist*" from the Royal Society of Chemistry, UK

2001: *Certificate* in "HACCP Principles and Their Application in Food Safety", Royal Institute of Public Health & Hygiene, UK.

1983: *Diploma* in School of educators of professional and technical education, Pedagogic Technical School, Athens, Greece.

1980: *BSc* in food Technology, Technological Education Institutions (T.E.I.) of Athens, Department of Food Technology

III. Experience

1980-1985: *Quality control inspector* in fats and oils industry (Eleourgiki- Central Cooperative union of olive and olive oil).

1984-1992: Lecturer in T.E.I. of Athens.

1993-1998: *Associate professor* in dept. of Food Technology (T.E.I. of Athens).

1998-2013: *Professor* in dept. of Food Technology (T.E.I. of Athens).

2005-2013: Member of the Scientific Committee and teaching staff in the M.Sc course of the medicine school of the National and Kapodistrian University of Athens with a title "*Environment and health, management of the environmental matters, effecting the health*".

2007-2009: Teaching staff in the M.Sc. course with a title "Food Science and Nutrition". Cooperation departments: (1) Chemistry Department of the University of Ioannina, Greece, (2) Nutrition Department of the Technological Educational Institutions of Athens, Greece.

1993-2001: Teaching staff and Member of the Scientific Committee in the M.Sc. course with a title "*Food Technology*". Cooperation departments: (1) Technological Educational Institutions of Athens, Greece and (2) University of Lincoln, UK.

1999-2004: Scientific Coordinator for the Erasmus Program in the Department of Food Technology of the Technological Educational Institutions of Athens.

IV. Administrative experience

2006-2010: ***Dean*** of the School of Food Technology and Nutrition

2003-2013: ***Chair*** of the Hellenic Federation of Technological Institutes Teacher's Association (OSEP-TEI).

1998-2004: Member of the Research and Educational Committee of Technological Educational Institutions (TEI) of Athens.

2004-2013: Vice-president of the Research and Educational Committee of Technological Educational Institutions (TEI) of Athens.

2004-2013: Member of the National Education Committee (ESYP) and the Committee of Higher Technological Education (SATE)

1999-2011: Coordinator of the Hellenic Standing Committee “Residues and Chemical Contaminants” of the Agricultural University of Athens and National Representative in the International Dairy Federation (IDF).

V. Participation in Scientific Associations and Committees

2011-2014: *Member* of the Scientific Committee of Nutrition Policy of Greece

2007-2008: *Member* of the Committee of Strategic Zoning Design for the Technological Educational Institutions.

2009-2013: *Observer* on Board Primary and Secondary Education of the National Education Committee (ESYP)

2009 - 2013: *Representative* of the School of Food Technology and Nutrition **in the scientific council of the national technology platform**, in the European Technology Platform “Food For Life”.

2008: *Evaluator* and *Certifier* in the subproject “AKMON-107 Development laboratory research infrastructures to provide scientific services in the areas of food control and environmental management” concerning the Mpenakeio Fytopathologiko Institute (C’ Community Support Framework 2000-2006, Operational Programme Competitiveness, Measure 4.2, Action 4.4.2, Project AKMON).

1998-2013: Member of the Royal Society of Chemistry (Chartered Chemist), UK.

- Member of the Food Department of the Association of Greek Chemists

1999-2013: Member of the Panhellenic Association of Food Technologists

VI. Lectures in foreign universities (through Erasmus Program)

1995: Techniques of isolation and identification of antioxidants from natural sources (Universitat Autònoma de Barcelona, Spain).

1997: The mechanism of antioxidant action in vitro (Polytechnic de Viana do Castelo, Portugal).

1998: Characterization of Moringa oleifera variety Mbololo seed oil of Kenya (University of Nairobi, Kenya). The lecture took place as part of European research programme – *Contact No TS3*CT94-0309 DG 12 HSMU*.

1999: Mechanisms of synergistic effects of combined antioxidants (University of Udine, Italy).

2000: Autoxidation of saturated acyl lipids (JATE University, Szeged College of Food Industry, Hungary).

2001: Chemical modification of selected vegetable oils during frying (Institute of Chemical Technology, Czech Republic).

VII. Reviewer of international scientific journals

- **Journal of American Oil Chemists’ Society**, Springer (Impact Factor 2011: 1.773).
- **Journal of the Agricultural and Food Chemistry**, ACS Publications (Impact Factor 2011: 2.823).
- **European Journal of Lipid Science and Technology**, Wiley (Impact Factor 2011: 1.733).
- **Food Chemistry**, Elsevier (Impact Factor 2011: 3.655).
- **Molecules**, MDPI - Open Access Publishing (Impact Factor 2011: 2.386).
- **Analytika Chimika Acta**, Elsevier (Impact Factor 2011: 4,555).
- **Plant Foods for Human Nutrition**, Springer (Impact Factor 2011: 2.505).
- **Industrial Crops and Products**, Elsevier (Impact Factor 2011: 2,469).

VIII. Research activities

1. *Scientific coordinator* in the program “**Catering – Assuring food safety and quality in Catering Establishments – Intervention Programs** - Code: MIS 372969” (2012 – 2014), funded by National Strategic Reference Framework (E.S.P.A.) – Ministry of Health and Social Solidarity. The program budget was 610.414 €.
2. *Scientific coordinator* in the research program “**Study of the antimicrobial activity of Chios mastic gum fractions before and after encapsulation in liposomes in order to prolong the shelf life and enhance the biological activities and sensory characteristics of milk products**” (2011 – 2013), funded by Sectoral Operational Programme Education and Lifelong Learning (Archimidis III). Participants: (1) TEI of Athens (Department of Food Technology and Department of Cosmetology and Aesthetics), (2) National and Kapodistrian University of Athens (Department of Pharmacy – Division of Pharmacognocny and Chemistry of Natural Products), (3) University of Ioannina (Department of Chemistry – Food Chemistry Laboratory), (4) TEI of Larissa – Karditsa Annex (Department of Food Technology – Food Analysis Laboratory/Cell Culture and Analysis of Food Contaminants Laboratory). The program budget was 95.000 €.
3. *Researcher* in the research program “**Anti-pesticidal products and health**” (2011 – 2013), funded by Sectoral Operational Programme Education and Lifelong Learning (Archimidis III). Participants: (1) TEI of Athens (Department of Cosmetology and Aesthetics & Department of Food Technology), (2) National and Kapodistrian University of Athens (Laboratory of Pharmaceutical Chemistry and Laboratory of Hormones), (3) University of Thessaly (Biochemistry and Biotechnology Department – Laboratory of Biochemistry). The program budget was 83.000 €.
4. *Scientific coordinator* in the research program “**Isolation of antioxidants from aromatic plants for use in the food and cosmetic industry**” (01/02/2004 – 31/08/2006), funded by second framework programme EPEAEK II (Archimidis I). Participants: (1) TEI of Athens (Department of Food Technology and Department of Cosmetology and Aesthetics), (2) National and Kapodistrian University of Athens (Pharmacology and Chemistry of Natural Products Branch of the Department of Pharmacology), (3) Institute of Biology of Greek National Center of Scientific Research Dimokritos. The program budget was 51.738 €.
5. *Researcher* in the research program “**Study and uses of natural products of Greek origin in Cosmetology and Aesthetics**” (01/02/2004 – 31/08/2006), funded by second framework programme EPEAEK II (Archimidis I). Participants: (1) TEI of Athens (Department of Food Technology and Department of Cosmetology and Aesthetics), (2) National and Kapodistrian University of Athens (Pharmacology and Chemistry of Natural Products Branch of the Department of Pharmacology), (3) Laboratory of Dermatology in Medical School of University of Athens. The program budget was 50.895 €.
6. *Researcher* in the research program “**Development of new technology for a quick obsolescence of wines and drinks**”, (01/02/2004 – 31/08/2006), funded by second framework programme EPEAEK II (Archimidis I). Participants: (1) TEI of Athens (Department of Food Technology and Department of Oenology and Drinkers Technology). The program budget was 51.202 €.
7. *Researcher* in the research program “**Development of new technology for a quick remove of bitterness from table olives and the production of sustenance products**”, (01/02/2004 – 31/08/2006), funded by second framework programme EPEAEK II (Archimidis I). Participants: (1) TEI of Athens (Department of Food Technology). The program budget was 50.244 €.
8. *Researcher* in the research program with a title “**Innovative methods for fuel biodiesel production from Greek agricultural products**”, (01/02/2004 – 31/08/2006), funded by second framework programme EPEAEK II (Archimidis I). Participants: (1) TEI of Athens (Department of Food Technology), (2) TEI Kavallas (Department of Oil Technology), (3) University of Ioannina (Department of Chemistry). The program budget was 52.006 €.

9. *Researcher* in the research program “**Study of factors that affect the production of healthy and safe food with advanced process technology**”, (01/02/2004 – 31/08/2006), funded by second framework programme EPEAEK II (Archimidis I). Participants: (1) TEI of Athens (Department of Food Technology and Department of Medical Instruments), (2) Laboratory of CMO detection in Institute of Biological Research and Biotechnology of the National Research Institute, (3) Actinotherapy Department of Gennimatas Hospital, (4) Laboratory of Medical Physics of University of Athens, (5) VETERIN A.B.E.E. The program budget was 50.933 €.
10. *Member of the research team* of the research program “**Optimization of biological activity of the essential oils from Greek medicinal plants**”, (01/02/2004 – 31/08/2006), funded by second framework programme EPEAEK II (Archimidis II). Participants: (1) TEI of Athens (Department of Food Technology), (2) TEI of Western Macedonia (Department of Agricultural Products Marketing and Quality Control), (3) National and Kapodistrian University of Athens (Pharmacology and Chemistry of Natural Products Branch of the Department of Pharmacology), (4) Agricultural University of Athens (Department of Food Science and Technology). The program budget was 63.000 €.
11. *Participation* in the program “**Expansion of Tertiary Education**” in the Technological Educational Institution (T.E.I.) of Larisa for the Department of Food Technology. Specifically, I was participated in the following work packages (W.P.): WP5 (development material in theoretical and laboratory classes and develop of alternative ways of assessing) and WP:9 (evaluation of officer of the Department) (2005-2008). The program was funded by second framework programme EPEAEK II.
12. *Scientific coordinator* in the research program “**Studies of natural ingredients and biological activities traditional liqueurs: Chios mastic and citrus Naxos**”, funded by the program – Athens 2004 – strengthening research groups in T.E.I. Participants: (1) T.E.I. of western Macedonia – Department of Marketing and Quality Control of Agricultural Products, (2) T.E.I. of Athens – Department of Food Technology and Department of Cosmetology and Aesthetics, (3) National and Kapodistrian University of Athens – Division of Pharmacognosy and Natural Products Chemistry of the Department of Pharmaceuticals (2005 -2007). The program budget was 5.000 €.
13. *Researcher* in a program “**Encouraging business student action of T.E.I. of Athens**” – code MIS 86191 of class acts 3.1.2.β, funded by second framework programme EPEAEK II. The program budget was 120.000 € (2003-2005).
14. *Scientific coordinator* in the research program “**Study the action of Chios mastic gum in various pathological conditions and new product development (beverage, carbonated drinks and far burners preparation for slimming**”. Participants: (1) Departments of Food Technology and Aesthetics and Cosmetology of T.E.I. of Athens, (2) Laboratory of Biological Chemistry of the Medicine School of the National and Kapodistrian University of Athens, (3) Departments of Nephrology and Cardiology of Laiko Hospital of Athens. The program budget was 30.000 € (2004-2005).
15. *Coordinator* of the scientific committee of Hygiene Guide for Supermarkets, issued by the Hellenic Food Authority (EFET) (2003).
16. *Associated contractor* of the STD3 funded research project from the European Commission for developing countries “**Development of the Moringa oleifera and Moringa Stenopetala tree to provide valuable products: Coagulant for water/wastewater treatment and vegetable oil**”. Participants: (1) University of Leicester, UK, (2) TEI of Athens (dept. of Food Technology), Athens, Greece, , (3) Federal Research Centre for Nutrition, Karlsruhe, Germany, (4) Kenya Forestry Research Institute, Nairobi, Kenya (1994-1998). The program budget was 500.000 ECU.
17. *Sub-contractor* in Leonardo Da Vinci Program “ **PISCES-Processing and Inspection of Seafood and Cultured fish to European Standards**”. Participants: (1) TEI of Athens, (2) Hull University, (3) Research Institute of Fish culture & Hydrobiology – University of south Bohemia, Czech, (4)

- CzeInspectorate for Health Protection – Netherlands, (5) Mike Dillon Associates Ltd, UK, (6) Greencastle Sea Foods Ltd – Ireland (1999-2000). The program budget was 50.000 ECU.
18. *Scientific Coordinator* of the research program “**Modification of the method of detection of oxidation by High Performance Liquid Chromatography in vegetable oils**”. The program was funded by 1.500.000 Drachma, from the Special Account of the Technological Educational Institutions of Athens (1994-1996).
 19. *Scientific Coordinator* of the research program “**Isolation and identification of natural antioxidants from herbs**”. The program was funded by 1.500.000 Drachma, from the Special Account of the Technological Educational Institutions of Athens (1998-1999).
 20. *Scientific coordinator* of the national training program for the food industry production managers, funded by the Ministry of Development by 4.500.000 Drachma “**Total quality management – Quality assurance & Quality Control**”. The programme has organised and implemented by T.E.I. of Athens (dept. of Food Technology) and its duration was 100 hours (1999).
 21. *Scientific co-ordinator* of the national training program for the food industry production managers, funded by the Ministry of Development by 3.000.000 Drachma “**Hygiene & Safety of Foods / HACCP for the sector of foods & drinks**”. The programme has organised and implemented by T.E.I. of Athens (dept. of Food Technology) and its duration was 100 hours (1999).
 22. *Scientific co-ordinator* of the national training program for the food industry production managers, funded by the Ministry of Development by 3.000.000 Drachma “**Standardisation & packaging of olive oil**”. The programme has organised and implemented by T.E.I. of Athens (dept. of Food Technology) and its duration was 100 hours (1999).
 23. *Scientific coordinator* of the training program for the scientific staff of the Olympic catering company “**Inflight Catering**”. The programme has implemented by T.E.I. of Athens (dept. of Food Technology) in co-operation with Hull University. The program budget was 6.000.000 Drachma (1999).
 24. *Scientific coordinator* of 10 Seminars for the food industry production managers “**The Principles and Application of HACCP in the safe Manufacturing and Processing of Food**”. The programme has organised and implemented by T.E.I. of Athens (dept. of Food Technology) in co-operation with Hull University. The participants after successfully exams graduated certificate in HACCP from the University of Hull (1998-2003).
 25. *Scientific co-ordinator* of the RETEX program “**Development and implementation of HACCP system in pre-cooked hamburger**” for the company TSAUSIDIS. The programme was funded from the Ministry of Development by 5.000.000 Drachma (1998-2000).
 26. *Researcher* in the EU research program “**Qualpoiss project (Healthy Quality of fish)**”, the duration of the program was 2 years (1994-1996). Participants: (1) University of Hull, UK, (2) T.E.I. of Athens (dept. of Food Technology), Athens, Greece. The program budget was 6.000 €.
 27. *Researcher* in the EU research program AFFILUENCE “**Studies for application of fluorescence to determine substances with biological interesting**”. PARTICIPANTS: T.E.I. of Athens (dept. of Food Technology) in cooperation with Vioryl Company and four European Universities (1996-1998). The program budget was 300.000.000 Drachma.
 28. *Researcher* in the program “**Natural antioxidants**”. A cooperation between TEI of Athens, Den Bosch and Agricultural Colleges of the Netherlands (1996 – 1998).
 29. *Researcher* of the research program ‘SYN’ of the Greek General Secretary Research and Development “**Development of technology for the production natural 2,5- dimethylo-4-hydroxy-3H- (2H) – furanol (Fraission) from natural raw materials**” (1998-1999). The program budget was 46.293.000 Drachma.

30. *Researcher* in the research program “**Lipolytic substances in microemulsions: application in formulations slimming**”. The program was funded by 3.046.000 Drachma, from the Special Account of the Technological Educational Institutions of Athens (1999-2001).
31. *Researcher* in the research program “**Development of the biotechnological method for resveratrol production**”. The program was funded by 2.300.000 Drachma, from the Special Account of the Technological Educational Institutions of Athens (1999-2001).
32. *Researcher* in a national program, funded by the Ministry of Development by 70.000.000 Drachma “**Greek traditional salads**”. **Participants:** (1) Department of Food Technology, (2) Agricultural University and (3) Olympus Foods S.A. (2000 – 2001).
33. *Scientific coordinator* of 64 programs, funded from various companies of food and beverages.
34. *Participation* in many national programmes involving vocational training and industry research development, as well as cooperation’s with other scientific bodies in matters of food science and supporting studies of HACCP, GMP, GLP, ISO, Environmental Management, etc.

IX. Publications

1. E. Katsoyannos, O. Gortzi, Ar. Chatzilazarou, V. Athanasiadis, J. Tsaknis, and S. Lalas. (2012). Evaluation of the suitability of low hazard surfactants for the separation of phenols and carotenoids from red-flesh orange juice and olive mill waste water using cloud point extraction, *Journal of Separation Science*, **35**, 2665-2670.
2. Lalas, S., Gortzi, O., Athanasiadis, V., Tsaknis, J. and Chinou, I. (2012). Determination of Antimicrobial Activity and Resistance to Oxidation of *Moringa peregrina* Seed Oil, *Molecules*, **17**, 2330-2334.
3. Lalas, S., Athanasiadis, V., Gortzi, O., Bounitsi, M., Giovanoudis, I., Tsaknis, J. and Bogiatzis F. (2011). Enrichment of table olives with phenolic compounds from olive leaves, *Food Chemistry*, **127**, 1521-1525.
4. Chatzilazarou, A., Katsoyannos, E., Gortzi, O., Lalas, S., Paraskevopoulos, Y., Dourtoglou, E., and Tsaknis, J. (2010). Removal of polyphenols from wine wastes using cloud point extraction, *Journal of the Air & Waste Management Association*, **60**, 454-459.
5. Liolios, C.C., Gortzi, O., Lalas, S., Tsaknis, J. and Chinou, I. (2009). Liposomal incorporation of carvacrol and thymol isolated from the essential oil of *Origanum dictamnus* L. and *in vitro* antimicrobial activity, *Food Chemistry*, **112**, 77-83.
6. Gortzi, O., Lalas, S., Chinou, I. and Tsaknis, J. (2008). Reevaluation of bioactivity and antioxidant activity of *Myrtus communis* extract before and after encapsulation in liposomes, *European Food Research and Technology*, **226** (3), 583-590.
7. Gortzi, O., Lalas, S., Tsaknis, J. and Chinou, I. (2007). Enhanced bioactivity of *Citrus limon* (Lemon Greek cultivar) extracts, essential oil and isolated compounds before and after encapsulation in liposomes., *Planta Medica*, **73** (9). DOI: 10.1055/s-2007-986965.
8. Lalas, S., Gortzi, O., Tsaknis, J. and Sflomos, K. (2007). Irradiation effect on oxidative condition and tocopherol content of vegetable oils, *International Journal of Molecular Sciences*, **8**, 533-540.
9. Gortzi, O., Lalas, S., Tsaknis, J. and Chinou, I. (2007). Evaluation of the antimicrobial and antioxidant activities of *Origanum dictamnus* extracts before and after encapsulation in liposomes, *Molecules*, **12**, 932-945.
10. Triantafyllou, A., Chaviaras, N., Sergentanis, T.N., Protopapa, E. and Tsaknis, J. (2007). Chios mastic gum modulates serum biochemical parameters in a human population, *Journal of Ethnopharmacology* **111** (1), 43-49.
11. Lalas, S., Aggelousis, G., Gortzi, O., Dourtoglou, V. and Tsaknis, J. (2007). Protection of traditional Greek products using a plant extract, *Italian Journal of Food Science*, **19** (3), 1-8.
12. Gortzi, O., Lalas, S., Chinou, I. and Tsaknis, J. (2006). Re-evaluation of antimicrobial and antioxidant activity of *Thymus* spp. extracts before and after encapsulation in liposomes, *Journal of Food Protection*, **69** (12), 2998-3005.

13. Lalas S., Gortzi, O. and Tsaknis J. (2006). Frying stability of *Moringa stenopetala* seed oil, *Plant Foods for Human Nutrition*, **61** (2), 99-108.
14. Chatzilazarou A., Gortzi O., Lalas S., Zoidis E. and Tsaknis J. (2006). Physicochemical changes of olive oil and selected vegetable oils during frying. *Journal of Food Lipids*, **13** (1), 27-35. Blackwell Publishing presented this article as best on Food Lipids for the year 2006.
15. Tsaknis, J. and Lalas, S. (2005). Extraction and Identification of Natural Antioxidant from *Sideritis euboica* (Mountain Tea), *Journal of Agricultural and Food Chemistry*, **53**, 6375-6381.
16. Gerolimatos, C., Batrinou, A., Tsaknis, J. and Spiliotis, V. (2004). Comparison of the Impedance Splitting Method to the Agar Dilution Method for the Estimation of the Antimicrobial Activity of Food Preservatives, *Journal of Rapid Methods and Automation in Microbiology*, **12**, 259-267.
17. Lalas, S., Tsaknis, J. and Sflomos, K. (2003). Characterisation of *Moringa stenopetala* seed oil variety "Marigat" from Iceland Kokwa, *European Journal of Lipid Sciences and Technology* **105** (1), 23-31.
18. Aligiannis, N., Mitaku, S., Tsitsa-Tsardis, E., Harvala, C., Tsaknis, J., Lalas, S., and Haroutounian, S. (2003). Methanolic Extract of *Verbascum macrum* as a Source of natural Preservatives against Oxidative Rancidity, *Journal of Agricultural and Food Chemistry*, **51**, 7308-7312.
19. Lalas, S. and Tsaknis, J. (2002). Extraction and identification of natural antioxidant from the seeds of *Moringa oleifera* tree variety of Malawi, *Journal of the American Oil Chemists' Society*, **79** (7), 677-683.
20. Tsaknis, J. and Lalas, S. (2002). Stability during frying of *Moringa oleifera* seed oil variety "Periyakulam 1", *Journal of Food Composition and Analysis*, **15** (1), 79-101.
21. Lalas, S. and Tsaknis, J. (2002). Characterisation of *Moringa oleifera* seed oil variety "Periyakulam 1", *Journal of Food Composition and Analysis*, **15** (1), 65-77.
22. Tsaknis, J., Lalas, S. and Protopapa, E. (2002) Effectiveness of the Antioxidants BHA and BHT in Selected Vegetable Oils During Intermittent Heating, *Grasas Y Aceites*, **53** (3), 199 - 205.
23. Protopapa, E.E., Heliou, A., Tsigonia, A., Kefala, A., Triantafyllou, A. and Tsaknis, J. (2001). The antiphlogistic action of the Chios essential oil: Treatment of skin irritations resulting from hair epilation and peeling with lotions containing mastic essential oil, *Epitheorisis Klinikes Farmakologias and Farmakokinetikis, International Edition*, **16**, 203-205.
24. Protopapa, E.E., Spiliotis, B., Kefala, A., Triantafyllou, A. and Tsaknis, J. (2001). The antibacterial and the antifungal action of the Chios mastic essential oil, *Epitheorisis Klinikes Farmakologias and Farmakokinetikis, International Edition*, **16**, 199-201.
25. Tsaknis, J., Lalas, S. and Evmorfopoulos E. (1999). Determination of Malondialdehyde (MDA) in Traditional Fish Products by HPLC, *Analyst*, **124**, 843-845.
26. Tsaknis, J., Lalas, S., Gergis, V., Dourtoglou, V. and Spiliotis, V. (1999). Characterization of *Moringa oleifera* Variety Mbololo Seed Oil of Kenya, *Journal of Agricultural and Food Chemistry*, **47**, 4495-4499.
27. Tsaknis, J., Spiliotis, V., Lalas, S., Gergis, V. and Dourtoglou, V. (1999). Quality changes of *Moringa Oleifera*, variety Mbololo of Kenya seed oil during frying, *Grasas y Aceites*, **50** Fasc. (1), 37-48.
28. Tsaknis, J., Hole, M., Smith, G., Lalas, S., and Tychopoylos, B. (1998). An HPLC Rapid Method of Determining malondialdehyde (MDA) for Evaluation of Rancidity in Edible Oils, *Analyst*, **123**, 325-327.
29. Tsaknis, J. (1998). Characterisation of *Moringa peregrina* Arabia seed oil, *Grasas y Aceites*, **49** (2), 170-176.
30. Tsaknis, J., Lalas, S., Gergis, V. and Spiliotis, V. (1998). A Total Characterisation of *Moringa oleifera* Malawi seed oil, *La Rivista Italiana Sostanze Grasse*, **75** (1), 21-27.
31. Tsaknis, J., Lalas, S., Gergis, V., Dourtoglou, V. and Spiliotis, V. (1998). Quality changes of *Moringa oleifera*, variety of Blantyre seed oil during frying, *La Rivista Italiana Sostanze Grasse*, **75** (4), 181- 190.

32. Lazos, E., Tsaknis, J., and Lalas, S. (1998). Characterisation and composition of tomato seed oil, *Grasas Aceites*, **49** Fasc. 5-6, 440-445.
33. Dementzos, C., Katerinopoulos, H., Kouvarakis, A., Stratigakis, N., Loukis, A., Ekonomakis, C., Spiliotis, V. and Tsaknis, J. (1997). Composition and antimicrobial activity of the essential oil of *Cistus creticus* subsp. *Eriosephalus*, *Planta Medica*, **63**, 1-3.
34. Tsaknis, J., Lalas, S. and Lazos, E. (1997). Characterisation of crude and purified pumpkin seed oil, *Grasas y Aceites*, **48** (Fasc.5), 267-272.
35. Lazos, E., Tsaknis, J., and Bante, M. (1995). Changes in pumpkin seed oil during heating, *Grasas y Aceites*, **46** Fasc. 4-5, 233-239.

There are more than 470 citations of the above publications. The H-index (Scopus) είναι 11.

X. Work presentation in conferences

1. O. Gortzi, V. Athanasiadis, S. Lalas, J. Tsaknis (2013). **“Preparation and characterization of Chios mastic gum fractions before and after encapsulation in liposomes by three different methods”**, *Greek Lipid Forum*, Harokopeio University, Athens, March 29th.
2. H. Damianakos, K. Graikou, J. Tsaknis, I. Chinou (2013). **“Headspace Solid Phase Microextraction procedure for mastic gum “Green” chemical analysis”**. Greek Lipid Forum, Harokopeio University, Athens, March 29th
3. Member of the Scientific Committee of the congress **“Technological developments and teaching applications to the technical vocational education – innovative actions and growth prospects”**, A.S.PAI.T.E., 16-17 December 2011, Athens - Greece.
4. Tsaknis, J. (2010). **“Proper nutrition for trapping the free radicals”**, 13^o *International Congress for Cosmetology and Aesthetics* (Nicosia, Cyprus 6-7 March).
5. Member of the Scientific Committee of the congress **“Teachers education of the secondary vocational and technological education in Greece”**, A.S.PAI.T.E., 11-12 December 2009, Athens - Greece.
6. Tsaknis, J. (2008). **“Management systems of food safety”**, 5th *Panellinium Congress of hotel management*, under the auspices of the ministry of development, Athens, 22-23 March.
7. Kitsos, C.P. and Tsaknis, I. (2007): **“Risk analyses on dairy products”**, International Conference on Statistics and Risk Analysis (ICSMRA), sponsored by the Risk Assessment Committee and the Life Science Assessment Committee of the International Statistical Institute, August 30-31, Lisbon (PORTUGAL).
8. Gortzi, O., Lalas, S., Tsaknis, J. and Chinou, I. (2007), **“Enhanced bioactivity of Citrus limon (Lemon Greek cultivar) extracts, essential oil and isolated compounds before and after encapsulation in liposomes”**, *International Congress and 55th Annual Meeting of the Society for Medicinal Plant Research (GA 2007)*. Graz, Austria (2nd-6th September).
9. Graikou, K., Tsaknis, I., Protopappa, E., and Chinou, I. (2006). **Analyses of three Traditional Greek Liquors**, 5th *International Symposium on Chromatography of Natural Products (ISCNP)*, June 19-22, 2006, Lublin (POLAND).
10. Graikou, K., Protopappa, E., Tsaknis, I. and Chinou, I. (2006). **“Chemical analyses of the essential oils of Citrus medica from Naxos”**, 5th *International Symposium on Chromatography of Natural Products (ISCNP)*, June 19-22, 2006, Lublin (POLAND).
11. Gortzi, O., Chinou, I., Lalas, S., Chatzilazarou, A. and Tsaknis, J. (2006). **“Isolation of antioxidants from herbs – Origanum dectamnus (wild and cultivated) for use in the food and cosmetics industry”**, 2nd *Congress of EPEAEK – Archimidis I* (innovation and technology development: quantitative and qualitative treatment), Athens, 22-24 November.
12. Liolios, C., Lalas, S., Protopappa, E., Tsaknis J. and Chinou, I. (2005). **“Ethnobotanical review of the Greek endemic plant Origanum dictamnus. Volatile constituents-Biological activities”**, Madeira, Spain (1st-4th October).

13. Liolios, C., Gortzi, O., Lalas, S., Tsaknis, J. and Chinou, I. (2005). **Re-evaluation of bioactivities of various plants (*Origanum dictamnus*, *Thymus* and *Myrtus* species) of Greek origin, before and after encapsulation in liposomes**, 53rd Annual Congress of GA, Florence, Italy (21st-25th August).
14. Melliou, E., Gortzi, O., Protopappa, E., Tsaknis, J. and Chinou, I. (2005). **“Re-evaluation of bioactivities of Royal Jelly before and after encapsulation in liposomes”**, Madeira, Spain, (10th October)
15. Tsaknis J., Xatzilazarou A., Gortzi O., Zoidis E., Lalas S., and Bratakos M. (2005). **Quality changes of olive oil and other selected vegetable oils during frying**, Traditional Mediterranean Diet: Past, Present and Future, 2nd International Conference, Athens, 21 -22 April.
16. Gortzi, O., Chinou, I., Lalas, S. and Tsaknis, J. (2006). **“Isolation of antioxidants from herbs [*Myrtus communis*, *Origanum dictamnus* (wild and cultivated)] for use in the food and cosmetics industry”**, 2nd Congress of EPEAEK – Archimidis I (innovation and technology development: quantitative and qualitative treatment), Athens, 24-26 November.
17. Tsaknis, J. and Lalas, S. (2004). **“Chemical Hazards – An Overview”**, *International Symposium on Dairy Safety and Hygiene – A Farm to Table Approach for Emerging and Developed Dairy Countries*, organised by: (1) Food and Agricultural Organization (FAO), (2) International Dairy Federation (IDF) και (3) World Organization for Animal Health (OIE), Cape town 2 -5 March.
18. Tsaknis, J., Lalas, S. and Dourtoglou, V. (2003). **“Oxidative stability study of Greek traditional salads”**, 3rd International Conference of Food Technology. Piraeus-Greece.
19. Tsaknis J. (2002). **“Risk Analysis and Critical Control Points of Cosmetics (HACCP)”**, 1st International Symposium of Aesthetics, Athens 24-25 May.
20. Tsaknis J. (2002). *Chairman* of the steering committee on the **Food Safety congress**, organized from the Department of Food Technology in Athens. Presentation of a lecture with a title “Implementation a HACCP System in maricultures”.
21. Tsaknis J., Gergkis V. and Aggelousis G. (1998). **Isolation and identification of natural antioxidants from the mountain tea (*Sideritis Euboea*) – Mechanism of antioxidant action**, 1st Panhellenic Congress of free radicals and oxidation stress, Ioannina 1-3 October.
22. Gergkis V., Giannovits-Argyriadi, N., Tsaknis J. and Spiliotis, V. (1996). **Chemical composition and study of the antimicrobial action of the essential oil of *Laurus nobilis*- Lauraceae**, 17th Panhellenic Congress of Chemistry, Patra 1-5 December.

XI. Work presentation in workshops

1. Tsaknis, J. (2013). **Genetically modified foods**, the workshop was organized with *the European program Europe for citizens 2007 – 2013*, in the plan “the common agriculture policy in the environment of economic crisis – challenges and prospects”. Participants: Municipalities of (1) Evrota Lakonias, (2) Calimanesti of Romania, (3) Popovo of Bulgaria and (4) Capannori of Italia, 1-6 March 2013, Municipal stadium Vlahioti of municipality of Evrota.
2. Tsaknis, J. (2012). **Applications of biotechnology to create genetically modified foods**, the workshop was organized from *the postgraduate program of Medicine School of the National and Kapodistrian University of Athens* “the Environment and Health: Capacity building for decision making”, 18/01/2013 University of Athens.
3. Tsaknis, J. (2012). *Member* in round table discussion for the utilization indicators ETAK in designing public policies and business strategies in the workshop **“Indicators research activities and planning for research, technological development and innovation (ETAK)”**. The workshop was organized from *the General Secretary of Research and Technology and the National Documentation Centre*, 2nd May in the National Research Foundation (Amphitheater Leonidas Zervas , Vasileos Kontantinou 48, Athens.

4. Tsaknis, J. (2009). **Application of the safety management system of foods in the hospital kitchen**, the workshop has been organized from *the Department of Food Technology and the Department of Oenology and Beverage Technology* (Athens, Greece 11th June).
5. Tsaknis, J. (2009). **Olive oil: health and safety rules at retail outlets**, the workshop has been organized from Greek connector industries for standardization of olive oil in the food exhibition "*Elaiotechnia*" (Athens, Greece 8th May).
6. Tsaknis, J. (2008). **Control and food safety**, the workshop has been organized from Mediterranean Information Office (MIO ECSDE) for the environment, the culture and sustainable development in the theme unity "*Agriculture – Nutrition – Quality of Life*" (Athens, Greece 20th October).
7. Tsaknis, J. (2008). **Safety management systems of foods in the olive mills**, the workshop has been organized from Greek connector olive mills, in the food exhibition "*Elaiotechnia*" (Athens, Greece 23rd May).
8. Tsaknis, J. (2008). **Food safety management**, the workshop has been organized from *Greek connector industries of processing meat* (Athens, Greece 6th March).
9. Tsaknis, J. (2007). **The contribution of Chios mastic gum in the healthy diet**, the workshop with a title "*Natural products and healthy living, the case o Chios mastic gum – training seminar for teachers*" has been organized from the Environmental Education Centre of city Chios Omiroupolis (Chios, Greece 27-29 April).
10. Tsaknis, J. (2007). **Safety management systems of foods**, attendance festival – under the auspices of ministry of national education and religious affairs (Peristeri Exhibition Centre 7-9 December).
11. Tsaknis, J. (2006). **Enology, innovation and contribution of TEI of Athens**, the workshop with a title "*The promotion and protection of innovation and the role of education*", has been organized from liaison office of TEI of Athens (Athens, Greece 19th December).
12. Gortzi, O., Melliou, E., Lalas, S. and Tsaknis, J. (2006). **Reevaluation bioactivity of royal jelly after encapsulation in liposomes**, the workshop with a title "*sustainable development and biotechnology*", has been organized from Greek biotechnology company (National Research Foundation, Athens, Greece 5th June).
13. Tsaknis, J. (2005). **Valuation risk and food safety**, the workshop has been organized from National Research Foundation – second course of lectures, under the cultural events science society (Athens, Greece 11-25 January).
14. Tsaknis, J. (2002). **Implementation of the HACCP system in aquacultures**, the workshop was organized from the Department of Food Technology of the Technological Educational Institutions (T.E.I.) of Athens (Athens, Greece). I was also, President of the organized Committee of the workshop.

XII. Articles in Greek scientific Journals

-Tsaknis, J. (2009): **Homemade preserves**, med Nutrition (<http://www.mednutrition.gr>), (Athens, Greece, 8th August).

XIII. Books

1. Tsaknis, J. (2009). "*Quality assurance of foods*", Papasotiriou editions, Athens.
2. Tsaknis, J. (2002). "*Quality assurance of foods*", edited by the Technological Educational Institutions of Athens.
3. Tsaknis, J. (2001). "*Organoleptic Evaluation of foods*", edited by the Technological Educational Institutions of Athens.
4. Tsaknis, J. (1998). *Quality control and quality assurance*, edited by the Technological Educational Institutions of Athens.
5. Tsaknis, J. (1998). "*Laboratory Techniques in quality control and quality assurance*", edited by the Technological Educational Institutions of Athens.

6. Gergis, B., and Tsaknis, J. (1997). *“Laboratory Techniques in Food Analysis”*, I, edited by the Technological Educational Institutions of Athens.
7. Tsaknis, J. (1983). Studies of the olive oil. *Meeting in Hellenic Productivity Centre (EL.KE.PA), 16-20, may*, edited by EL.KE.PA., Athens.

XIV. Book reviewer of the Greek Pedagogical Institution

1. Nutrition issues (A' class – 1st Cycle) of Welfare and Health.
2. Nutritional requirements during the life cycle (B' Class – 1st Cycle) of Welfare and Health.
3. Nutritional requirements during the life cycle – laboratory guide (B' Class – 1st Cycle) of Welfare and Health.

XV. MSc project's supervision

- **Good management practice of animal by-products – optimization recommendations of existing practices in Greece**, (supervisor), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2012.
- **Repercussions on public health by the production and management of hospital wastes** (president of the examination board), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2011.
- **Environmental affect on the human skin** (President of the examination board), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2011.
- **Psychological problems resulted from the environmental pollution** (President of the examination board), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2011.
- **Environmental factors which contaminate food and cosmetics** (president of the examination board), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2011.
- **Effect of pesticides on the human health** (supervisor), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2011.
- **Chemical and microbiological water pollution and health effects** (President of the examination board), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2011.
- **The effect of Phthalates, as endocrine disruptors, in human health** (supervisor), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2011.
- **Action and fight free radicals of the skin from cosmetic substances**, (President of the examination board), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2011.
- **Comparative study of the antioxidant action of Myrtus cummunis extracts** (supervisor), Chemical Department of the University of Ioannina (postgraduate programme on the Food Science and Nutrition), 2010.
- **Health protect of the European Union nationals from the possible injurious cosmetics substances – directive 76/768** (president of the examination board), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2009.

- The environmental actions on the human nutrition** (president of the examination board), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2009.
- Cosmetics – toxic substances and their effects on the human body** (president of the examination board), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2009.
- Actions of environmental factors on the milk and milk products** (*supervisor*), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2009.
- Current state regarding securing the quality of marine aquaculture products in Greece. Estimate of possible dangers for the public health** (Member of the examination board), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2009.
- Study on the critical control points of the bottle water** (*supervisor*), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2007.
- Exogenous hormones and their effect to people** (Member of the examination board), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2007.
- Pesticide action of the farmers accession growth** (Member of the examination board), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2007.
- Lead and labour environment** (Member of the examination board), Medical School of the National and Kapodistrian University of Athens (postgraduate programme on the Environment and Health: Capacity building for decision making), 2007.
- Oxidative Stability of Traditional Greek Salads** (*supervisor*), University of Lincolnshire & Humberside, UK, 2000.
- Possibilities of Production of Low-Calorie Mayonnaise** (*supervisor*), University of Lincolnshire & Humberside, UK, 1999.
- Quality Changes of Selected Vegetable Oils during Frying of Doughnuts** (*supervisor*), University of Lincolnshire & Humberside, UK, 1997.
- Application of environmental management system in the olive oil industry of Greece** (*supervisor*), University of Strathclyde, Scotland, 1996.
- Quality changes of fresh and frozen mussels during storage** (*supervisor*), Humberside University, UK, 1994.

XVI. PhD projects supervision

- Lalas, S (1998): **Quality and stability characterisation of Moringa Oleifera seed oil**, University of Lincolnshire & Humberside, UK, (awarded 20th March 1998).
- Legas, M: **Quality changes in maricultured Sea bream (*S. auratus*), in modified atmosphere packaging**, University of Lincolnshire & Humberside, UK (in progress).