

Zuzanna Koziara

PhD student in Biotechnology
MSc in Technology, Biotechnology and Food Analysis

CONTACT



<https://www.linkedin.com/in/zuzannakoziara/>

EDUCATION

GDAŃSK UNIVERSITY OF TECHNOLOGY, POLAND
PhD in Biotechnology
2018 – 2023 (planned defense date: 1.12.2023)

GDAŃSK UNIVERSITY OF TECHNOLOGY, POLAND
Master of Science in Biotechnology; specialization: Technology, Biotechnology and Food Analysis
2017 – 2018

GDAŃSK UNIVERSITY OF TECHNOLOGY, POLAND
Engineer in Biotechnology; specialization: Technology, Biotechnology and Food Analysis
2013 – 2017

SKILLS

Cell culture
MTT assay
Comet assay
DNA isolation
Gel electrophoresis
FFPE technique
Cryosectioning
Troubleshooting
Laboratory supply and inventory management

PROFILE

I am a 5th year PhD student in Biotechnology at Gdańsk University of Technology. My research focuses on dietary nucleic acids, especially their occurrence in food products and their impact on human digestive system cells. I am interested in studying the nutritional value of these molecules, but also in broadly understood food science and the impact of the diet on human health.

EXPERIENCE

14.11.2022 – 30.09.2023
Secretariat of the Department of Food Chemistry, Technology and Biotechnology, Gdańsk University of Technology, Gdańsk, Poland

1.07-31.08.2018
Food Allergens Lab, Larnaca, Cyprus – traineeship, thanks to the Erasmus Plus Programme

1-29.07.2016
Microbiology Laboratory, J. S. Hamilton, Gdynia, Poland – traineeship

SCIENTIFIC ACTIVITIES

7-9.11.2022
Oral presentation entitled “The impact of dietary nucleic acids and their components on the growth of human alimentary tract cells in vitro”, 6th IMEKO FOODS, Dubrovnik, Croatia

19-21.09.2021
Oral presentation entitled “Interactions between flavonols and flavanones in support of the food synergy concept” at the “ROS Roundabout - Many Exit Options”, COST Action 16112 NutRedOx meeting, Gdańsk, Poland

19-21.09.2021
Co-organization of the conference “ROS Roundabout - Many Exit Options”, COST Action 16112 NutRedOx meeting, Gdańsk, Poland

23-27.08.2021
Oral presentation entitled “Nucleic acids as the abundant dietary meat component” at the “67th International Congress of Meat Science and Technology”, hybrid congress, Kraków, Poland

1-2.07.2021
Poster presentation entitled “Przegląd technik izolacji i ilościowego oznaczania kwasów nukleinowych w żywności (Review of the techniques of isolation and quantification of nucleic acids in food)” at the “XLV Conference of the Committee of Food Sciences and Nutrition of the Polish Academy of Sciences. Food in the Green Deal strategy”, Gdańsk, Poland

21-25.06.2021
Poster presentation entitled “Nucleic acids - underrated food components” at the “4th European Summer School on Nutrigenomics”, virtual edition, Camerino, Italy

28-29.09.2020
Poster presentation entitled “Charakterystyka kwasów nukleinowych w wybranych produktach żywnościowych (Characteristics of nucleic acids in selected food products)” at the “XXVIII National Symposium of Bromatology”, Gdańsk, Poland

1-2.10.2019
Participation in “Cell migration workshop: concepts, mechanisms and techniques”, Lusófona University, Lisbon, Portugal

30.09.2019
Participation in “Food metabolites and the impact of microbiota workshop”, Lusófona University, Lisbon, Portugal

Zuzanna Koziara

PhD student in Biotechnology
MSc in Food Technology, Biotechnology and Analysis

SCIENTIFIC ACTIVITIES cont.

25-27.03.2019

Oral presentation entitled "Comparison of redox properties of flavonoid aglycones and corresponding glycosides and their mixtures in the cellular model" at the "Natural Products and the Hallmarks of Chronic Diseases", COST Action 16112 NutRedOx meeting, Luxembourg, Luxembourg

5-7.02.2019

Co-organization of the "Comet Assay Course" within the framework of COST Action 16112, Gdańsk, Poland

19-21.09.2018

Poster presentation entitled "The impact of redox active compounds belonging to different flavonoid groups on the antioxidant activity system of HT29 cells" at the "Personalized Nutrition in aging society: redox control of major age-related diseases COST Action 16112 NutRedOx" session during Congress "BIO 2018", Gdańsk, Poland

5.2017-2019

Co-organization of the "Baltic Science Festival", Gdańsk, Poland

25-26.03.2017

Participation in HACCP Internal Auditor Course, Gdańsk, Poland

25-27.11.2016

Co-organization of the conference "BioChemMed Session", Gdańsk, Poland

17-20.05.2016

Co-organization of the "Pomeranian Science Festival", Gdańsk, Poland

20-22.11.2015

Poster presentation entitled "Isolation and study of psychrotolerant pectinolytic microorganisms" at the "VII International Conference of Biotechnology Students", Poznań, Poland

10.2014-02.2017

Participation in the project "Isolation and study of psychrotolerant pectinolytic microorganisms", Gdańsk University of Technology, Gdańsk, Poland

2014-2018

Membership of the "Biotechnology Student's Club", Gdańsk University of Technology, Gdańsk, Poland

PUBLICATIONS

Kościelak A., **Koziara Z.**, Maria A.P., Płatek R., Bartoszek A. Microscopic Imaging to Visualize the Distribution of Dietary Nucleic Acids in Food Products of Various Origins. *Foods* 2023, 12, 3942

Ginovyan M., Javrushyan H., Petrosyan G., Kusznerewicz B., Koss-Mikołajczyk I., **Koziara Z.**, Kuczyńska M., Jakubek P., Karapetyan A., Sahakyan N., Maloyan A., Bartoszek-Pączkowska A., Avtandilyan N. Anti-cancer effect of *Rumex obtusifolius* in combination with arginase/nitric oxide synthase inhibitors via downregulation of oxidative stress, inflammation, and polyamine synthesis. *Int J Biochem Cell Biol* 2023, 158, 106396

Baranowska M., **Koziara Z.**, Suliborska K., Chrzanowski W., Wormstone M., Namieśnik J., Bartoszek A. Interactions between polyphenolic antioxidants quercetin and naringenin dictate the distinctive redox-related chemical and biological behaviour of their mixtures. *Sci Rep* 2021, 11, 12282

Koziara Z., Kościelak A., Bartoszek A. Kwasy nukleinowe - niedoceniane składniki żywności. (Nucleic acids - underrated food components). *Laboratorium - Przegląd Ogólnopolski* 2021, 2, 34-39

Cieślęwicz J., **Koziara Z.**, Ćwiklińska W., Bartoszek A. The Toolbox of Methods for Multidirectional Characterization of Dietary Nucleic Acids; Verification for Raw and Processed Food Products. *Food Anal Methods* 2021, 14, 1482-1497

Koziara Z., Baranowska M., Bartoszek A., Namieśnik J. Comparison of Redox Properties of Flavonoid Aglycones and Corresponding Glycosides and Their Mixtures in the Cellular Model. *Proceedings* 2019, 11, 25