



To whom it may concern,

March 18, 2013

I would like to recommend Stephanie Bird for a position with your company/organization. Stephanie started our undergraduate program in the spring of 2011 and will complete the BS degree in Nutrition and Food Sciences with an option in Dietetics this May 2013. I have known Stephanie for her entire career at California State University, Chico.

Stephanie and I have had many conversations both inside and outside the classroom. Stephanie is an extremely intelligent and articulate woman. She is well educated in the science of nutrition. For one particular assignment in an advanced human nutrition course that I teach (nutrition metabolism), Stephanie had to write a critical review of four original research articles. I found her understanding of the research literature to be above the majority of students in the class. She was able to grasp the main concepts of rather complex scientific articles in the area of nutrition and immunology. In addition, she showed critical thinking skills beyond her peers where she was able to point out flaws with each of the studies and summarize the findings of the four articles and apply the information to a practical situation (should pregnant women and infants take probiotic supplements?).

Her communication skills are outstanding, both oral and written communication. Stephanie's skill set would be particularly well suited for any position involving these communication skills where she can help to translate the science of food and nutrition to the lay public.

Through Stephanie's own passion, she is also well versed in food allergies and food intolerances. This knowledge, and her direct experience with food product development and recipe modification, would serve her well in any position working for the food industry.

You would be lucky to have this curious, intelligent, independent, well-read and well-spoken woman working for your company/organization.

Feel free to contact me should you have any questions.

Sincerely,

A handwritten signature in cursive script that reads "Kathryn Silliman".

Kathryn Silliman, PhD, RD
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