

Lilia Pianella

Frontend Developer | Sustainable Development | Food Science

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"Exploring the diverse world of food can uncover surprising tastes and cultural tales that remind us of our common human experience."

- [AI Curriculum Quotes Generator](#)

ABOUT ME

I love learning new things, good company and hot beverages.

In my list of favourite things, ping pong ranks higher. I always make time to play, and it's a great way to meet people of all ages in the area.

EXTRAS

Shop Assistant

2018-2020

Moleskine, London

AnnSummers, London

Chef

2016-2018

Wagamama, London (Croydon)

Raw Press, London (Chelsea)

Divina Cafe, London (Fulham)

Bibliothè Rome (Colosseum)

EXPERIENCE

EUFIC (European Food Information Council) | Intern

MAR 2025 - AUG 2025, BELGIUM (REMOTE)

- Role of support in the EU collaborative team in EU-funded projects ([BETTER4U](#), [INNOPROTEIN](#), [YOUAREIN](#), [INFOODMATION](#) and [DOMINO](#))
 - Coordinated visual materials (infographics, fact sheets, online quizzes)
 - Produced newsletters, informational articles, and social media content for LinkedIn, Twitter, Bluesky, YouTube, and Instagram
 - Conducted literature screening and data extraction (academic and non-academic)
 - Contributed to develop an awareness raising campaign strategy
- Co-organised and co-managed an internship group, enhancing processes and overall internship experience
 - Improved knowledge sharing and organisational processes across teams

PUBLICATIONS

Uppsala University | Master Thesis

SEP 2025

- Pianella, L. (2025). Insects on the table: Exploring narratives underpinning Western resistance and acceptance of edible insects (Dissertation). Supervisor Thao Do. Examiner Oleksandra Khalaim. [Link to the thesis](#)

MEAL Research Group | Exploratory study

DEC 2024

- Pianella, L., Nyberg, M., & Wendin, K. (2024). Promoting insects as a food delicacy—a qualitative study from the perspectives of consumers and producers in Italy. *International Journal of Gastronomy and Food Science*, 101063. [Link to the article](#)

SKILLS

Tools and Technologies

- React
- Javascript
- HTML5 and CSS
- Excel
- Figma

Research skills

- Futures Thinking tools to foster co-creative solutions
- System Thinking
- Interviews and focus groups
- Litterature screening

Soft Skills

- Make sure information is available to all people of the team
- Adapt language to different audiences
- Accept and integrate feedback

LANGUAGE

English

Professional Working Proficiency

Italian

Native Proficiency

EDUCATION

Frontend developer

2025-2026, SHECODES (REMOTELY)

Completed an intensive front-end development program covering core web technologies, including HTML, CSS and JavaScript. Developed responsive, interactive projects using advanced JavaScript, Bootstrap and Flexbox. Built an online portfolio, deployed code on GitHub, and gained introductory experience with React and an AI-powered tool.

Master's degree in Implementation, Transformative Learning and Sustainability - 120 credits

AUG 2023 - AUG 2025, UPPSALA UNIVERSITY (SWEDEN)

The programme prepares students to be change agents within qualified professions at the intersection between health and sustainability, international organisations, government administration, aid organisations, consultancy and the education sector.

Other courses at a master level -45.5 credits

MAR 2023 - DEC 2024, SWEDEN AND BELGIUM

- Quantitative Research Methods for the Social Sciences
- Courses on Food Science: Animal Food Science | Food Ethics | Food waste - current situation and future opportunities
- Summer schools: Insects in food | Innovation Game: a summer school applying Serious Game Design in Health Care and Education

Master Program in Food and Meal Science - 60 credits

JAN 2022 - MAR 2023, KRISTIANSTAD UNIVERSITY, SWEDEN

The Master's program in Food and Meal Science applies a holistic consumer and public meal perspective to current global challenges. It prepares student to investigate and critically review complex food and meal issues. Food and Meal Science is a multidisciplinary field based on three strong research and educational areas: Food science; Nutrition and health; and Food culture and communication.

Bachelor's degree in Food Science and Gastronomy - 182 credits

SEP 2018-MAR 2021, UNIVERSITÀ TELEMATICA SAN RAFFAELE ROMA, ITALY

The bachelor program in Food Science and Gastronomy (Scienze dell'Alimentazione e Gastronomia L-26) aims at the cultural, scientific and applicative training of a qualified professional figure who can work in the field of agri-food technologies, food and gastronomy.