

People's Democratic Republic of Algeria  
Ministry of Higher Education and Scientific Research  
Larbi Ben M'hidi University -Oum El Bouaghi-  
Institute of Applied Sciences and Technology – ISTA

## Course Handbook

# Personal and Professional Project -PPP-



**Dr. Mosbah Camélia (MCA)**

Intended for first-year undergraduate students  
Food Science Department  
Valorization and Quality of Agri-Food Products (VQPA)

2025-2026

**Degree Title:** Valorization and Quality of Agri-Food Products

**Course:** Personal and Professional Project (PPP)

**Semester:** S1

**Coordinator of the Teaching Unit (UED1):** .....

**Course Instructor:** ..... MOSBAH Camélia .....

**Credits:** 1

**Coefficient:** 1

**Course Objectives:**

- Introduce students to the various career paths accessible with a professional bachelor's degree.
- Provide an overview of the diversity of work environments, job conditions, required personal qualities, and essential professional skills.
- Identify training pathways and academic routes leading to these professions.
- Develop knowledge and practical methods for designing, implementing, and completing an academic, training, or career project.
- Support students in defining their professional goals based on real workplace conditions.
- Encourage students, from their first year at university, to reflect on their future employability.
- Help them become aware of their personal aspirations, strengths, and potential.

**Course Content:**

- Conducting field surveys and interviewing a professional directly at their workplace.
- Learning a structured method to guide their exploration:
  - Clarifying initial objectives,

- Carrying out investigations,
- Comparing personal perceptions with real-world observations gathered through professional interviews.

**Assessment Method:**

Submission of a written report (job profile sheet and interview summary).

**References**

*The Student's Personal and Professional Project: The Example of IUTs*, collective work, Maud Le Hung and Stéphanie Tralongo, 2012.

**Libellé de l'UED2 : Découverte du monde professionnel**

**Filière : Sciences alimentaires**

**Spécialité : Valorisation et qualité des produits agroalimentaires**

**Semestre : S1**

Répartition du volume horaire de l'UE et de ses matières	Cours :- TD : - TP: 15 H Travail personnel : -
Crédits et coefficients affectés à l'UE et à ses matières	UE : <b>UED 2</b> crédits : <b>1</b>  Matière 1 : <b>Projet personnel et professionnel (PPP)</b> Crédits : <b>1</b> Coefficient : <b>1</b>
Mode d'évaluation (continu ou examen)	continu
Description des matières	

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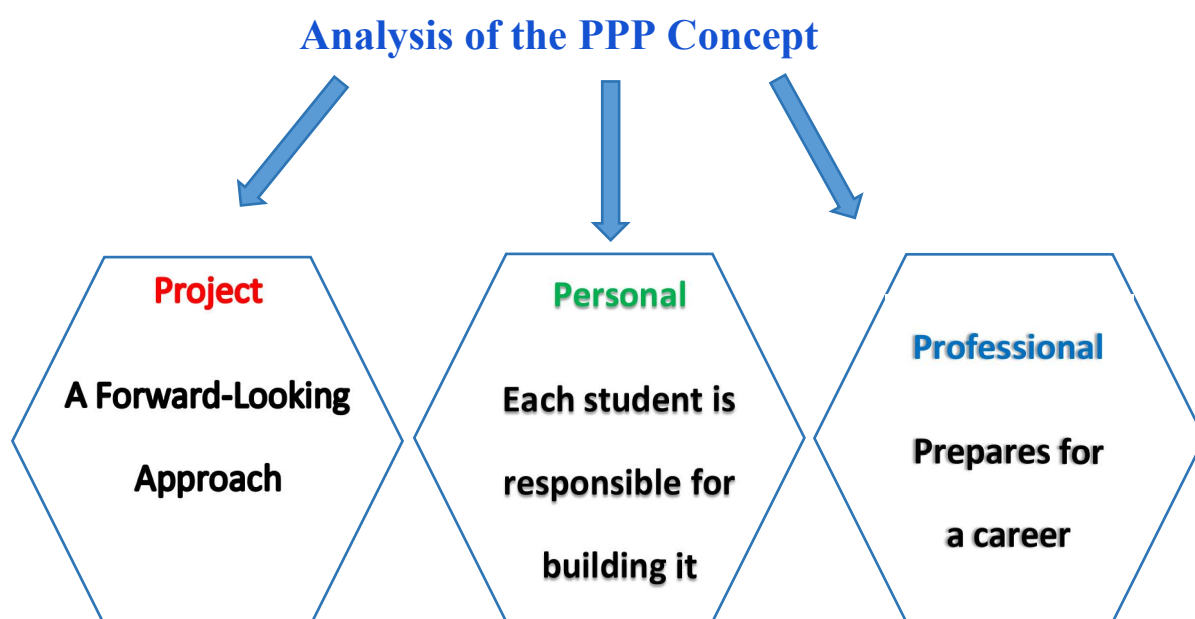
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## 1. Definition

The Personal and Professional Project (PPP) refers to a structured process that guides students in clarifying their career goals by aligning them with their motivations, abilities, and core values. It relies on self-assessment and an understanding of how the professional world operates in order to design an appropriate academic pathway or consider a possible career change. This process involves recognizing one's strengths, exploring potential occupations, and developing a well-organized action plan.



## 2. Steps for Building a Personal Career Project

### 2.1. Conducting a Personal and Professional Assessment

The first step involves reviewing one's skills, strengths, values, and areas of interest. It also requires evaluating personal motivations, identifying both strengths and weaknesses, and considering practical elements such as mobility, financial expectations, and lifestyle constraints.

### 2.2. Exploring the Professional Landscape

The next phase consists of identifying careers that align with one's profile and ambitions.

This exploration includes gathering information about the job market, career prospects, and high-growth sectors. Various tools can support this process, such as job surveys, interviews with professionals, documentary research, or consulting specialized platforms like LinkedIn to access accurate and up-to-date information.

### **3. Defining Objectives and an Action Plan**

It is essential to set clear, achievable goals in the short, medium, and long term. To reach them, it is recommended to outline concrete steps, such as enrolling in relevant training, undertaking internships, or acquiring new skills. It is also important to schedule regular review periods to monitor progress and adjust the plan based on practical experiences.

#### **Benefits of a Personal Career Project**

**Enhanced Self-Awareness:** A personal project helps clarify motivations, recognize key skills, and better understand individual aspirations.

**Closer Alignment with the Job Market:** It supports the design of a training and career path that aligns with professional goals.

**Informed Decision-Making:** It enables students to make thoughtful choices regarding career orientation, educational opportunities, or job search strategies.

**Skill Development:** It fosters the acquisition of transferable skill

### **4. Conducting Surveys and Professional Interviews at the Workplace**

Carrying out a career investigation through a workplace interview requires preparing targeted questions about job responsibilities, daily tasks, required skills, educational background, and career development opportunities. This approach allows students to compare preconceived notions with the actual realities of the role, all within a structured and supportive framework. It is particularly valuable for career orientation projects or professional retraining initiatives.





## **4.1. Preparing the Survey and Interview**

### **4.1.1. Define the Objective:**

Clarify the information you aim to gather, such as job responsibilities, company culture, or potential challenges associated with the role.

### **4.1.2. Select the Professional:**

Identify a person currently working in the occupation that interests you.

### **4.1.3. Obtain Consent:**

Contact the professional to explain your approach (a career survey as part of a professional project) and request an interview at their workplace, specifying the expected duration.

### **4.1.4. Develop an Interview Guide:**

Organize your questions around key themes to structure the discussion effectively.

## **4.2.Key Questions to Ask**

### **4.2.1. Missions and Daily Routine:**

- Can you describe your role and its main responsibilities?

- What does a typical day or week look like?
- Which tools or software do you regularly use?
- Do you work independently or as part of a team?

#### **4.2.2. Career Path and Education:**

- What has been your professional journey (studies, entry into the company)?
- Is this the career you originally wanted?
- What training or education would you recommend?

#### **4.2.3. Skills and Qualities:**

- What are the essential skills or personal qualities for this position?
- Are there any specific physical abilities required?

#### **4.2.4. Work Environment and Career Development:**

- What aspects of this job do you enjoy the most/least?
- What are the opportunities for advancement?

What values are important in your organization?

#### **4.2.5. Advice for Beginners:**

What guidance would you give to someone starting in this profession?

## **5. Sectors Offering the Most Job Opportunities After a Professional Bachelor's Degree**

Following the completion of a professional bachelor's degree, the sectors with the highest employment potential include:

Industry

Commerce

Transportation

Hospitality and Catering

Financial and Insurance Activities, as well as Scientific and Technical Services

A degree in Food Science, particularly in **Valorization and Quality of Agri-Food Products (VQPA)**, opens career opportunities in food processing and production. It also prepares graduates for quality control roles, including physico-chemical, microbiological, biochemical, and sensory analyses, while ensuring compliance with current standards and regulatory frameworks, such as accreditation procedures.

This training primarily targets positions such as:

- Quality Assurance Manager
- Quality Control Laboratory Supervisor
- Project Manager or Head of a Certification Body
- Distribution Chain Manager (quality, food safety, traceability, etc.)

## **6. Required Qualities and Skills of an Effective Quality Manager**

A competent quality manager combines rigor, organizational skills, and leadership with strong technical expertise, including mastery of ISO standards and continuous improvement tools. In addition, they must possess solid interpersonal skills, such as active listening and diplomacy, which are essential for analyzing issues, proposing solutions, and motivating a team toward compliance and performance objectives.

This professional should be analytical, methodical, communicative, and adaptable. They must be able to draft specifications, persuasively present ideas both orally and in writing, ensure regulatory compliance, and efficiently utilize quality management tools.



## 7. Methodology for Developing, Implementing, and Executing a Career, Training, or Orientation Project

The methodology for a professional, career, or training project follows a structured cycle:

### Phase 1: Diagnosis and Exploration (The Idea)

- ✧ **Personal and Professional Assessment:** Evaluate your skills, interests, values, passions, and background to obtain a comprehensive overview of your profile.
- ✧ **Analysis of Needs and Opportunities:** Identify the required competencies, both individual and collective, in relation to strategic developments, labor market trends, and your personal ambitions.
- ✧ **Exploration of Options:** Investigate careers, training programs, and sectors that align with your profile and available opportunities.

## **Phase 2: Design and Planning (The Project)**

- ✧ **Goal Setting:** Define specific, measurable, achievable, realistic, and time-bound objectives (SMART), e.g., “Obtain Diploma X within 12 months.”
- ✧ **Strategic Choices:** Determine the precise orientation of your project, such as the targeted career or specific training program.
- ✧ **Budgeting and Resources:** Prepare a projected budget accounting for costs and potential funding, and identify necessary resources, including personnel and tools.
- ✧ **Formalizing the Action Plan:** Develop a detailed timeline incorporating key steps, actions to be completed, and deadlines.

## **Phase 3: Implementation and Execution (The Action)**

- ✧ **Initiating Actions:** Carry out training, pursue job searches, and complete the required administrative procedures.
- ✧ **Communication and Collaboration:** Interact and coordinate with partners such as training institutions and employers.
- ✧ **Regular Monitoring:** Track project progress while adhering to the planned schedule and budget.

## **Phase 4: Evaluation and Adjustment (Review)**

- ✧ **Measuring Results:** Assess the extent to which the objectives have been achieved using performance indicators.
- ✧ **Analyzing Challenges:** Identify obstacles and unforeseen issues encountered during the project.
- ✧ **Adjustment:** Modify the action plan or project as needed to enhance effectiveness and achieve the desired outcomes.

# **8. Defining a Professional Project Based on Real Work Experience**

Building a professional project grounded in real workplace experience requires assessing one's own strengths—skills, values, and aspirations—and comparing them with the demands of the job market. This can be achieved through internships, interviews with professionals, or career surveys. The goal is to develop a realistic action plan, including the necessary training and targeted positions, linking personal ambitions to what is practically achievable. It involves a hands-on exploration of occupations, understanding their daily tasks, and identifying gaps between personal expectations and the actual realities of the role.



## 8.1. Introspection: Identifying Personal and Professional Foundations

- ✧ **Skills:** Take stock of your technical abilities (degrees, mastered tools) and soft skills (communication, teamwork, autonomy).
- ✧ **Values and Motivations:** Define what matters most to you, such as integrity, innovation, or work-life balance.
- ✧ **Aspirations:** Set short-, medium-, and long-term goals regarding the type of employment sought, desired level of responsibility, and sector of activity.

## 8.2. Exploration: Engaging with the Field

- ✧ **Documentary Research:** Review job descriptions (e.g., the ROME database), analyze industry sectors, and explore various employment types (employee, self-employed).
- ✧ **Professional Interviews:** Speak with individuals working in the targeted occupations to understand their daily tasks and work organization.
- ✧ **Internships and Observations:** Gain firsthand experience in a role to confirm or reconsider your interest.

### 8.3. Confrontation and Adjustment

- ✧ **Gap Analysis:** Compare your expectations with the reality of the profession. Does the job align with your values, skills, and needs?
- ✧ **Identifying Requirements:** Determine the skills to acquire and the training necessary to achieve your objectives.
- ✧ **Reality and Constraints:** Consider geographic, financial, and other potential limitations.

### 8.4. Developing a Concrete Action Plan

- ✧ **Step Definition:** List the actions to undertake (training, networking, job applications) and create a detailed schedule.
- ✧ **Budget Planning:** Estimate the costs involved and anticipated benefits (salary, career opportunities).
- ✧ **Testing and Adjustment:** Stay flexible. Your project will evolve with experience, and a skills assessment can provide a useful framework for structuring this process.

## 9. Comparing Personal Perceptions with Real-World Observations Through Interviews

Contrasting preconceived ideas with real workplace experiences, through internships or professional interviews, allows for better self-understanding and strengthens application tools such as resumes and cover letters. Relying on concrete examples—skills, lived

experiences—helps present convincing arguments and demonstrates motivation and qualities such as adaptability and teamwork. This approach serves as a process of self-assessment and active preparation for employment.

### 9.1. Confronting Perceptions with Reality

- ✧ **On-the-Job Observation:** Internships and interviews reveal the actual demands of professions and organizations, beyond common assumptions.
- ✧ **Identifying Key Skills:** Recognize essential qualities such as adaptability, teamwork, autonomy, and diligence.
- ✧ **Validating or Adjusting Choices:** Confirm or modify your professional project based on insights gained from practical experience.

### 9.2. Developing Personalized Application Tools

- ✧ **CV and Cover Letter:** Use observations to create precise and compelling arguments.
- ✧ **Be Concrete:** Rather than simply stating a quality (e.g., “teamwork”), illustrate it with a specific example, such as: “During my internship at X, I coordinated team Y to achieve goal Z.”
- ✧ **Tailor to the Position:** Link each skill and example to the specific expectations of the organization.
- ✧ **Demonstrate Motivation:** Highlight achievements, projects, and lessons learned.

### 9.3. Skills to Develop and Showcase

- ✧ **Soft Skills:** Communication, curiosity, initiative, problem-solving, creativity.
- ✧ **Hard Skills:** Knowledge and technical expertise gained through formal education and professional experiences.



## 10. Essential Practices and Tools for Optimizing Your Project

### Preparation

#### 10.1. What is a CV?

A CV (Curriculum Vitae) is a professional document summarizing your educational background, work experience, skills, and contact information. It serves as a “business card” to convince recruiters and should be clear, concise, and tailored to the targeted position, highlighting concrete and quantifiable achievements.

##### 10.1.1. Key Sections of a CV

- ✧ **Contact Information:** Name, phone number, email (listing the city is usually sufficient).
- ✧ **Title / Headline:** A clear title and a brief statement summarizing your professional project.
- ✧ **Professional Experience:** Include job titles, companies, dates, as well as tasks performed and measurable achievements where possible.
- ✧ **Education and Qualifications:** List degrees, institutions, and dates of completion.
- ✧ **Skills:** Include both technical skills (software, languages) and transferable skills (soft skills).
- ✧ **Interests / Personal Qualities:** Optional, but useful for reflecting your personality.

##### 10.1.3. Tips for an Effective CV

- ✧ **Be Concise:** Ideally limit the CV to 1–2 pages, as recruiters spend limited time on each application.
- ✧ **Customize:** Tailor your CV for each position or job offer.
- ✧ **Proofread:** Ensure there are no spelling or grammatical errors.
- ✧ **Use Action Verbs:** Make your description of tasks dynamic and engaging.
- ✧ **Be Honest:** Never exaggerate or falsify your skills or experiences.

## السيرة الذاتية

### ❖ معلومات شخصية :



\* الاسم الشخصي : براهم

\* الاسم العائلي : عبي

\* تاريخ الميلاد : 1990/10/10

\* جنسية : مغربية

\* الهاتف : + 212625699872

\* ر. ب. ج. : DOI6959

### ❖ مؤهل :

❖ التلمذة إعدادي

### ❖ الخبرات

❖ سنتان من العمل في شركة مكتب التأمينات

❖ سنتان من العمل في شركة *LA PERLA ICE* مكاتب

❖ 1 سنة من العمل في شركة *NOISSETTE* طنجة

❖ 1 سنة من العمل في شركة *PURE BACKE* تطوان

❖ سنتان من العمل في شركة *LE BLE D'OR* الجزائر

❖ 1 سنة من العمل في شركة *ITALIA* طنجة

❖ 3 سنوات من العمل في مخيرة بسم الله مكاتب

❖ 1 سنة من العمل في مخيرة مسؤولية الذهبية ميدلت

### ❖ المهارات الشخصية

❖ تحمل ضغوط العمل

❖ انضباط في العمل

### ❖ اللغات :

❖ اللغة العربية : لغة الأم

❖ اللغة الفرنسية : الكتابة و القراءة

❖ اللغة الانجليزية : متوسط

Ville, Pays  
06 06 06 06 06  
prenom.nom@xxxx.com



PRÉNOM NOM

POSTE OCCUPÉ/RECHERCHÉ

## FORMATION

Années Diplôme  
Ville, Pays Université ou école

Années Diplôme  
Ville, Pays Université ou école

Années Diplôme  
Ville, Pays Université ou école

## LANGUES

Français

Espagnol

Anglais

## RÉSEAUX SOCIAUX

profil.skype

profil.twitter

url.linkedin

url Instagram

## PROFIL

Duis augue magna, bibendum at nunc id, gravida ultrices tellus. Pellentesque, ehicula ante id, dictum arcu hicula ante gravida ultrices. Lorem ipsum dolor sit amet, consetetur adipisicing elit. Aliquam nec varius mauris. Lorem ipsum dolor sit amet, consetetur adipisicing elit.

## EXPÉRIENCE PROFESSIONNELLE

De 00/00/0000  
00/00/0000  
(Ville, Pays) **NOM DE L'ENTREPRISE**  
Poste occupé  
Tâches réalisées :  
• XX  
• XX  
• XX

De 00/00/0000  
00/00/0000  
(Ville, Pays) **NOM DE L'ENTREPRISE**  
Poste occupé  
Tâches réalisées :  
• XX  
• XX  
• XX

De 00/00/0000  
00/00/0000  
(Ville, Pays) **NOM DE L'ENTREPRISE**  
Poste occupé  
Tâches réalisées :  
• XX  
• XX  
• XX

De 00/00/0000  
00/00/0000  
(Ville, Pays) **NOM DE L'ENTREPRISE**  
Poste occupé  
Tâches réalisées :  
• XX  
• XX  
• XX

## COMPÉTENCES

• Créativité • Travail en équipe • Proactivité • Gestion de crise  
• Leadership • Empathie

## **10.2. Internship within a Company**

An internship is a temporary period during which a student gains practical work experience aligned with their educational project. It allows students to apply theoretical knowledge, explore a profession, and develop both technical skills and behavioral competencies. Internships are governed by strict regulations regarding their duration (usually a maximum of six months per academic year) and the number of interns a company can accommodate. The intern is not considered a full employee but rather a learner.

### **10.2.1. Main Objectives**

- ✓ Apply theoretical knowledge acquired during training.
- ✓ Acquire professional skills specific to the targeted occupation.
- ✓ Develop behavioral competencies such as teamwork and communication.
- ✓ Familiarize oneself with the professional environment and company operations.

### **Important Rules for Companies and Interns:**

- ✓ **Intern Role:** The intern is there to learn and should not replace an experienced employee.

### **10.2.2. Types of Internships**

- ✓ **Educational Internships:** Designed to validate a training program.
- ✓ **Training/Skill Development Internships:** Aimed at acquiring or deepening job-related skills.

### **10.2.3. Duration**

- ✓ Generally limited to six months per academic year.

### **10.2.4. Internship Agreement**

- ✓ Mandatory document defining tasks that align with the educational project.

### 10.2.5. Supervision

- ✓ Companies must respect quotas (e.g., maximum 3 interns for fewer than 20 employees, or 15% of staff for 20 or more employees).

### 10.2.6. Intern Tasks:

- ✓ Must be directly related to the student's field of study.

### 10.2.7. Internship Report

An internship report is a document that summarizes and analyzes a student's professional experience within a company. It details the tasks performed, skills acquired (knowledge, practical abilities, and interpersonal skills), and sector-specific insights, often addressing a particular issue related to the student's training and the professional environment. Its primary purpose is to provide a comprehensive assessment of the learning experience.

#### Main Objectives

- ♦ **Assessment:** Summarize the experience, acquired skills, and lessons learned.
- ♦ **Demonstrate Learning:** Show the evaluation committee that the student has applied theoretical knowledge and developed new professional competencies.
- ♦ **Context Analysis:** Present the company, its sector, and operational structure.
- ♦ **Critical Thinking:** Reflect on the tasks undertaken and their professional implications.

#### Typical Content

- ♦ **Company Overview:** Sector, organizational structure, and core activities.
- ♦ **Task Description:** Responsibilities, tasks performed, and challenges encountered.
- ♦ **Analysis and Reflection:** Link experiences to training objectives, address a defined problem, and discuss skill development.
- ♦ **Personal and Professional Assessment:** Impact of the internship on the professional project and skillset.

## Importance

The internship report is a mandatory and graded academic exercise, often critical for validating the curriculum. It serves as a bridge between theoretical learning and practical professional experience.

### 10.2.8. Authentic Photos from Educational Internships

Authentic photographs of educational internships completed by ISTA (Ain M'lila) students within various industries.













### 10.3. Technical Data Sheet for a Food Product

A technical data sheet for a food product is a detailed document that compiles all specifications (physical, chemical, microbiological), composition, nutritional information, allergens, storage conditions, origin, yield, and preparation instructions. It ensures the product's quality, regulatory compliance, and reproducibility, serving as a reference for professionals in the agri-food sector and catering. Unlike a commercial datasheet, it is primarily used for quality assurance and cost management.

#### 10.3.1. Essential Contents of a Technical Data Sheet

**General Information:** Commercial name, internal reference number, and sensory description (color, aroma, texture).

**Composition:** Complete list of ingredients and constituents, listed in descending order by weight.

**Nutritional Information:** Nutritional values (calories, fats, carbohydrates, proteins, etc.).

**Allergens:** Clear identification of allergens (e.g., gluten, peanuts).

**Specifications:** Physical characteristics (pH), chemical properties (salt content), and microbiological standards.

**Preparation Instructions:** Step-by-step guidance including temperatures and mixing times.

**Yield and Costs:** Quantities per portion, raw material costs, and total product cost.

**Storage and Shelf Life:** Optimal storage conditions (temperature, humidity) and expiration dates (DLC/DDM).

**Packaging:** Description of materials and format.

**Origin:** Source of key ingredients.

#### **10.3.2. Main Uses**

**Quality Assurance:** Ensures consistency and reproducibility between batches.

**Compliance:** Guarantees adherence to sanitary and regulatory standards.

**Management:** Supports cost control and production optimization.

**Communication:** Provides accurate information for distributors and end customers.

# Crème Supérieure 35 % MG Brique 1 L UHT



- ✓ Un taux de foisonnement élevé et régulier avec une excellente tenue de la crème fouettée,
- ✓ Idéale pour la cuisine gastronomique,
- ✓ Une texture onctueuse pour des sauces brillantes et nappantes,
- ✓ Une saveur fine qui donne du goût à vos préparations.



CRÈMES

PRODUIT	
Dénomination	Crème liquide stérilisée UHT
Ingrédients	Crème de lait, stabilisants : carraghénanes, édulcorant E472b.
Poids Net	0,990 kg
Taux de Matière Grasse	35 %
DLCO (garantie entrepôt)	70 jours
Température de conservation	Avant ouverture, ne pas stocker à plus de 18°C. Après ouverture, stocker entre +4°C et +6°C et utiliser rapidement. Avant utilisation en foisonnement, laisser reposer la crème 12 heures entre +2°C et +6°C. Éviter les variations brutales de température. Ne pas congeler en l'état.
Code Article + VL	31 180 02
EAN 13	3 428200 31180 6
Dimensions de l'UC (Dim. x h en cm)	9,5 x 6,4 x 16,8

USAGES	
<b>Pâtisserie :</b> <ul style="list-style-type: none"> <li>• En crème fouettée pour les diables,</li> <li>• En crème fouettée pour incorporer dans les entremets, les glaces, chocolats et ganache...</li> <li>• Pour les appareils à crème prise sucrée.</li> </ul>	<b>Cuisine gastronomique :</b> <ul style="list-style-type: none"> <li>• Pour les sauces chaudes en émulsion ou déglacage en en finition,</li> <li>• Pour les gratins ou les appareils à crème prise salée,</li> <li>• Pour les assaisonnements, crèmes fouettées salées.</li> </ul>

VALEURS NUTRITIONNELLES ET ÉNERGETIQUES		
Valeurs Nutritionnelles moyennes pour 100 g :		
Protéines : 2 g	Glipides : 7,1 g	Lipides : 24 g
Valeurs Énergétiques moyennes pour 100 g :		
335 kcal / 1 382 kJ		

CONDITIONNEMENT	
<b>Colivage</b>	6 briques sous film
Dimensions (Dim. x h en cm)	29,5 x 12,6 x 16,8
Poids Net (kg)	5,94 kg
Poids Brut (kg)	6,1 kg
<b>Palettisation</b>	144 colis (soit 6 couches de 24 colis)
Dimensions (L x l x h en cm)	120 x 80 x 115
Poids Net (kg)	855 kg
Poids Brut (kg) dont 25 kg de palette	915 kg

# HEALTHY CRUNCH

Start your day strong and favorfull Healthy Crunch Cookies are the perfect blend of wholegrain oats, natural sweet potatoes, and ground walnuts with a hint of chia and flax seeds, giving you healthy energy that lasts all day. Every bite is a balance of delicious taste and nutritional benefits

Free from refined sugar and preservatives  
Rich in fiber and plant-based protein  
Contains healthy fats from pecans and coconut oil  
Provides a feeling of fullness and supports healthy digestion  
Suitable for breakfast, a post-workout snack, or a healthy dessert

**Ingredients:**  
1 sweet potato  
1 cup flax seeds  
2 cups rolled oats  
3 cups unrolled oats  
1 tablespoon natural coconut  
1 apple  
1 cup ground walnuts  
1 pinch of salt



## Nutritional Information

- Calories: 150 calories
- Protein: 3 grams
- Total Fat: 7 grams
- Saturated Fat: 2.5 grams
- Carbohydrates: 18 grams
- Fiber: 3 grams
- Sugars: 7 grams
- Sodium (Salt): 90 mg
- Omega-3: 0.4 grams

## Targets human health by:

Energizing the body in the morning thanks to complex carbohydrates from oats and sweet potatoes

Supporting the heart thanks to good fats and fiber

Boosting immunity with natural vitamins and minerals

Improving mood and concentration with antioxidants

Weight control because it's filling and healthy



# NOYAU DE BEAUTÉ

Gommage & Masque Naturel - 2 en 1  
À la base de noyau d'olive

## INGRÉDIENTS

Poudre de noyau d'olive  
Glycérine végétale  
Huile d'olive vierge  
Vitamine E  
Eau de rose naturelle

## MODE D'EMPLOI

1. Appliquer une petite quantité sur la peau propre et humide.
2. Masser délicatement en mouvements circulaires pendant 2 à 3 minutes.
3. Laisser poser 5 à 10 minutes comme masque.
4. Rincer à l'eau tiède et sécher.



## BIENFAITS

Exfolie et élimine les cellules mortes.  
Hydrate et nourrit la peau en profondeur.  
Apporte éclat et douceur



## **11. Implementation of Projects and Participation in Science and Technology Fairs and Events**

The successful implementation of a scientific and technological project, combined with active participation in fairs and events, requires strategic planning, precise execution, and effective communication. This process transforms an idea into a tangible success through live demonstrations, audience interaction, and networking, thereby enhancing the visibility and impact of both the project and its creators.

### **11.1. Preparation and Planning**

- ❖ **Define Clear Objectives:** Determine what you aim to achieve at the event and through the project (visibility, partnerships, funding, etc.).
- ❖ **Identify Target Audience:** Understand who you want to reach (investors, fellow researchers, general public) and tailor your message accordingly.
- ❖ **Prepare Materials:** Develop clear visual supports such as posters, interactive demonstrations, and prototypes.

### **11.2. Project Execution**

- ❖ **Technical Implementation:** Follow the initial plan, manage resources, and meet deadlines.
- ❖ **Testing and Validation:** Ensure the project functions as intended through rigorous testing.

**Documentation:** Record each step for future tracking and project promotion.

### **11.3. Participation in Events (Fairs, Exhibitions)**

- ❖ **Attractive Stands:** Create a welcoming and informative space with dynamic demonstrations.
- ❖ **Live Demonstration:** Show the project in action rather than just describing it.

- ❖ **Active Networking:** Present the project, gather feedback, and exchange contact information.
- ❖ **Effective Pitch:** Prepare a concise and compelling presentation (elevator pitch).

#### **11.4. Post-Event Follow-Up**

- ❖ **Leverage Contacts:** Promptly follow up with potential partners and prospects.
- ❖ **Analyze Feedback:** Incorporate suggestions to improve the project.
- ❖ **Evaluate Success:** Assess the achievement of initial objectives.

#### **Summary:**

The synergy between the technical realization of the project (its success) and its dynamic presentation to the right audience (through events) creates a powerful boost for recognition and development, fostering strong connections with the economic and professional sectors.



**Illustration of First-Year Food Science Students' Engagement  
and Application of Their Personal and Professional Projects  
(PPP) during World Food Day, Organized by the Wilaya of  
Oum El Bouaghi on October 16, 2025.**







# NUTRI & LIN

## Définition

Une boisson saine et rafraichissante enrichie en poudre de graines de lin et en avoine, riches en fibres et en oméga-3.

Convient à une alimentation saine et légère.

## Bienfaits du produit

- Améliore la digestion
- Augmente l'énergie
- Favorise la santé des cheveux et de la peau
- Contribue à la santé cardiaque
- Améliore la concentration
- Renforce l'immunité
- Détonifie l'organisme



## Groupe cible

- 1-sportifs et personnes très actives
- 2-personnes souffrant de troubles digestifs (végétariens)
- 3-Enfants étudiants et diabétique

## Ingrédients

lait,  
avoine,  
Graines de lin,  
pâte de dattes,  
cannelle















**Boisson naturelle à l'orge**

La boisson à l'orge est une boisson saine et rafraîchissante. Elle est riche en fibres et en vitamines. Elle est idéale pour les personnes souffrant de diabète ou de problèmes de digestion.

**Ingédients principaux**  
Grains d'orge (ingédient principal), eau purifiée, sucre naturel.

100% naturel  
Sans sucre ajouté  
Sans conservateurs  
Sans colorants  
Sans OGM

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- 2-personnes souffrant de troubles digestifs (végétariens)
- 3-Enfants étudiants et diabétique

## Ingédients

lait,  
avoine,  
Graines de lin,  
mélasse de dattes,  
Bananes cannelle

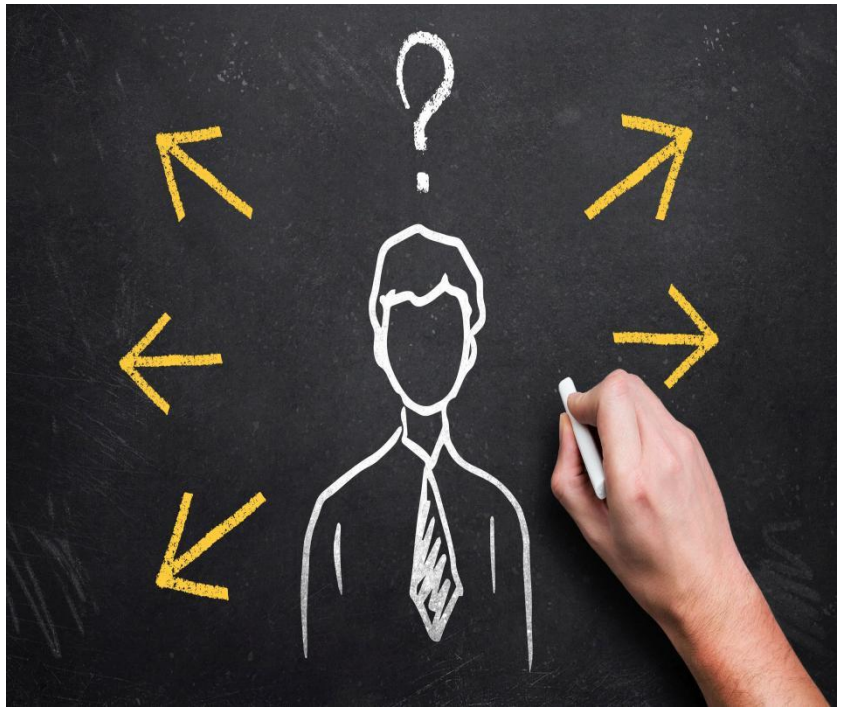
# HEALTHY CRUNCH

Start your day strong with our full Healthy Crunch. We are the crunch you need. Wholegrain goodness.









2025-2026