



2014 BHEARD Scholar  
**Iris Leonilde Saude Sabe**

## Profile

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| Country of Study: | Mozambique  |
| University:       | University Eduardo Mondlane   |
| Department:       |   |
| Student Position: | Graduate Research Assistant — MSc   |
| Home Country:     | Mozambique  |
| Home Institution: | Lurio University  |
| Home Position:    | Lecturer  |
| Mentored By:      | Mozambique : Prof. Dr. Jose Francisco da Cruz and Prof. Dr. Simone Favaro |

### *Research Area: Food Science*

BHEARD PROGRAM START DATE: July 2014

HOMETOWN: Nampula, Mozambique

UNDERGRADUATE EDUCATION: Chemical Engineering, University Eduardo Mondlane (UEM), Mozambique

RESEARCH INTERESTS: Food Science

Iris became interested in working with the cashew (cashew pendulum) because it is produced in northern Mozambique, particularly in the Nampula province. According to national data done by Incaju in 2000, the Nampula province annually produces about 50,000 tons of cashew nuts, which after then processed, sold, and exported. However, the false fruit of cashew (the pendúculo cashew) is only consumed raw or after it's brewed into an alcoholic drink called Mutxekele. The pendúculo cashew does not exist in Mozambique knowledge, even in the processing and conservation industries (pulp, nectars, jams, cashew-passes [plum], and jam/juice concentrates). If watching, there is a huge waste of pendúculo. The cashew is one of the best sources of vitamin C, antioxidants, calcium, iron, and phosphorous. It is also important in forming collagen that gives strength and support to bones, teeth, skin, and arteries.

**PERSONAL STATEMENT:**

Iris is working mainly in the processing of the cashew fruit, and incentive and consumption of products made of cashew base, particularly natural juice for young children. Iris will search, investigate, and prosecute other food products that may contribute to eliminating sub nutrition in my Mozambique. She will also continue working as a teacher/researcher to better prepare students earning a degree in nutrition and to better contribute to the area of food technology.

In her spare time, Iris enjoys taking care of her home and family, going to church, walking, reading books (especially the Bible), watching movies, shopping, and visiting friends and family.