

# **APOSTOLOS S. THOMAREIS**

## **CURRICULUM VITAE**

### **1 PERSONAL INFORMATION**

Surname: Thomareis

Name: Apostolos

Father's name: Sofoklis

Professional status: Professor of Quality Control and Assurance

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### **2 EDUCATION**

- 1981 Diploma of Agriculture, section "Agricultural Industries and Food Technology", Faculty of Agriculture and Forestry, Aristotle University of Thessaloniki. Title of undergraduate thesis: "Nitrates and nitrites in meat products. Role and their determination".
- 1982 Postgraduate Diploma (DEA), speciality "Food Science", National Polytechnic Institute of Lorraine (INPL), Nancy, France. Title of postgraduate thesis: "Séparation solide-liquide. Etude de la filtration sur filtre-pressé et filtre clos" [Solid-liquid separation. Study of filtering with filter press and closed filter].
- 1986 Doctoral Diploma (Diplôme de Docteur), speciality "Biotechnology and Food Industries", INPL, Nancy, France. Title of doctoral thesis: "Propriétés thermophysiques des produits laitiers. Cas des fromages fondus" [Thermophysical properties of dairy products. Case of processed cheeses].

### **3 RESEARCH INTERESTS**

Rheological and thermophysical properties of foods, isolation and use of enzymes, sensory evaluation of foods, design and development of food products, development of quality management systems (ISO 9001, HACCP – ISO 22000) for food industries.

#### **4 PROFESSIONAL EXPERIENCE**

- 1988 (6 mo.) Lab Assistant of the Department of Research and Quality Control in the Dairy Industry SAINT-HUBERT, Ludres, France.
- 11.88 – 08.89 Production and Quality Control Manager in the Food Industry ALFA FOODS, New Raideostos, Thessaloniki, Greece.
- 08.89 – 06.95 Research and Quality Control Manager in the Food Industry of the Union of Agricultural Cooperatives of Thessaloniki, Gefira, Thessaloniki, Greece.

#### **5 TEACHING EXPERIENCE**

- 1982 – 1986 Lab Assistant of the Laboratory of Physical Chemistry and Food Engineering, INPL, Nancy, France. Teaching of the courses: “Food Physical Chemistry”, “Food Engineering” and “Food Processing”.
- 1991 – 1995 Lecturer in the Department of Food Technology of Alexander Technological Educational Institute (ATEI) of Thessaloniki. Teaching of the courses: “Quality Control and Assurance”, “Technology of Fruit and Vegetables”, “Food Engineering I”, “Food Engineering II”, and “Food Processing I”.
- 1995 – today Professor of Quality Control and Assurance in the Department of Food Science and Technology of International Hellenic University (IHU). Teaching of the courses: “Quality Control and Assurance”, “Quality Management”, “Food Processing I” “Food Processing II”, “Food Engineering I” and “Food Engineering II”.
- 1999 – 2003 Participation in the Program of Choice Studies: “Innovative Applications in the Agricultural Economy and Industry” of ATEI of Thessaloniki. Teaching of the courses: “Innovative Systems and Methods in Primary and Secondary Sectors” and “Innovative Systems and Methods in Secondary Sector”.
- 2004 – 2009 Participation in the Interdepartmental Postgraduate Studies Program (MSc) “Food Science and Nutrition” (Cooperation of Chemistry Department of University of Ioannina and Faculty of Food Technology and Nutrition of ATEI of Thessaloniki). Teaching of the

course: “Quality Management Systems”.

2009 – 2024 Participation in the Postgraduate Studies Program (MSc) “Quality Management and Production Organization Systems for the Food Industry” of the Department of Food Science and Technology (IHU). Teaching of the course: “Quality Management Systems”.

## **6 PARTICIPATION IN PROGRAMS**

1998 – 2001 Program of Education and Initial Vocational Training entitled: “Educational Programs - Bibliographic Support of Department of Food Technology of ATEI of Thessaloniki”, as scientific collaborator, 2<sup>nd</sup> Community Support Framework (CSF).

1999 – 2000 Program of Education and Initial Vocational Training entitled: “Assessment of Educational Work and Provided Services of Department of Food Technology of ATEI of Thessaloniki”, as scientific coordinator, 2<sup>nd</sup> CSF.

2001 – 2003 Research program entitled: “Study of processed cheese texture”, as scientific coordinator, Committee of Research of ATEI of Thessaloniki.

01.04 – 12.05 Research program of Education and Initial Vocational Training entitled: “Development and use of equipment for measurement of rheological properties of foods”, Sub-project 2.2.22, as scientific collaborator.

04.04 – 08.07 Research program of Education and Initial Vocational Training entitled: “Biotechnological production of proteolytic enzyme actinidin and high added value products (xanthan, carotene, chlorophyll) from kiwifruits of low commercial value”, Sub-project 2.2.8, as scientific collaborator.

04.05 – 12.07 Research program of Education and Initial Vocational Training entitled: “Study of functional properties of modified pre-gelatinized starch”, Sub-project 2.2.12, as scientific collaborator.

01.06 – 06.07 Research program of Education and Initial Vocational Training entitled: “Production of fish protein products (surimi) from pelagic fish species under-utilized by the industry”, Sub-project 2.2.5, as

scientific collaborator.

- 06.06 – 06.07 Research program of Education and Initial Vocational Training entitled: “Effect of liquid smoking under pressure on hygiene and quality characteristics of smoked fish”, Sub-project 2.2.11, as scientific collaborator.
- 10.04 – 03.08 Operational program of Central Macedonia entitled: “Upgrade of equipment of laboratories of basic research of ATEI of Thessaloniki”, as institutional scientific coordinator, 3<sup>rd</sup> CSF.
- 09.12 – 08.15 Research program of Education and Lifelong Learning entitled: “Innovative applications in manufacturing technology of kefir products”, as scientific collaborator.
- 01.12 – 12.15 Research program of Education and Lifelong Learning entitled: “Development of case studies and internet applications for the simulation of physicochemical phenomena and processes in the food processing”, as scientific collaborator.
- 01.22 – 12.24 Research program entitled: “Development of processed cheeses from Greek traditional cheeses”, in cooperation with P. Mavidis MVD – Thessaloniki, as scientific coordinator.

## **7 GUIDANCE – SUPERVISION OF POSTGRADUATE STUDENTS**

- 13 (thirteen) students for MSc
- 2 (two) students for PhD

## **8 PUBLICATIONS**

- Thomareis A.S., Hardy J. (1985). Evolution de la chaleur spécifique apparente des fromages fondus entre 40 et 100°C. Influence de leur composition. Journal of Food Engineering, 4, 117–134.
- Thomareis A.S., Hardy J. (1985). Masse volumique des fromages fondus. Influence de la composition et de la température. Sciences des Aliments, 5, 175–179.
- Thomareis A.S., Hardy J. (1992). Diffusivité thermique des fromages fondus : Etude expérimentale et modélisation. Sciences des Aliments, 12, 5–18.
- Dimitreli G., Thomareis A.S. (2004). Effect of temperature and chemical composition on processed cheese apparent viscosity. Journal of Food Engineering, 64, 265–271.

- Dimitreli G., Thomareis A.S., Smith P.G. (2005). Effect of emulsifying salts on casein peptization and apparent viscosity of processed cheese. *International Journal of Food Engineering*, 1(4), art. 2, 1–17.
- Kontaratos D., Kitsianos S., Thomareis A.S., Karypidis F. (2006). Development and implementation of the HACCP system in the Hellenic Brewery of Rhodes. 2<sup>nd</sup> Panhellenic Conference on Standardization, Quality and Standards, ENEPROT, Thessaloniki, 133–152.
- Karypidis F., Belidis A., Thomareis A.S., Magganaris G. (2006). Environmental analysis for small enterprises implementing national quality systems. 2<sup>nd</sup> Panhellenic Conference on Standardization, Quality and Standards, ENEPROT, Thessaloniki, 323–330.
- Dimitreli G., Thomareis A.S. (2007). Texture evaluation of block-type processed cheese as a function of chemical composition and in relation to its apparent viscosity. *Journal of Food Engineering*, 79, 1364–1373.
- Dimitreli G., Thomareis A.S. (2007). Effect of emulsifying salts on the textural and viscoelastic properties of processed cheese and in relation to its apparent viscosity. 5<sup>th</sup> International Congress on Food Technology, PETET, Thessaloniki, 19–29.
- Chatziantoniou S., Triantafillou D., Thomareis A.S., Pologeorgi A. (2007). Partial purification of actinidin from kiwifruit and its application to the hydrolysis of casein and soy proteins. 5<sup>th</sup> International Congress on Food Technology, PETET, Thessaloniki, 21–30.
- Chatziantoniou S., Triantafillou D., Thomareis A.S. (2007). Hydrolysis of soy proteins with the use of actinidin and study of functional properties of hydrolysates. 2<sup>nd</sup> Panhellenic Conference on Biotechnology and Food Technology, Association of Greek Chemists – Panhellenic Association of Chemical Engineers, Athens, 21–26.
- Chatziantoniou S., Triantafillou D., Thomareis A.S. (2007). Functional properties of sodium caseinate modified enzymatically by actinidin. *BIO International Convention: New ideas, bold ventures, global benefits*, Biotechnology Industry Organization (BIO), Boston, USA, 41–42.
- Chatziantoniou S., Triantafillou D., Thomareis A.S. (2007). Functional properties of enzymatically hydrolysed soy proteins, using actinidin. *International Symposium on “Functional Foods in Europe – International Developments in Science and Health Claims”*, Malta.

- Chatziantoniou S., Triantafillou D., Thomareis A.S. (2007). Enzymatic hydrolysis of proteins using actinidin isolated from kiwifruit (*Actinidia chinensis*). International Conference on Enzyme Technology “Relatenz 2007”, Latin American Network for Enzyme Technology, Matanzas, Cuba.
- Dimitreli G., Thomareis A.S. (2008). Effect of chemical composition on the linear viscoelastic properties of spreadable-type processed cheese. *Journal of Food Engineering*, 84, 368–374.
- Dimitreli G., Thomareis A.S. (2009). Instrumental textural and viscoelastic properties of processed cheese as affected by emulsifying salts and in relation to its apparent viscosity. *International Journal of Food Properties*, 12, 261–275.
- Thomareis A.S., Chatziantoniou S. (2011). Evaluation of the consistency of low-fat mayonnaise by squeezing flow viscometry. 11<sup>th</sup> International Congress on Engineering and Food (ICEF 11), Athens, Greece, *Procedia Food Science* 1, 1997–2002.
- Chatziantoniou S., Katopodis S., Thomareis A.S. (2013). Rheological behavior of suspensions and emulsions produced with different stabilizers. International Conference on Food and Biosystems Engineering (FaBE 2013), Skiathos Island, Greece.
- Thomareis A.S., Chatziantoniou S., Kotsoglou N., Zagana D. (2013). Preparation and evaluation of spreadable processed Feta cheeses. International Conference on Food and Biosystems Engineering (FaBE 2013), Skiathos Island, Greece.
- Thomareis A.S., Panagiou A., Chatziantoniou S.E., Dimitreli G. (2014). Preparation of low-fat and egg-free mayonnaise-type emulsions and study of their physicochemical properties during storage. 3<sup>rd</sup> International ISEKI Food Conference, Athens, Greece.
- Dimitreli G., Exarhopoulos S., Antoniou K., Raphaelides S., Thomareis A.S. (2014). Effect of starter culture and fermentation temperature on the rheological properties of kefir. 3<sup>rd</sup> International ISEKI Food Conference, Athens, Greece.
- Exarhopoulos S., Dimitreli G., Antoniou K., Raphaelides S., Thomareis A.S. (2014). Rheological behavior of kefir during gel formation as affected by sodium caseinate addition. 3<sup>rd</sup> International ISEKI Food Conference, Athens, Greece.
- Thomareis A.S., Babami M., Ressou R., Chatziantoniou S., Dimopoulou M. (2015). Effect of guar, locust bean and xanthan gums on the rheological properties of low-fat

mayonnaise-type emulsions during storage. 2<sup>nd</sup> International Conference on Food and Biosystems Engineering (FaBE 2015), Mykonos Island, Greece.

- Thomareis A.S., Mintis N., Amoiridou E., Chatziantoniou S., Dimopoulou M. (2015). Effect of oil content and xanthan gum concentration on the rheological and physicochemical properties of low-fat mayonnaise-type emulsions. 2<sup>nd</sup> International Conference on Food and Biosystems Engineering (FaBE 2015), Mykonos Island, Greece.

- Dimitreli G., Exarhopoulos S., Antoniou K., Raphaelides S.N., Thomareis A.S. (2015). Effect of milk protein addition and storage time on the rheological properties of kefir. 12<sup>th</sup> International Congress on Engineering and Food (ICEF 12), Québec City, Canada.

- Chatziantoniou S.E., Thomareis A.S., Kontominas M.G. (2015). Effect of chemical composition on physico-chemical, rheological and sensory properties of spreadable processed whey cheese. *European Food Research & Technology*, 241(6), 737–748.

- Antoniou K.D., Exarhopoulos S., Raphaelides S.N., Dimitreli G., Thomareis A.S. (2016). Effect of sodium caseinates addition on the rheological properties of kefir during gel formation. *Journal of Food Research*, 5(1), 114–120.

- Thomareis A.S., Mintis N. (2017). Rheological and physicochemical properties of low-fat and egg-free mayonnaise-type emulsions as affected by oil and xanthan gum content. 6<sup>th</sup> International Congress on Food Technology, Athens, Greece.

- Thomareis A.S., Assioti C., Peteinou A. (2017). Effect of xanthan and guar gums on the structure and texture of low-fat mayonnaise-type emulsions during storage. 7th Panhellenic Conference of Greek Lipid Forum “Current Trends in Lipids Field”, Thessaloniki, Greece.

- Thomareis A.S., Rekoumi G., Tsina A. (2017). Effect of xanthan and locust bean gums on the structure and texture of low-fat mayonnaise-type emulsions during storage. 7th Panhellenic Conference of Greek Lipid Forum “Current Trends in Lipids Field”, Thessaloniki, Greece.

- Chatziantoniou S.E., Thomareis A.S., Kontominas M.G. (2019). Effect of different stabilizers on rheological properties, fat globule size and sensory attributes of novel spreadable processed whey cheese. *European Food Research and Technology*, 245, 2401–2412.

- Thomareis A.S., Dragoudaki C., Xanthopoulou C. (2019). Development and study of cheese substitutes prepared with sodium caseinate and sunflower oil. 8<sup>th</sup>

Panhellenic Conference of the Greek Lipid Forum “Current Trends in Lipids Field”, Athens, Greece.

- Pluta-Kubica A., Černíková M., Dimitreli G., Nebesářová J., Exarhopoulos S., Thomareis A.S., Salek R.N., Buňka F. (2021). Influence of the melt holding time on fat droplet size and the viscoelastic properties of model spreadable processed cheeses with different compositions. *International Dairy Journal*, 113, 104880.
- Thomareis A.S., Kotsoglou N. (2021). Effect of sunflower oil and xanthan gum content on the physicochemical and rheological properties of low-fat mayonnaise substitutes. 9<sup>th</sup> Panhellenic Conference of the Greek Lipid Forum “Current Trends in Lipids Field”, Athens, Greece.
- Thomareis A.S., Dimitreli G. (2022). Techniques used for processed cheese characterization. Ch. 12, *In Processed Cheese Science and Technology: Ingredients, Manufacture, Functionality, Quality, and Regulations*, M. El-Bakry, B. Mehta (eds), Woodhead Publishing, Elsevier, 295–348.
- Thomareis A.S., Chatziantoniou S.E. (2022). Quality and testing of processed cheese: Defects, QA, QC. Ch. 13, *In Processed Cheese Science and Technology: Ingredients, Manufacture, Functionality, Quality, and Regulations*, M. El-Bakry, B. Mehta (eds), Woodhead Publishing, Elsevier, 349–425.
- Thomareis A.S. (2022). Development and study of spreadable processed Feta cheeses. 5<sup>th</sup> Edition of the ISEKI-Food e-Conferences.
- Thomareis A.S. (2022). Development and study of low-fat and egg-free mayonnaise-type emulsions during storage. 10<sup>th</sup> Panhellenic Conference of the Greek Lipid Forum “Current Trends in the Field of Lipids”, Athens, Greece.
- Spyrogianni M., Thomareis A.S. (2023). Development and study of cream cheese produced from traditional Greek yogurt. Aristotle Conference on Chemistry, Thessaloniki, Greece.
- Thomareis A.S. (2023). Development of a cream cheese product with yogurt: Correlation between sensory and instrumental results. 6<sup>th</sup> Edition of the ISEKI-Food e-Conferences.
- Chatziantoniou S.E., Thomareis A.S. (2024). Stability of spreadable processed whey cheese with guar gum addition, as affected by storage time and temperature. 19<sup>th</sup> Food Colloids Conference, Thessaloniki, Greece.
- Tanos P., Pafilis G., Thomareis A.S. (2024). Study of light mayonnaise-type emulsions made with xanthan and guar gums during storage. 11<sup>th</sup> Panhellenic



Conference of the Greek Lipid Forum “Current Trends in Lipid Science and Technology”, Thessaloniki, Greece.

- Chatziantoniou S.E., Thomareis A.S. (2024). Physical, textural and sensory properties of spreadable processed whey cheese as affected by addition of polysaccharides. *Sustainability*, 16, 10996, 1-14.

## **9 VARIOUS ACTIVITIES**

- Research collaboration with Food and Biological Sciences Department, University of Lincoln, Great Britain, from 2000 until 2006.
- Research collaboration with Department of Chemistry, University of Ioannina, Ioannina, Greece, from 2007 until 2020.
- Research collaboration with Department of Food Technology, Tomas Bata University, Zlín, Czech Republic, from 2015 until 2021.
- Reviewer of scientific journals: “International Journal of Dairy Technology”, “Journal of Food Process Engineering”, “Dairy Science and Technology”, “Food Hydrocolloids”, “The Open Food Science Journal”, “Journal of Texture Studies”, “Food Research International”, “Small Ruminant Research”, “Foods”, “Gels”, “Journal of Food Processing and Preservation”, “Environmental Challenges”, “LWT–Food Science and Technology”, “Molecules”, “Fermentation”, “Dietetics”, “Beverages”, “Animals”, “Sustainability”, “Food and Bioprocess Technology”, “Processes”, “Fluids”, “Applied Sciences”, “Nutrients”, “International Journal of Environmental Research and Public Health”, “Acta Alimentaria”, “Food Biophysics”, “Pakistan Journal of Scientific and Industrial Research”, “World Journal of Modeling and Simulation”.
- Member of Scientific Committee of the Greek and Balkan conferences of ENEPROT and the international conferences of FaBE.
- Quality Lead Auditor, accredited by IRCA.
- Member of Advisory Board of the Certification Body QMSCERT Ltd, Thessaloniki, Greece, from 2002 until today.
- Member of Advisory Board of the Certification Body THEODYNAMICS Ltd, Thessaloniki, Greece, from 2009 until today.
- Member of National Committee of Milk of Greece, from 2000 to 2003.
- Member of Geotechnical Chamber of Greece.