

**Nicholas Quiming Navoa**  
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Phone: (408)390-6859

**Objective:**

I'm looking for a job with great opportunity for advancement. A job with great benefits and highly recognized for job duties. Work well with other with a positive attitude. I am willing to take any task that comes my way giving the opportunity I am determined to go further in life.

**Employment History:**

**-New Leaf** San Jose, CA Oct. 2014-March 2014  
Position: Lead Cook (night shift supervisor)

**-Nordstrom (Bazille)** San Jose, CA March 2014-Dec. 2014  
Position: Lead Line Cook

**-Mucky Duck** Monterey, CA Sep.2013-Jan.2014  
Position: Lead Line Cook

**-Prospect Airport Services** Phoenix, AZ June 2013-August 2013  
Position: Lead Bartender

**-Los Gatos Meadows** Los Gatos, CA Sept. 2012-March 2013  
Position: Lead Cook

**-Chili's Bar & Grill** Cupertino, CA March 2010-Sept. 2011  
Position: Cook

**-Bon Appétit Mountain View** Mountain View, CA Jan. 2010-Oct. 2011  
Position: Prep Cook, Line Cook

**-Corinthain Int'l Parking Services** Cupertino, CA Oct. 2008-March 2009  
Position: Valet Full Time

**-Monterey Plaza Hotel & Spa** Monterey, CA June 2007-Oct. 2007  
Position: Banquet Setup & Server

**-Home Depot Seaside** Seaside, CA Oct. 2005-Nov. 2006  
Position: Overnight Stocker, Fork Lift Driver

**-Stahl Motor Co.** Monterey, CA Feb. 2004-Dec. 2005  
Position: Driver Full Time

**-Seaside Children Center** Seaside, CA April 2004- Aug. 2004  
Position: Teachers Aide Summer Program

**-Boys & Girls Club** Seaside, CA April 2003- Aug. 2003  
Position: Recreation Leader Summer Program

**Education History:**  
High School: Monterey High School Monterey, CA 2000-2004  
Graduated 2004 High School Diploma

**Certificate of Completion:**  
Pre-Apprentice Construction Course Seaside , CA 2005-2006  
Safe-Serv Certificate (food handlers card)

**Summary of Skills:**  
I have basic computer skills, including computer maintenance and repair course I took in high school. I have cashier and cash counting skills, leadership skills, and customer service skills. I have experience in child care and I'm also certified to operate a forklift. Have a certificate of completion in pre- apprentice construction. Also have cooking experience and stocking as well. I am a hard worker who is always trying to reach my full potential.



**Prep Cooks Test**

**Score 13 / 15**

**Multiple Choice Test (1 point each)**

**B61**

D 1) Food handlers must always wash their hands  
a) Before starting work  
b) Switching between handling raw and ready-to-eat food  
c) After going to the restrooms  
d) All of the above

C 2) The recommended temperature for your refrigerator is...  
a) 45°F  
b) 50°F  
c) 40°F  
d) 20°F

C 3) Which of these conditions requires immediate corrective action?  
a) Packaged food items are stored at least 6 inches above the floor  
b) Ice is being used to cool beef stew in a shallow pan  
c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler  
d) Raw fish is stored above raw chicken in the walk-in freezer

D 4) Bacteria grow best in the temperature "danger zone" which includes temperatures between?  
a) 0°F and 100°F  
b) 32°F and 220°F  
c) 41°F and 135°F  
d) 39°F and 178°F

D 5) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?  
a) Clean the cutting board with a wet wiping cloth  
b) Turn the board over and use the other side  
c) Rinse the board with running water  
d) Wash, rinse, and sanitize the board prior to slicing the onions

D 6) Which of the following is NOT an approved method to thaw potentially hazardous foods?  
a) In a microwave oven  
b) During the cooking process  
c) Under cool running water  
d) On a clean counter, at room temperature

A 7) Wiping cloths stored submerged in a bucket of sanitizing solution are for:  
a) Wiping spills only  
b) Washing hands if the hand sinks are too far away  
c) Sanitizing the blade of utensils such as knives  
d) Maintaining moisture on the wiping cloth

E 8) Food-handling gloves must be changed frequently and also:  
a) After handling garbage  
b) After every break  
c) After picking things up off the floor  
d) Between handling raw and cooked foods  
e) All of the above

D 9) A gallon is equal to \_\_\_\_\_ ounces  
a) 56  
b) 145  
c) 32  
d) 128

**Prep Cooks Test**

5

10) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

C

11) Potentially hazardous hot foods must be maintained at an internal temperature of \_\_\_\_\_ or higher to be safe

- a) 145° F
- b) 135° F
- c) 160° F
- d) 180° F

C

12) Which of the following explains the process of poaching?

- a) Poke poultry on the thickest part in order to make sure it's tender
- b) To cook food in an oven that has reached 350° F
- c) Cook gently in water that is hot but not boiling (160°-180°)
- d) Submerge protein in boiling liquid to speed cooking time

C

13) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?

- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
- b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
- c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
- d) 2 oz of celery, 10 oz of carrot, 2 oz of onion

C

14) Which of the following best describes braising?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

B

15) Which of the following best describes the process of Caramelization?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

**Grill Cooks Test**

Score 27 / 40

**Multiple Choice Test (1 point each)**

B

1) How much time should you take to wash your hands with soap?

- a) 1 minute
- b) 20 seconds
- c) Time does not matter, water temperature does
- d) 5 minutes

071

C

2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

D

3) Food handlers must always wash their hands

- a) Before starting work
- b) Switching between handling raw and ready-to-eat food
- c) After going to the restrooms
- d) All of the above

D

4) The most important reason for having food handlers wear hair restraints is to

- a) Prevent food from getting into food handlers' hair
- b) Prevent food handlers from contaminating their hands by touching their hair
- c) Keep the food handlers' hair in place
- d) None of the above

C

5) Which of these conditions requires immediate corrective action?

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D

8) Which of the following is NOT an approved method to thaw potentially hazardous foods?

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9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:

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**Grill Cooks Test**

E 10) Food-handling gloves must be changed frequently and also:

- a) After handling garbage
- b) After every break
- c) After picking things up off the floor
- d) Between handling raw and cooked foods
- e) All of the above

C 11) A Julienne is:

- a) to cut food into 1 inch X 1 inch cubes
- b) A cooking method using high heat
- c) To cut food into 1/8 X 1/8 slices
- d) A rough cutting method producing oblong shapes

D 12) A gallon is equal to \_\_\_\_\_ ounces

- a) 56
- b) 145
- c) 32
- d) 128

B 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

A 14) A Chiffonade is:

- a) To slice an herb or leafy vegetable into thin ribbons
- b) To de bone a fish
- c) Another name for parchment paper
- d) To cook food in liquid, or at just below the boiling point

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**Grill Cooks Test**

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c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat  
d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

C 20) What temperature should chicken be cooked to?  
a) 145°F  
b) 155°F  
c) 165°F  
d) 175°F

QA 21) What temperature should ALL ground meat be cooked to?  
a) 145°F  
b) 155°F  
c) 165°F  
d) 175°F

C 22) What temperature should fish be cooked to?  
a) 145°F  
b) 155°F  
c) 165°F  
d) 175°F

23) What is a roux and what is it used for? (2 points)

Butter and flour equal parts to thicken up sauce

24) What is the process of making clarified butter, and why is clarified butter used? (3 points)  
Cooking off butter on low heat. To cook off the fat.  
Used to sear products

25) What are the 5 mother sauces? (5 points)

1. Béchamel
2. Hollandaise
3. Vinaigrette
- 4.
- 5.

26) What does it mean to season a grill and why is this process important? (3 points)

Salt and pepper on both sides. To give product flavor.

27) What are the ingredients in Hollandaise sauce? (5 points)

Eggs, Heavy cream, salt & pepper  
Butter

