

Lassandra R. Lewis

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Education: June 2015

Promise Culinary School

New Brunswick, NJ

Topics included:

- Preparation of soups stocks and sauces.
- Comprehensive baking and pastry program.
- Experience with various proteins, vegetables, and starches.
- Serv-Safe Sanitation Certification 2015-2020
- Certified by The NJ Department of Education

Professional Experience:

The Heldrich Hotel and Conference Center 2015- present New Brunswick, NJ

Verify that prepared food meets quality and quantity requirements. Ensure food and utensils are sanitized. Cook items ordered by customers to specification following company protocols. Operate large- volume cooking equipment such as griddles, grills, steamers, and commercial ovens.

Transportation Security Administration 2008-2015 Newark, NJ

- Provided protective support of the aviation transportation system, by carefully identifying, and assessing potential threats. Duties included examination of individuals, baggage, and travel documents at screening locations throughout the airport. Received awards for perfect attendance, and situational awareness.

United States Postal Service 2006-2010

Somerset, NJ

- Performed carrier duties for multiple delivery routes. Delivered

a variety of mail items to over 600 postal customers a day. Demonstrated an aptitude for learning multiple lines of travel, in direct support of neighboring post offices. Responsible for logging sensitive information, and high value property in designated areas. Received recognition for adhering to safety protocols.

- Kiddie Academy** **2004-2005** Kendall Park, NJ
- Provided support for classrooms as a floater. After promotion to lead teacher, duties included center approved lesson planning, classroom design and layout, parental correspondence, maintenance of classroom records, and voluntary submission of artwork to support school activities.

- The Storybook House Too** **2002 – 2004** Somerset, NJ
- Duties included support for after school activities, including outdoor play, snack distribution, record keeping, and sanitation. Routinely substituted for fulltime staff as needed.

- Los Angeles Unified School District** **1999-2000** Los Angeles, CA
- Served as an afterschool recreational aide to elementary students. Activities included providing access to games ,sports equipment, supervision ,record keeping, and snack distribution. Served as substitute lead coach at multiple schools as needed.

Multiple Choice Test (1 point each)

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

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

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

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

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

5) 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

6) 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

7) 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

8) 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

9) 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

33/40

83%

Grill Cooks Test

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

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

12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- ☒ d) 128

13) How many cups are in a quart?

- a) 2
- ☒ b) 4
- c) 6
- d) 8

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

15) 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

16) 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

17) 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

18) 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

Grill Cooks Test

19) 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

20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- ☒ c) 165°F
- d) 175°F

21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- ☒ c) 165°F
- d) 175°F

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)

A roux is a thickening agent used for sauces.

24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

Butter is placed on a low heat, and fats are removed from the butter. It is used because it can be heated to a higher temperature for cooking.

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

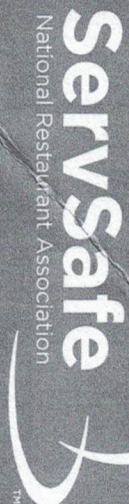
1. Hollandaise
2. tomato
3. ~~3.~~
4. ~~4.~~
5. ~~5.~~

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

Seasoning prepares the grill for cooking. It ensures thorough cooking of the food.

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

eggs
vinegar
black pepper



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CERTIFICATE NO. 12282176

ServSafe® CERTIFICATION

TO
LASSANDRA R LEWIS

for successfully completing the standards set forth for the ServSafe® Food Protection Manager Certification Examination,
which is accredited by the American National Standards Institute (ANSI)—Conference for Food Protection (CFP).

04/27/2015

DATE OF EXAMINATION

04/27/2020

DATE OF EXPIRATION

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Sherman Brown
SVP, National Restaurant Association Solutions

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Contact us with questions at 175 W Jackson Blvd, Ste 1500, Chicago, IL 60604 or ServSafe@restaurant.org