

WALTER HOWELL JR.

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WORK EXPERIENCE

JANITOR

Acrobat, San Francisco , CA

2000-2001

- Cleaned buildings up to 15 floors by sweeping, mopping, scrubbing, or vacuuming
- Followed procedures for the use of chemicals and power equipment to prevent damages to floors and fixtures

PREP- COOK AND CATERING

1990-2000

Endland Empire(Job Corps), San Bernadino, CA

AT&T Ball Park, San Francisco, CA

- Inspected and cleaned food prep areas, equipment, work surfaces, and serving areas to ensure safe and sanitary food-handling practices
- Cleaned, cut and cooked meat, fish, poultry
- Stored food in designated containers and storage areas to prevent spoilage
- Ensure food is stored and cooked at correct temperature by regulating temperature of ovens, broilers, grills, and roasters
- Took and recorded temperature of food and food storage areas, refrigerators, and freezers

DISHWASHER

1989-1989

Golden Gate Field, Berkley, CA

- Wash dishes, glassware, flatware, pots, or pans, using dishwashers or by hand.
- Maintained kitchen work areas, equipment, and utensils in clean and orderly condition
- Replaced clean dishes, utensils, and cooking equipment in correct storage areas
- Sorted and removed trash, placing it in designated pickup areas

CONSTRUCTION

1983-1984

Woods Bus Barn, San Francisco, CA

Shatte Horse, San Francisco, CA

- Measured materials and distances, using square, measuring tape, or rule to lay out work
- Studied blueprints and diagrams to determine dimensions of brake shoe for cable cars and forms to be constructed
- Cut or saw boards, timbers, or plywood to required size, using handsaw, power saw, or woodworking machine
- Anchored and braced forms and other structures in place, using nails, bolts, anchor rods, steel cables, planks, wedges, and timbers.
- Covered surfaces with drop cloths or masking tape and paper to protect surfaces during painting.
- Smoothed surfaces, using sandpaper, scrapers, brushes, steel wool, or sanding machines
- Read work orders or receive instructions from supervisors or homeowners to determine work requirements.
- Familiar with primers and sealers used to prepare new surfaces, such as bare wood or metal, for finish coats

EDUCATION

High School Diploma, San Franciseo, CA

1982

Gelio High School



Multiple Choice (1 point each)

90%

- 1) A gallon is equal to _____ounces
 - a. 56
 - b. 145
 - c. 32
 - d. 128
- 2) Mesclun are what type of vegetable?
 - a. Roots
 - b. Beans
 - c. Salad Greens
 - d. Spices
- 3) What does the term braise mean?
 - a. Sear quickly on both sides
 - b. Slowly cook in covered pan with little liquid
 - c. Cook on high heat and quickly
 - d. Slowly cook in simmering water
- 4) At what internal temperature must chicken be cooked so that it is safe to eat?
 - a. 155 degrees F
 - b. 165 degrees F
 - c. 175 degrees F
 - d. 185 degrees F
- 5) How do you blanche vegetables?
 - a. Immerse for a short time in boiling water
 - b. Cook lightly in butter over med heat
 - c. Soak in cold water overnight
 - d. Rub with salt before cooking
- 6) Which of the following ingredients would you pack before measuring?
 - a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- 7) What is Al Dente?
 - a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- 8) Food should be left out no more than
 - a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours

9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice, Mince
- d. Mince, dice, chop

13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

15) Which spoon is used to remove fat from soups and stews

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

19) salt & pepper are the basic seasoning ingredients for all savory recipes.

20) chop : to cut into very small pieces when uniformity of size and shape is not important.



1) After washing your hands, which item should be used to dry them?

- a) Clean apron
- b) Sanitized wiping cloth
- c) Single use paper towel
- d) Common used cloth

88%

2) While washing dishes by hand, which item should you wear?

- a) Cutting glove
- b) Oven Mitt
- c) Rubber glove
- d) Nothing

3) When should you wash your hands?

- a) Before you start work
- b) After handling non-food items (garbage, money, cleaning chemicals)
- c) After using the restroom
- d) All of the above

4) If you need to move a heavy load, you should PULL and not PUSH the object.

- a) True
- b) False

5) Which of the following could you be at risk for getting burned from?

- a) Steam from boiling pots
- b) Hot liquids (coffee, soup, tea)
- c) Hot equipment (ovens, pots, chafing dishes)
- d) Harsh chemicals
- e) All of the above

6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.

- a) True
- b) False

7) What should you do if you spill liquids or see a liquid spill?

- a) Leave it for someone else to clean-up
- b) Wait until the end of your shift to clean it
- c) Flag the spill and clean it immediately
- d) Not sure

8) When handling hot items you should?

- a) Wear rubber gloves
- b) No need to wear anything
- c) Use an oven mitt or dry cloth towel
- d) Nothing

9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?

- a) Rinsing
- b) Scraping
- c) Washing
- d) Sanitizing

10) What is the proper method for cleaning and sanitizing stationary equipment?

- a) Spray with a strong cleaning solution and wipe with a sanitized cloth
- b) Spray with a sanitizing solution, then rinse with clean water and dry
- c) Wash and rinse, then wipe or spray with a chemical-sanitizing solution
- d) Brush off loose soil with a clean cloth, then wipe with a sanitizing solution

