

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

A

1) A gallon is equal to ____ ounces

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

y

(a)

552>

C

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

A

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

B

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

A

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

A

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

A

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

A

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

y

Prep Cooks Test

D

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

- In the fridge
- In a sink with cold water
- On the counter
- In the microwave

A

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

- Baking Soda
- Baking Powder
- Flour
- Water

B

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

- 25-135
- 40-140
- 50-160
- 30-130

D

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

- Dice, chop, mince
- Mince, chop, dice
- Chop, dice, Mince
- Mince, dice, chop

D

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

- Over the fire at all times
- Turned towards you for better control
- Turned towards the right or left at all times
- Over the countertop at all times

C

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

- Noodles
- Vegetables
- Liquid
- Oil

A

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

- Basting Spoon
- Ladle
- Slotted Spoon
- Portion Spoon

B

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

- Season
- Sauté
- Broil
- Boil
- Fry

2

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

b

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

Academy
of Education
and Professional Development

First Coffee Date

First coffee date with [REDACTED]

6

Afternoon coffee with [REDACTED] and [REDACTED] at [REDACTED] coffee shop. [REDACTED] and [REDACTED] are great people and we had a great conversation. [REDACTED] is a [REDACTED] person and [REDACTED] is a [REDACTED] person. [REDACTED] and [REDACTED] are great people and we had a great conversation. [REDACTED] is a [REDACTED] person and [REDACTED] is a [REDACTED] person.

8

test
not
not
not
not

test info in [REDACTED] get in [REDACTED]

Test info in [REDACTED] get in [REDACTED]

30/0

$$\begin{array}{r}
 3.75 \\
 3.75 \\
 \hline
 7.50 \\
 1.25
 \end{array}$$

$$\begin{array}{r}
 50 \\
 24 \\
 \hline
 10
 \end{array}$$

$$\begin{array}{r}
 1.25 \\
 90 \\
 79 \\
 \hline
 2.74
 \end{array}$$

$$\begin{array}{r}
 111111 \\
 11111111 \\
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 11111111 \\
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 \end{array}$$

Cashier Test

Score / 10

B

1) A roll of quarters is worth?

- a) \$5.00
- b) \$10.00
- c) \$15.00
- d) \$20.00

A

2) A roll of dimes is worth?

- a) \$5.00
- b) \$4.00
- c) \$3.00
- d) \$2.00

2

D

3) A roll of nickels is worth?

- a) \$8.00
- b) \$6.00
- c) \$4.00
- d) \$2.00

A

4) A roll of pennies is worth?

- a) \$1.00
- b) \$0.75
- c) \$0.50
- d) \$0.25

✓

C

5) What does POS stand for?

- a) Patience over standards
- b) Percentage of sales
- c) Point of sales
- d) People over service

8%? 8.75%

C

6) What is the current sales tax rate in your city

8%? 8.75%

A

7) A customer buys a bowl of soup for \$1.25, an apple \$0.90 and a soda is \$0.79. If you are given \$10.00 how much change should you give back?

- a) \$4.06
- b) \$2.06
- c) \$7.06
- d) \$5.06

✓

D

8) A customer buys two shirts for 10.50 each and two ball caps for \$7.25 each. If you are given \$50.00 how much change should you give back?

- a) \$19.50
- b) \$14.50
- c) \$9.50
- d) \$4.50

A

9) A customer buys soda for \$3.75 and a hot dog for \$4.25. If you are given \$20.00 how much change should you give back?

- a) \$6.00
- b) \$8.00
- c) \$10.00
- d) \$12.00

✓

A

10) A customer buys two hamburgers at \$3.75 each, two bags of chips at \$1.25 each, two cookies at \$2.50 each and two sodas at \$3.25 each. If you are given \$100.00 how much change should you give back?

- a) \$78.50
- b) \$58.50
- c) \$38.50
- d) \$28.50

WATERMELON

watermelon

100% water + 10% sugar = 110% water + 10% sugar

(1)



|

A

(1)



A

(1)

825.8 38

C



A

(1)

A

100

Servers Test

Multiple Choice

A 1) Food is served on what side with what hand?
a) On the left side with the left hand
b) On the left side with the right hand
c) On the right side with the left hand
d) On the right side with the right hand

C 2) Drinks are served on what side with what hand?
a) On the left side with the left hand
b) On the left side with the right hand
c) On the right side with the left hand
d) On the right side with the right hand

D 3) Food and drinks are removed on what side with what hand?
a) On the left side with the left hand
b) On the left side with the right hand
c) On the right side with the left hand
d) On the right side with the right hand

A 4) What part of a glass should you handle at all times?
a) The stem
b) The widest part of the glass
c) The top

D 5) When you are setting a dining room how should you set up your tablecloths?
a) Neatly and evenly across the tables
b) The creases should all be going in the same directions
c) The chairs should be centered and gently touching the table cloth
d) All of the above

D 6) If you bring the wrong entrée to a guest what should you do?
a) Go back into the kitchen and patiently wait in line behind the rest of the servers until it's your turn
b) Inform the guests that you will bring the correct entrée once everyone else in the dining room is served
c) Try to convince the guests to eat what you brought them
d) Go back into the kitchen to the front of the line and inform the expeditor that you need a different entrée

10

Match the Correct Vocabulary

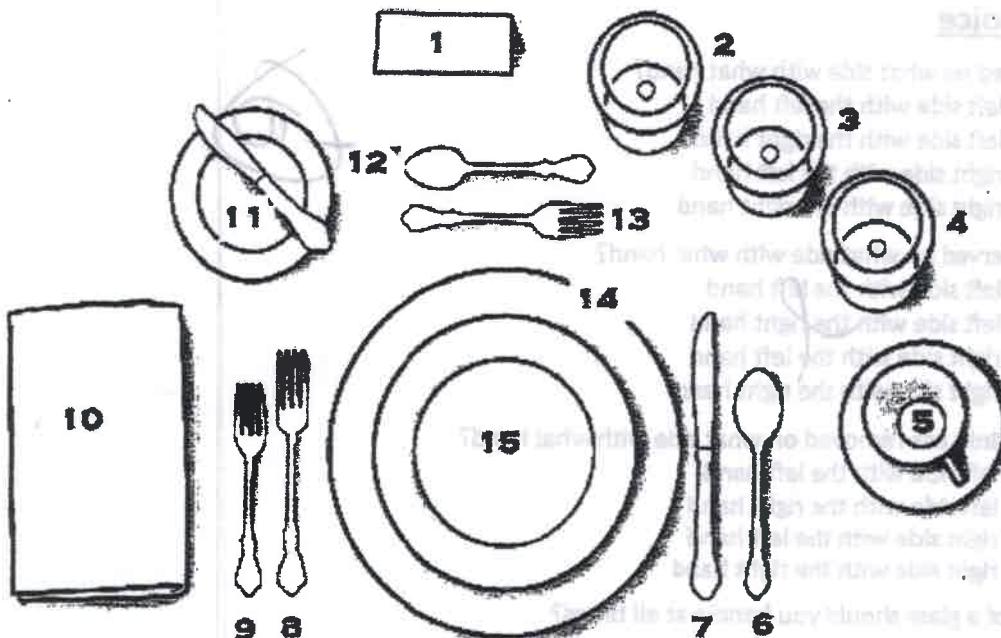
D Scullery
B Queen Mary
A Chaffing Dish
G French Pressing
E Russian Service
F Corkscrew
C Tray Jack

A. Metal buffet device used to keep food warm by heating it over warmed water
B. Style of service where food is prepared or served individually at the dinner table to fit the customer's specific taste (i.e. providing dressing and pepper for salad or handing out bread to each patron)
C. Used to hold a large tray on the dining floor
D. Area for dirty dishware and glasses
E. Large metal shelving unit for prepared food to be held or for dirty trays to be stored
F. Used to open bottles of wine
G. Style of dining in which the courses come out one at a time

Name Donna Foster

Score / 35

Servers Test



Match the Number to the Correct Vocabulary

<u>10</u>	Napkin
<u>11</u>	Bread Plate and Knife
<u>1</u>	Name Place Card
<u>12</u>	Teaspoon
<u>14</u>	Dessert Fork
<u>6</u>	Soup Spoon
<u>15</u>	Salad Plate
<u>3</u>	Water Glass

<u>8</u>	Dinner Fork
<u>5</u>	Tea or Coffee Cup and Saucer
<u>7</u>	Dinner Knife
<u>4</u>	Wine Glass (Red)
<u>13</u>	Salad Fork
<u>14</u>	Service Plate
<u>2</u>	Wine Glass (White)

Fill in the Blank

1. The utensils are placed 3 4 inch (es) from the edge of the table.
2. Coffee and Tea service should be accompanied by what extras? sugar, creamer
3. Synchronized service is when: everyone serves at the same time.
4. What is generally indicated on the name placard other than the name? Status - "General" Sergeant
5. The Protein on a plate is typically served at what hour on the clock? 4
6. If a guest asks for a specialty dinner (i.e. Gluten-Free or Vegetarian) you should do what immediately? let cook know immediately

DONNA R. EASTER

Dechic.one@gmail.com

(213) 245-8648
(911) 640-6434

Summary of qualifications

§ Computer literate & internet savvy; office/clerical skills; customer service specialist; Sales Rep; Manager/cashier; stocker.
§ Sauté Cook; Waitress; Dishwasher; Dietary Aide; Caregiver, Security Officer Training
§ Production associate; stockroom attendant; great customer service.
§ Legal encouragement; excellent work ethics; great attitude; friendly & extroverted.
§ Etiquette & Charm School; CPR, Health & Safety cert.; Community service for the homeless; Soup Kitchen volunteer; TABC certified.

WORK EXPERIENCE

1/1/2008-current TYIDEZINES LOS ANGELES, CA

SELF EMPLOYED Creative designer for all jewelry such as rings, bracelets, necklaces, anklets, earrings and charms. Use of beads, gems, and stones combine the unique handcrafted jewelry made with passion and time. TYIDEZINES.OCRATER.COM is my online store for handcrafted jewelry.

12/1/2013-06/13/2014 ARCH HOSPITALITY STAFFING HOUSTON, TEXAS

EVENT SERVER Set-up for events and charities: set tables with tablecloths, silverware and other place settings. Carry food trays, served guest with a smile. Clean up after events

8/2013-1/2014 U.H. DINING SERVICES/ARAMARK HOUSTON, TEXAS

SAUTE COOK Mice en place, slice meat & cut veggies, season & cook for International Sauté station @ the University of Houston-Cougar Woods Dining hall. Sauté Indian, Asian, Hawaiian, American, and a variety of cultural foods for lunch service; serve food to students & guests; clean & sanitize work station; use ServSafe protocols safe food handling practices. Record food temps & follow recipe cards/production sheets to standards; weigh and measure all food prepped. Operate Bakery solo; bake cakes, cookies, Jell-O, parfaits, breads, muffins, rice crispy treats, and serve ice cream. Use scales & measure utensils for exact weights in mixing baked goods; work with Sous Chefs on campus.

8/2012-4/2013 ARAMARK SPORTS/ENTERTAINMENT HOUSTON, TEXAS

STAND MANAGER CASHIER Manage concessions for TEXANS football season. Supervise stand crew of 3-8 staff during Events at RELIANT PARK; customer service for GUN SHOW; BOAT/RV SHOW. Cashier for AUTO EXPO @ RELIANT CENTER; NEW YEARS EVE 2013 CONCERT; DISNEY ON ICE; cash handling & inventory. TABC certified for beverage sales during events; excellent customer service & customer accommodations received.

EDUCATION

McClatchy High School Sacramento, California
2007-2008 MTI COLLEGE Sacramento, California
2015 East San Gabriel Valley Regional Occupational Program & Technical Center

Interests and activities Camping and outdoor events; arts & crafts; create jewelry; basketball & tennis; reading & meditating; children's activities; quality family time.

Volunteer experience Volunteer for Soup Kitchen at homeless shelter. Volunteer for Department of Justice

