

# Daryk Sousa

890 Hayes St | San Francisco, California 94117  
[sousadaryk@gmail.com](mailto:sousadaryk@gmail.com) (415)933-4288

## OBJECTIVE

- I am seeking employment with a company where I can use my talents and skills to grow and expand with the company

## SKILLS

- I'm a hard worker, quick learner, problem solver, team player and can complete a task without supervision.

## EXPERIENCE

**Royalty Pro Painting** San Francisco, California Sept 2016  
Painter

- Paint sprayer, trim, house and buildings

**Health right 360** San Francisco, California June 2016 - Sept 2016  
Maintenance

- Drain unclogging, Water leaks, electrical problems, general maintenance of buildings

**Napa Valley Car Wash** Napa, California Oct 2015 - Feb 2016  
Detailer

- Washing cars and detailing, vacuum, waxing and customer care.

**Napa Valley Tour & Transportation** Napa, California Nov 2013 - Feb 2014  
Detailer

- Washing tour buses and limousine, vacuuming, waxing and servicing

**Moving Company** Napa, California Oct 2012 - June 2011  
Mover

- Unloading and loading furniture

**Golden Gate Drywall** Burlingame, California Apr 2007 - Sept 2006  
Apprentice

- Building walls, hanging drywall, remodeling, and labor

**PIA Carpenter** Folsom, Sacramento Dec 2004 - July 2006  
Apprentice

- Framing walls, hanging drywall, concrete foundations, and laborer

**Bouchaine Winery** Napa, California June 2000 -May 2002  
Cellar worker

- Moving wine to barrels, tanks and also bottles, forklift driver, and shipping and receiving

**Souza Landscape** Napa, California Sept 1998 - June 2000  
Landscape

- Mowing, trimming bushes, raking, and clean up

**Mason's Automotive** Willits, California June 1996 - Sept 1998  
Mechanic

- Tune ups, oil changes, tire repair, and pumping gas

## EDUCATION

GED, California, 2000

- C 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
- 
- C 2) While washing dishes by hand, which item should you wear?
- a) Cutting glove
  - b) Oven Mitt
  - ☒ c) Rubber glove
  - d) Nothing
- D 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
- B 4) If you need to move a heavy load, you should PULL and not PUSH the object.
- a) True
  - b) False
- E 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, chaffing dishes)
  - d) Harsh chemicals
  - e) All of the above
- ~~X~~ 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.
- ☒ a) True
  - b) False
- C 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
- C 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
- A 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
- C 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

**Multiple Choice** (1 point each)

- d 1) A gallon is equal to \_\_\_\_\_ ounces
- a. 56
  - b. 145
  - c. 32
  - d. 128
- 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
- d 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 blanch 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
- B 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
  - b. Salt
  - c. Brown Sugar
  - d. White Sugar
- B 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

## Prep Cooks Test

---

A

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

C

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.