

Daryk Sousa

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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
<i>Painter</i>		
• Paint sprayer, trim, house and buildings		
Health right 360	San Francisco, California	June 2016 - Sept 2016
<i>Maintenance</i>		
• Drain unclogging, Water leaks, electrical problems, general maintenance of buildings		
Napa Valley Car Wash	Napa, California	Oct 2015 - Feb 2016
<i>Detailer</i>		
• Washing cars and detailing, vacuum, waxing and customer care.		
Napa Valley Tour & Transportation	Napa, California	Nov 2013 - Feb 2014
<i>Detailer</i>		
• Washing tour buses and limousine, vacuuming, waxing and servicing		
Moving Company	Napa, California	Oct 2012 - June 2011
<i>Mover</i>		
• Unloading and loading furniture		
Golden Gate Drywall	Burlingame, California	Apr 2007 - Sept 2006
<i>Apprentice</i>		
• Building walls, hanging drywall, remodeling, and labor		
PIA Carpenter	Folsom, Sacramento	Dec 2004 - July 2006
<i>Apprentice</i>		
• Framing walls, hanging drywall, concrete foundations, and laborer		
Bouchaine Winery	Napa, California	June 2000 -May 2002
<i>Cellar worker</i>		
• Moving wine to barrels, tanks and also bottles, forklift driver, and shipping and receiving		
Sousa Landscape	Napa, California	Sept 1998 - June 2000
<i>Landscaper</i>		
• Mowing, trimming bushes, raking, and clean up		
Mason's Automotive	Willits, California	June 1996 - Sept 1998
<i>Mechanic</i>		
• 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, chafing dishes)
- d) Harsh chemicals
- e) All of the above

~~C~~

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 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

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

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.