

# Robert McNutt

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## WORK EXPERIENCE

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### ***Drywall Taper***

IWL, Vacaville, CA

02/2016 – 10/2016

- Spread sealing compound between boards or panels or over cracks, holes, nail heads, or screw heads, using trowels, broadknives, or spatulas.
- Pressed paper tape over joints to embed tape into sealing compound and to seal joints
- Sealed joints between plasterboard or other wallboard to prepare wall surfaces for painting or papering.
- Sanded or patched nicks or cracks in plasterboard or wallboard.

### ***Kitchen Assistant***

CSP, Solano, CA

01/2010 – 02/2016

- Cleaned and sanitized work areas, equipment, utensils, dishes, or silverware.
- Prepared a variety of foods, such as meats, vegetables, or desserts, according to customers' orders or supervisors' instructions.
- Inspected or test damaged machine parts, and marked defective areas or advise supervisors of repair needs instructions, following approved procedures.
- Assisted cooks and kitchen staff with various tasks as needed, and provide cooks with needed items.

### ***Maintenance Worker***

PIA, Vacaville, CA

01/2006 – 01/2010

- Started machines and observed mechanical operation to determine efficiency and to detect problems
- Inspected or test damaged machine parts, and marked defective areas or advise supervisors of repair needs
- Dismantled machines and remove parts for repair, using hand tools, chain falls, jacks, cranes, or hoists.

### ***Electronic Technician***

City of Susanville, CA

5 Years

- Disassembled entertainment equipment and repair or replace loose, worn, or defective components and wiring, using hand tools and soldering irons.
- Installed, serviced, and repaired electronic equipment or instruments such as televisions, radios, and videocassette recorders.
- Conferred with customers to determine the nature of problems or to explain repairs

## EDUCATION

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G.E.D, Department of Education, Sacramento CA

Certificates in Electronics Assembler, Audio equipment Repair, Radio Servicing, Television Servicing,

**Multiple Choice** (1 point each)




- C 1) A gallon is equal to \_\_\_\_\_ ounces
- a. 56
  - b. 145
  - c. 32
  - d. 128
- A 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
- C 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
- 9 8) Food should be left out no more than
- a. 2 hours
  - b. 3 hours
  - c. 4 hours
  - d. 5 hours

## Prep Cooks Test

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- 9 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
- 9 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)  &  are the basic seasoning ingredients for all savory recipes.
- 20)  : to cut into very small pieces when uniformity of size and shape is not important.

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- 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
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- 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
- T 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
- T 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
- 9 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