

Robert McNutt

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WORK EXPERIENCE

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

01/2010 – 02/2016

CSP, Solano, CA

- 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. Inspect 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

01/2006 – 01/2010

PIA, Vacaville, CA

- 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

5 Years

City of Susanville, CA

- 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

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

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

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

C

1) A gallon is equal to _____ounces

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

~~128~~

A

2) Mesclun are what type of vegetable?

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

~~Salad Greens~~

A

3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

~~Slowly cook in covered pan with liquid~~

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

~~165 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

~~Immerse for a short time in boiling water~~

C

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

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

~~White Sugar~~

B

7) What is Al Dente?

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

~~Firm but not hard~~

A

8) Food should be left out no more than

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

~~4 hours~~

Q 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

Q 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.

90

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

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