

4076 Fairburn Ave • Atlanta, Georgia • 30331

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SUMMARY: Exceptionally creative, skillful and resourceful Small Order Cook with over ten years encounter in preparing and cooking to order a variety of foods that require only a small preparation time; taking orders from customers and serving patrons at counters or tables.

- Thorough understanding and knowledge of safety, cleanliness and food handling measures

- Strong ability to monitor and maintain quality control standards.
Self-motivated and willing to look for work and complete tasks.
Exceptional ability to give attention to detail.
Sound ability to twist, bend, reach and go work tables, equipment and other items up to fifty pounds.
Proven ability to follow and support company policies.
Immense ability to work on a flexible schedule according to the requirements of the event.
Profound ability to be courteous and friendly to guests as well as co-workers.
Brilliant ability to listen and follow information.

The Nutrition & Food Service Assistant is responsible for performing duties in a variety of areas which may include all or one of the following

Tray Line - working on a patient tray assembly line, preparing patient meals within the specifications of the diet order and patient preferences.

WAREHOUSE WORKER-January 2010 – 2015
Temp Services

Operating power material handling equipment to accurately select and palletize loads, Moving pallets by hand, hand truck, electric pallet jack, or manual pallet jack, Packaging merchandise for shipment, Shrink wrapping goods for loading onto trailers, Finding stock and merchandise in the warehouse, Ensuring that the correct labels are on all stored pallets, Routinely cleaning all warehouse areas and containers, Matching quantities and items being shipped against the invoice, Assisting in annual inventories, Using computer equipment to generate labels, Stocking incoming orders onto shelves, Organizing stock in the warehouse.

K & K Restaurant-2008-2013

8/12/19

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

b 1) How much time should you take to wash your hands with soap?

- a) 1 minute
- b) 20 seconds
- c) Time does not matter, water temperature does
- d) 5 minutes

2 2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

3 3) Food handlers must always wash their hands

- a) Before starting work
- b) Switching between handling raw and ready-to-eat food
- c) After going to the restrooms
- d) All of the above

4 4) The most important reason for having food handlers wear hair restraints is to

- a) Prevent food from getting into food handlers' hair
- b) Prevent food handlers from contaminating their hands by touching their hair
- c) Keep the food handlers' hair in place
- d) None of the above

5 5) Which of these conditions requires immediate corrective action?

- a) Packaged food items are stored at least 6 inches above the floor
- b) Ice is being used to cool beef stew in a shallow pan
- c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
- d) Raw fish is stored above raw chicken in the walk-in freezer

6 6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?

- a) 0°F and 100°F
- b) 32°F and 220°F
- c) 41°F and 135°F
- d) 39°F and 178°F

7 7) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?

- a) Clean the cutting board with a wet wiping cloth
- b) Turn the board over and use the other side
- c) Rinse the board with running water
- d) Wash, rinse, and sanitize the board prior to slicing the onions

8 8) Which of the following is NOT an approved method to thaw potentially hazardous foods?

- a) In a microwave oven
- b) During the cooking process
- c) Under cool running water
- d) On a clean counter, at room temperature

9 9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:

- a) Wiping spills only
- b) Washing hands if the hand sinks are too far away
- c) Sanitizing the blade of utensils such as knives
- d) Maintaining moisture on the wiping cloth

24

Grill Cooks Test

12 10) Food-handling gloves must be changed frequently and also:

- a) After handling garbage
- b) After every break
- c) After picking things up off the floor
- d) Between handling raw and cooked foods
- e) All of the above

11 11) A Julienne is:

- a) to cut food into 1 inch X 1 inch cubes
- b) A cooking method using high heat
- c) To cut food into 1/8 X 1/8 slices
- d) A rough cutting method producing oblong shapes

14 12) A gallon is equal to _____ ounces

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

4 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

14 14) A Chiffonade is:

- a) To slice an herb or leafy vegetable into thin ribbons
- b) To de bone a fish
- c) Another name for parchment paper
- d) To cook food in liquid, or at just below the boiling point

18 15) Potentially hazardous hot foods must be maintained at an internal temperature of _____ or higher to be safe

- a) 145º F
- b) 135º F
- c) 160º F
- d) 180º F

16 16) Which of the following explains the process of poaching?

- a) Poke poultry on the thickest part in order to make sure it's tender
- b) To cook food in an oven that has reached 350º F
- c) Cook gently in water that is hot but not boiling (160º-180º)
- d) Submerge protein in boiling liquid to speed cooking time

17 17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?

- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
- b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
- c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
- d) 2 oz of celery, 10 oz of carrot, 2 oz of onion

18 18) Which of the following best describes braising?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

Grill Cooks Test

✓ b 19) Which of the following best describes the process of Caramelization?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

✓ c 20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

B ~~A~~ 21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

A b ~~72~~ 22) What temperature should fish be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

2 ~~23~~ 23) What is a roux and what is it used for? (2 points)

Butter and Flour

~~24~~ 24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

~~For~~ ~~with~~ ~~oil~~ ~~&~~ ~~Butter~~ It's more stable and it lasts longer

25) What are the 5 mother sauces? (5 points)

- 1. ~~Alfredo~~ Tomato Sauce ✓
- 2. ~~Bechamel~~ Bechamel Sauce ✓
- 3. Veloute Sauce ✓
- 4. Hollandaise Sauce ✓

3 26) What does it mean to season a grill and why is this process important? (3 points)

To keep ur grill clean and working good

3 27) What are the ingredients in Hollandaise sauce? (5 points)

POW. Egg yolk. Butter



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

A 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

B 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