

Multiple Choice (1 point each)

D

1) A gallon is equal to ____ounces

- a.
- b. 145
- c. 32
- d. 128

C

2) Mesclun are what type of vegetable?

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

b

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

b

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

F

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

C

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

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

P

7) What is Al Dente?

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

D

8) Food should be left out no more than

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

Prep Cooks Test

b 9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave

A 10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

b 11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

C 12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice, mince
- d. Mince, dice, chop

A 13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

b 14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

C 15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

A 16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

17) 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

18) 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) Reflux : to cut into very small pieces when uniformity of size and shape is not important.

Nakia Willis

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PROFESSIONAL OBJECTIVE

To continue my career with an organization that will utilize my management, supervision and administrative skills to benefit mutual growth and development.

WORK EXPERIENCE

SODEXO , Los Angeles , CA

Lead Line cook , Nov. 2012– Present

- Prepare daily food items, and cook simple foods and beverages, such as sandwiches, salads, soups, pizza, or coffee using proper safety precautions and sanitary measures.
- Prepares and cook to order food requiring short and broader preparation time Produce food and serve customers a la carte and operate grill station Prepares food in accordance with current applicable federal, state and corporate standards, guidelines and regulations Complies with all Sodexo HACCP policies and procedures

MACY'S WEST , Los Angeles , CA

Operations Supervisor , Jun 2002 – Feb 2007

- Acquire, distribute and store supplies.
- Monitor the facility to ensure that it remains safe, secure, and well-maintained.
- Oversee the maintenance and repair of machinery, equipment, and electrical and mechanical systems.
- Ordered everything from office furniture to bags and boxes
- Oversight the gift wrapping department which was the hub of the store
- Met department goals
- Recruited and trained 15 plus employees

SANTA MONICA PROBATION DEPARTMENT , Santa Monica , CA

File Clerk , Jun 1999 – Jun 2000

- Perform general office duties such as typing, operating office machines, and sorting mail.
- Operate office machines, such as photocopiers and scanners, facsimile machines, voice mail systems, and personal computers.
- Communicate with customers, employees, and other individuals to answer questions, disseminate or explain information, take orders, and address complaints.
- Operate telephone switchboard to answer, screen, or forward calls, providing information, taking messages, or scheduling appointments.

EDUCATION

Crenshaw high school , Los Angeles , CA

High School Diploma, June 1994

San Diego Job Corps , San Diego , CA
Culinary Arts , June 1994 - June 1996

Los Angeles Urban League Training Center
Certificates, Computers 2000 -2001

Los Angeles Technology Center , Los Angeles , CA
Front office Medical Assistant, Feb 2009 - Nov 2010

ADDITIONAL SKILL

Efficient in MS Windows Office

Positive attitude perpetuates daily

Organized and detailed oriented

