

Multiple Choice (1 point each)

- d 1) A gallon is equal to _____ ounces
- a. ~~128~~
 - b. 145
 - c. 32
 - d. 128
- c 2) Mesclun are what type of vegetable?
- a. ~~Roots~~
 - 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 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
- P 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

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
- ✓ 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
- P 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

Prep Cooks Test

M 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

A 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) Refluxant : 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

