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## WORK EXPERIENCE:

### Construction Laborer

*GOVcb Construction, Solano, CA*

2014 -2016

- Drove scissor lift
- Loaded and unloaded supplies, materials and equipment
- Used basic power tools including Skilsaws, Sawzalls, drills, rotary hammers, and hand tools
- Cut cast iron pipes to specified dimensions and soldered pipe
- Erected scaffolding, shoring, and braces
- Jackhammered and removed concrete and asphalt and shoveled asphalt
- Built and tore down forms for concrete and drilled holes in concrete for rebar
- Clean construction sites in order to prepare them for construction processes
- Ensure that all hazardous materials are removed from the proposed sites
- Pour cement or concrete in designated areas
- Dig ditches and trenches according to work plans
- Install sewer or drain pipes
- Lubricate and clean machinery properly

### Janitor

2012 – 2014

*S.of.C Vacaville, CA*

- More than 7 years' experience as a cleaner and janitor
- Highly skilled in cleaning and sanitizing work area in timely fashion
- In-depth knowledge of operating different kinds of cleaning machines
- Particularly effective in ensuring proper usage of supplies and equipment
- Demonstrated ability to follow all safety and personnel rules and regulations
- Emptied, cleaned all waste containers and removed waste paper and garbage
- Vacuumed all rugs and carpeted areas in offices, lobbies and corridors
- Washed, cleaned and disinfected water coolers and air conditioners
- Cleaned entry door glass from inside and outside
- Wiped clean all office furniture and fixtures
- Damped wipe and polished all glass furniture tops

### Cook

2008 - 2014

*Benjamin Foods, Solano, CA*

- Prepare all items on the list by following standard procedure and under the instructions of supervisor
- Maintain high quality and good service at all times
- Inspect food for quality while working on prep list and service line
- Perform checking of portion control, weights and counts prior to the function
- Fire all food for service and to serve on line
- Responsible for maintaining and checking cooking times and temperatures
- Follow storage procedures when taking food out of walk-in and when returning food to walk-in
- Maintain cleanliness of work area at all times and equipment up to standards

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## EDUCATION

GED, Vaca Valley Adult School, Vacaville, CA

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

AD

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

c. 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. D. 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

C. 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

D. 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

## Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

d.

1) A gallon is equal to 128 ounces

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

↓ 50%

c.

2) Mesclun are what type of vegetable?

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

c.

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

b.

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

d.

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**

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b. 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) finely chopped: to cut into very small pieces when uniformity of size and shape is not important.

**Grill Cooks Test**

**Score / 40**

Multiple Choice Test (1 point each)

a. 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

50%

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

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

d. 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

c. 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

c. 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

d. 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

d. 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

b. 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

a. 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

## 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

c. 21) What temperature should ALL ground meat be cooked to?

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

c. 22) What temperature should fish be cooked to?

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

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

forgot, need a little reinforcement.



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

It's been awhile.

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

- 1.
2. don't know, willing to learn
- 3.
- 4.
- 5.

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

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