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## WORK EXPERIENCE:

### Construction Laborer

2014 -2016

#### GOVcb Construction, Solano, CA

- 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
- 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, chaffing 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
- 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
- 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)

↓ 50% / 10

- d. 1) A gallon is equal to 128 ounces
- a. 56
  - b. 145
  - c. 32
  - d. 128
- 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 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
- 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) fat & \_\_\_\_\_ are the basic seasoning ingredients for all savory recipes.

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



**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
- 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.
- 3.
- 4.
- 5.

*don't know, willing to learn*

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)