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Objective

I seek challenging opportunities where I can fully use my skills for the success of this organization. As well learn more skills.

Skills and Qualification

Supported lunch service for 400-500 students at Sierra Nevada Job Corps.

Cooking, prep, cleaning and supervised co-workers, organized, measuring ingredients for recipes, preparing orders for supplies, assigning duties to co-workers, evaluating co-worker's performance, knowledge of food and drink preparation equipment and planning of staff work tasks.

Certification

- Knife skills
- Servsafe certificated

Education and Training

The Art Institutes School	Baking/Pastry Associate Degree	January 2016 to Present
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Sierra Nevada Job Corps Center	Culinary Degree	June 2013 to May 2014
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Employment History

McDonalds	Cashier	August 2015 to December 2016
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Rail City Ale House	All aspects of the Kitchen	May 2014 to June 2015
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Rail City Casino/Intern	Prep/Buffer	January 2014 to May 2014
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Hands of Hope/Intern	Prep and Storage Maintenance	Nov. 2013 to Dec. 2013
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Boys & Girls Club/Intern	Kitchen Aid	October 2013 to Nov. 2013
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Sierra Nevada Job Corps Center	Culinary Student	June 2013 to May 2014
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Other Information

Fluent in Spanish and English.

References upon Request

Multiple Choice (1 point each)

- d 1) A gallon is equal to _____ 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
- d 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
- a 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
- B 7) What is Al Dente?
a. Firm but not hard
b. Soft to the touch
c. Very hard
d. Very soft
- C 8) Food should be left out no more than
a. 2 hours
b. 3 hours
c. 4 hours
d. 5 hours

Prep Cooks Test

- C 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
- C 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
- d 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
- C 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
- B 15) Which spoon is used to remove fat from soups and stews
- a. Basting Spoon
 - b. Ladle
 - c. Slotted Spoon
 - d. Portion Spoon
- B 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

A

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

Prep Cooks Test

10) What is the first step?

A

- a) Wash out the prep table with soap and water
- b) Wash out the prep table with soap and water (15) (10)
- c) Wash out the prep table with soap and water (15) (10)
- d) Wash out the prep table with soap and water (15) (10)

A

- a) Wash
- b) Soap
- c) Water
- d) Dish

11) What is the second step?

2017 Prep

12) What is the third step? (15) (10)

Wash

13) What is the fourth step? (15) (10)