

2307 W. 6th St 559.231.7165
Los Angeles, Ca Postal Code E-mail Address

Work Experience

Cook, Institution and Cafeteria

- Clean, cut, and cook meat, fish, or poultry.
- Cook foodstuffs according to menus, special dietary or nutritional restrictions, or numbers of portions to be served.
- Apportion and serve food to facility residents, employees, or patrons.
- Wash pots, pans, dishes, utensils, and other cooking equipment.

Education

Desert Oasis ADULT SCHOOL
G . E . D .

BLYTHE , CA
2011 - 2012

Skills

- Monitoring
- Critical Thinking
- Reading Comprehension
- Active Listening
- Speaking
- Coordination
- Service Orientation
- Active Learning
- Complex Problem Solving
- Judgment and Decision Making
- Social Perceptiveness
- Negotiation

References

Dishwasher Test

Score / 10

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, 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

8) When handling hot items you should?

- a) Wear rubber gloves
- b) No need to wear anything
- c) Use an oven mitt or 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

C

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