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SKILLS SUMMARY

Cook

- Cleaned, cut, and cooked meat, fish, or poultry.
- Cooked foodstuffs according to menus, special dietary or nutritional restrictions, or numbers of portions to be served.
- Cleaned and inspected galley equipment, kitchen appliances, and work areas to ensure cleanliness and functional operation.
- Apportioned and served food to facility residents, employees, or patrons.
- Directed activities of one or more workers who assist in preparing and serving meals.
- Washed pots, pans, dishes, utensils, or other cooking equipment.
- Compiled and maintained records of food use and expenditures.
- Took inventory of supplies and equipment.
- Baked breads, rolls, or other pastries.
- Trained new employees.
- Monitored use of government food commodities to ensure that proper procedures are followed.
- Monitored menus and spending to ensure that meals are prepared economically.
- Determined meal prices, based on calculations of ingredient prices.
- Planned menus that are varied, nutritionally balanced, and appetizing, taking advantage of foods in season and local availability.
- Requisitioned food supplies, kitchen equipment, and appliances, based on estimates of future needs.

Butcher

- Prepared and placed meat cuts and products in display counter, so they will appear attractive and catch the shopper's eye.
- Wrapped, weighed, labeled, and priced cuts of meat.
- Cut, trimmed, boned, tied, and grinded meats, such as beef, pork, poultry, and fish, to prepare meat in cooking form.
- Prepared special cuts of meat ordered by customers.
- Received, inspect, and store meat upon delivery, to ensure meat quality.
- Estimated requirements and order or requisition meat supplies to maintain inventories.
- Shape, lace, and tie roasts, using boning knife, skewer, and twine.

WORK HISTORY

Cook

13 years

- CDCR, San Quentin, CA
- BOP, Lompoc, CA

Butcher

8 years

- BOP, Lompoc, CA

Dishwasher Test

Score / 10

- 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
- 2) While washing dishes by hand, which item should you wear?
 - a) Cutting glove
 - b) Oven Mitt
 - c) Rubber glove
 - d) Nothing
- 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
- 4) If you need to move a heavy load, you should PULL and not PUSH the object.
 - a) True
 - b) False
- 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
- 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.
 - a) True
 - b) False
- 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
- 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
- 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
- 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

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