

Misty Munoz-Gonzales

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**Objective**

To obtain a position as a Food and Service Worker and provide support utilizing my skills and knowledge.

**Additional Skill**

Highly organized

More than 2 years' experience

Ability to learn policies and procedures quickly and accurately

Capable of prioritizing and performing assignments with little or no direction and following through to final resolution

Able to perform all physical aspects of job

**Education**

Food Handler's Certificate 2018

Santa Clara School District (Santa Clara, CA)

High School Diploma, 2009

**Work History**

09/16-Present True Food Kitchen

Prep Cook

- Following new recipes and techniques quickly
- Ensure proper handling of robo coupe/grater, meat slicer, immersion blender, scale/weigh, measurements, knife skills, vita blender, and mandolin slicer
- Manage prep sheet and delegate tasks
- Prepare all ingredients for each station daily
- Organize and sanitize work stations
- Restock and label all containers
- Assisting in cleaning kitchen utensils

12/13-09/16 Tobi

Shipper/Picker

- Pulling stock/merchandise for shipment
- Packaging merchandise for shipment
- Ensuring correct labels are on package
- Load merchandise on pallets then to trucks
- Organizing stock in warehouse
- Using computer equipment to generate labels
- Assisting in annual inventories



02/11-04/16 Sweet Tomatoes

**Shift Leader**

- Handled money, deposits, and cashier
- Responsible for noting temperatures of food
- Maintain Safety Rules/Sanitation Steps
- Answer incoming calls/Taking Orders for catering
- Order inventory of food and purchase orders
- Greeting and seating guests
- Prepping food/Drinks
- Sanitize food bar/wipe down sneeze guards
- Wash dishes, emptied trash, recycled
- Swept, mopped, and vacuum carpet
- Sanitize restrooms/Restock bathrooms
- Sanitize tables and chairs

2/08-1/11 White Blossom Care Center

**Front Desk**

- Provided excellent customer service to patient's and guest's
- Answered multiple phone lines
- Transmitted deposits
- Filed and archived patient files
- Schedule patient's appointments
- Inventory of office supplies and ordered accordingly
- Maintained front lobby

09/05-02/08 Willow Glen Convalescent Home

**Activities/Food Prep**

- Motivated patients with exercise, games, holiday events, and room visits
- Assisted with reading and writing
- Provided tours of facility to future clients
- Assisted in Dietary Department, ensuring patients were given prescribed diet
- Places food serving on plates and trays according to diet list on menu card
- Prepared food, snacks, and drinks and also in blender to make soft or liquid diets
- Places eating utensils, napkins, and condiments on tray
- Examines filled tray for completeness and places in cart
- Pushes cart to hall or kitchen ward
- Collects stacks of dirty dishes on cart and returns to kitchen
- Washed dishes, put back in proper place

**References**

Gladly provided upon your request



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

A

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

D

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

Multiple Choice (1 point each)

A

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

A

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 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

-4

A

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

A

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

V

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

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

