

sayaligalindo@gmail.com • Cell: 323- 810-5305

Sayali Galindo

Education

AA Child Development – Los Angeles Trade - Technical College • 2019

Involvement

East Los Angeles Women's Center – Youth Advocate • Oct. 2015– Present

- Encourages community to think critically about social justice and increase its core values to strengthen unity and empower amongst each other.
- Increase community awareness of sexual and teen violence among teens and young adult women by implementing a model that interplays between individual, relationship, community, and social factors
- Developed presentations, conducted workshops, community fairs paving the way for healthy relationships and safer communities

Professional Experience

Boyle Heights Art Conservatory

• July. 2016 – December. 2016

- Created youth resources and empowered youth to analyze social justice
- Create Advocate to make a more positive community through cultural exchange, training and education
- Outreached community youth schools for programming and involve them to create a safe and empowering space

Stars Inc. - Speak Your Mind Academy

• February. 2016 – Present

- give presentations to organizations and workplaces in Los Angeles county to inform individuals about mental health in the LGBTQ+ community
- train individuals possibly working with LGBTQ+ youth about issues surrounding the community

REFERENCES AVAILABLE UPON REQUEST

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

d 1) A gallon is equal to ____ounces

- a. 56
- b. 145
- c. 32
- d. 128

(S)

a 2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

(S)

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 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

c 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

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

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

b 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

C 14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

C 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

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

