

4173 brenda dr
Decatur, GA 30083
(678)254-8162
ctqmoethefamo@gamil.com

Gervarins Lackey

4/23 @ 9:30am

SKILLS

Food server, busser, food prep(3yrs), food service, fast food, construction(less than 1 year)

EXPERIENCE

Holiday retirement- Lawrenceville,GA- Dishwasher, warehouse, server , kitchen help, and heavy lifting

January 2018 to January 2019

• I did food prep, food server, clean, dish washing, assist with trash handling, put up inventory and assist with banquets, food delivery to and from patients rooms.

Georgia world congress center,Atlanta,GA- Utility worker/Dishwasher

January 2017 - January 2019

• I washed dishes, prepped food, served food, assist with cleaning up, trash, bussing tables and breaking down tables and chairs returning them to inventory. I also took temperatures inside and outside of coolers and logged them on a temperature sheet.

Mercedes Benz Stadium - Atlanta,GA- Concession Stand Worker

January 2018 - November 2018

• As a concession stand worker i prepped foods, served customers, I checked temps on food and coolers and logged them on a temperature log sheet. I assisted with cleaning up , I pulled and took out trash and helped break down the concession stand as well as assisted with crowd control and securing safety for customers.

EDUCATION

Youth Challenge Academy,- GED Program

January 2016- December 2017, Hindsville, GA

Serve safe certification, facility maintenance, and construction.

Dishwashing Test

9/13

Fill In The Blank:

1. Name two of the four potential hazards of working in a professional kitchen discussed in this training:

Slipping and fall

burns from hot pots

2. Name two of the four rules mentioned for lifting safely:

Bend with knees

Don't overlift alone

3. What is a good way to prepare your body for the rigors of your work day before you start your day?

Stretch

4. What type of cleaner should you use when cleaning up an oil-based spill?

5. What type of item should never be used to scoop ice out of an ice machine?

Cup, bowls, etc...

6. What type of item should you use if you have to handle a hot item?

Oven mit

7. How do you put out a grease fire?

Salt poured over it

8. List the 6 steps of proper handwashing:

Turn on water / rinse hands

Apply Soap

Lather hands

Rinse hand

Dry hands

Turn off water with napkin

9. When using a 3-compartment sink, the first sink is used for:

Soap

10. When using a 3-compartment sink, the second sink is used for:

Water

11. When using a 3-compartment sink, the third sink is used for:

Sanitizer

12. When stacking dishes to dry, it's important to leave room for Air to pass through.

13. When preparing dishes for an industrial dishwasher, it is important to choose the appropriate and to load it .

Multiple Choice (1 point each)

C 1) A gallon is equal to ____ ounces

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

A 2) Mesclun are what type of vegetable?

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

A b 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

b 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

A 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

B C 8) Food should be left out no more than

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

d 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

9/20

Prep Cooks Test

C ~~X~~ 10) Which of the following can you use to put out a grease fire?
a. Baking Soda
b. Baking Powder
c. Flour
d. Water

C ~~X~~ 11) What is the temperature range of the danger zone?
a. 25-135
b. 40-140
c. 50-160
d. 30-130

d ~~X~~ 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

d ~~X~~ 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 ~~X~~ 14) When you poach something, you cook it with what?
a. Noodles
b. Vegetables
c. Liquid
d. Oil

A ~~X~~ 15) Which spoon is used to remove fat from soups and stews
a. Basting Spoon
b. Ladle
c. Slotted Spoon
d. Portion Spoon

b ~~X~~ 16) Which of the following means to cook in a small amount of fat?
a. Season
b. Sauté
c. Broil
d. Boil
e. Fry

A ~~X~~ 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

C ~~X~~ 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)

Prep Cooks Test

19) Salt & pepper are the basic seasoning ingredients for all savory recipes.

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