

Lupe Talamantes

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Skills

- Excellent multi-tasker. Good ability to perform repeated actions.
- Attention to detail.
- Capable to stand for long hours under pressure.

Experience

June 2017 - PRESENT

East Corner Clubhouse, El Cajon,Ca - Volunteer

- Prepare used dishes and place in dishwashing machine.
- Wash plates, silverware and maintain upkeep of the glassware.
- Good cleaning habits, and upkeep of self.
- Practice all rules for safety, security and other kitchen policies.
- Deep -cleaned kitchen equipment, sinks, and garbage cans when needed.

June 1987-June 1989

La Avenida Inn Restaurant, Oceanside, Ca - Dishwasher/Busboy

- Operated dishwasher, added detergent and sanitizer to and maintain clean.
- Have adequate knowledge to maintain hygiene.
- Maintained work area in a clean and organize order.
- Good ability to undertake pressure in cleaning, stocking, dishes, pots, and pans.
- Good ability to follow and conduct instructions by Chef or manager.

Education/Training

June 2017

**County of San Diego, Department of Environmental Health
Food Handler Education Certificate**

Dishwasher Test

Score 7 / 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

A 4) If you need to move a heavy load, you should PULL and not PUSH the object.
a) True
b) False

C 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, chaffing dishes)
d) Harsh chemicals
e) All of the above

G 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 dry cloth towel
d) Nothing

D 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

B 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