

Lupe Talamantes

1123 Peach Ave.

El Cajon, Ca 92021

(619) 731-7864

Lupe.Tala88@gmail.com

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

- 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
- e 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
- A 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