

Joy

Joy Ekeoma

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OBJECTIVE

Highly motivated individual seeking a prep cook/cook position to utilize formal training, strong work ethic, and kitchen skills with a desire to join a successful team adding to the high quality customer experience.

SKILLS AND QUALIFICATIONS

- CPR Certified
 - ServSafe Food Manager Certification
 - Certified Nursing Assistant | American Red Cross (Current)
 - Experienced Team Supervisor
 - Effective Communicator
 - Thrive in Team Environments
 - Extensive Knowledge of health, safety, and sanitation standards and regulations
 - Resourceful
 - Customer service and conflict resolution
 - Microsoft Word
 - Bilingual - Fluent in Igbo (Nigeria)
 - Punctual
 - Organized
 - Positive Attitude
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WORK EXPERIENCE

Bread & Roses Café, CA Prep Cook/Line Cook Volunteer	3/2018 – Present
Kiss The Ground Community Garden Volunteer	3/2018 – Present
Skid Road Downtown Los Angeles Volunteer	10/2012
Coast Medical, Culver City, CA Homecare/Caregiver	8/2016 – Present
Easy Staffing, Glendale, CA Nursing Assistant	11/2015 – 8/2016
Windsor Gardens, Hawthorne, CA Nursing Assistant and Supervisor	9/2012 – 2/2015

EDUCATION

Blair High School

2006

Multiple Choice (1 point each)

- _____ 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - ☒ d. 128
- _____ 2) Mesclun are what type of vegetable?
- a. Roots
 - b. Beans
 - ☒ c. Salad Greens
 - d. Spices
- _____ 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
- _____ 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
- _____ 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
- _____ 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - ☒ c. Brown Sugar
 - d. White Sugar
- _____ 7) What is Al Dente?
- ☒ a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- _____ 8) Food should be left out no more than
- a. 2 hours
 - b. 3 hours
 - ☒ c. 4 hours
 - d. 5 hours

Prep Cooks Test

- 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
- 10) Which of the following can you use to put out a grease fire?
a. Baking Soda
b. Baking Powder
c. Flour
☒ d. Water
- 11) What is the temperature range of the danger zone?
a. 25-135
☒ b. 40-140
c. 50-160
d. 30-130
- 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
- 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
- 14) When you poach something, you cook it with what?
a. Noodles
b. Vegetables
☒ c. Liquid
d. Oil
- 15) Which spoon is used to remove fat from soups and stews?
a. Basting Spoon
b. Ladle
c. Slotted Spoon
☒ d. Portion Spoon
- 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

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

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

Prep Cooks Test

17. Which is a liquid part?
- ☒ a. Food cut into long thin strips, meat & stock
 - ☒ b. Food cut into long thin strips (chicken), and cut into a 1/2" size
 - ☒ c. Food ground into thick emulsion and added as fat
 - ☒ d. A thick and filling soup which is added to the soup
18. Which is a non-liquid part?
- ☒ a. Food cut into long thin strips, meat & stock
 - ☒ b. Food cut into long thin strips (chicken), and cut into a 1/2" size
 - ☒ c. Food ground into thick emulsion and added as fat
 - ☒ d. A thick and filling soup which is added to the soup

19. The liquid is the stock

20. True & False are the basic words used to describe a liquid.
21. True & False are the basic words used to describe a liquid.