

# Edward Naves

13609 ½ Lemoli Avenue Hawthorne, CA 90250  
Phone: 213-280-4933 E-Mail: enaves8@gmail.com

## Objective

I am a former science teacher looking to begin a new career in culinary arts. I am currently attending Los Angeles Trade Technical College to earn an Associates Degree in Culinary Arts.

## Experience

### Production Baker: Florence Bakery

March 2017- June 2017

- Assisted with the rolling, shaping, baking, and packing of all bread including Rye, Sourdough, and Baguette
- Maintained a clean work space by cleaning the baking and oven rooms on a daily basis
- Assisted with inventory in the storage room as well as in the production kitchen when needed

### Camp Counselor: City of Manhattan Beach Parks & Recreation Department

June 2016- Present

- Develop physical and educational activities for Summer beach camp students ages 5-9
- Supervise and engage with campers during structured and unstructured time
- Ensure camper safety at all times; especially during ocean swim time

### Science Teacher: Manhattan Beach Middle School

September 2009- June 2016

- Developed Next Generation Science Standards (NGSS) curriculum for 6<sup>th</sup> grade.
- Planned and developed unit and lesson plans
- Created a safe, inclusive, and engaging learning environment
- Managed behavior, grades, and learning progress for 180 students each year.

## Education

### Los Angeles Trade Technical College

February 2018- Present

Currently enrolled in the Culinary Arts Associate Degree program.

### California State University at Los Angeles

March 2005- June 2008

Completed the Single-subject Teaching Credential Program in the subject of Biology/Life Sciences.

### University of Southern California

August 1998- December 2002

Completed my undergraduate studies with a double major in International Relations and Spanish Language.

## Skills

First Aid/CPR certified (expires 2019), technologically proficient (Mac, PC), fundamental cooking skills (knife cuts, mise en place), limited cooking line experience



**Multiple Choice Test (1 point each)**

B

1) How much time should you take to wash your hands with soap?

- a) 1 minute
- b) 20 seconds
- c) Time does not matter, water temperature does
- d) 5 minutes

2

2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

C

3) Food handlers must always wash their hands

- a) Before starting work
- b) Switching between handling raw and ready-to-eat food
- c) After going to the restrooms
- d) All of the above

A

4) The most important reason for having food handlers wear hair restraints is to

- a) Prevent food from getting into food handlers' hair
- b) Prevent food handlers from contaminating their hands by touching their hair
- c) Keep the food handlers' hair in place
- d) None of the above

C

5) Which of these conditions requires immediate corrective action?

- a) Packaged food items are stored at least 6 inches above the floor
- b) Ice is being used to cool beef stew in a shallow pan
- c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
- d) Raw fish is stored above raw chicken in the walk-in freezer

C

6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?

- a) 0°F and 100°F
- b) 32°F and 220°F
- c) 41°F and 135°F
- d) 39°F and 178°F

D

7) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?

- a) Clean the cutting board with a wet wiping cloth
- b) Turn the board over and use the other side
- c) Rinse the board with running water
- d) Wash, rinse, and sanitize the board prior to slicing the onions

D

8) Which of the following is NOT an approved method to thaw potentially hazardous foods?

- a) In a microwave oven
- b) During the cooking process
- c) Under cool running water
- d) On a clean counter, at room temperature

A

9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:

- a) Wiping spills only
- b) Washing hands if the hand sinks are too far away
- c) Sanitizing the blade of utensils such as knives
- d) Maintaining moisture on the wiping cloth

**Grill Cooks Test**

E 10) Food-handling gloves must be changed frequently and also:

- a) After handling garbage
- b) After every break
- c) After picking things up off the floor
- d) Between handling raw and cooked foods
- e) All of the above

C 11) A Julienne is:

- a) to cut food into 1 inch X 1 inch cubes
- b) A cooking method using high heat
- c) To cut food into 1/8 X 1/8 slices
- d) A rough cutting method producing oblong shapes

D 12) A gallon is equal to \_\_\_\_\_ ounces

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

b 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

A 14) A Chiffonade is:

- a) To slice an herb or leafy vegetable into thin ribbons
- b) To de bone a fish
- c) Another name for parchment paper
- d) To cook food in liquid, or at just below the boiling point

15) Potentially hazardous hot foods must be maintained at an internal temperature of \_\_\_\_\_ or higher to be safe

- a) 145° F
- b) 135° F
- c) 160° F
- d) 180° F

C 16) Which of the following explains the process of poaching?

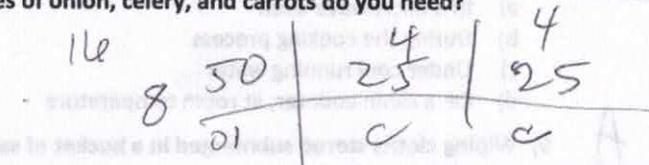
- a) Poke poultry on the thickest part in order to make sure it's tender
- b) To cook food in an oven that has reached 350° F
- c) Cook gently in water that is hot but not boiling (160°-180°)
- d) Submerge protein in boiling liquid to speed cooking time

C 17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?

- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
- b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
- c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
- d) 2 oz of celery, 10 oz of carrot, 2 oz of onion

C 18) Which of the following best describes braising?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process



**Grill Cooks Test**

B

19) Which of the following best describes the process of Caramelization?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

C

20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

B

21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

A

22) What temperature should fish be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

23) What is a roux and what is it used for? (2 points)

A thickening agent made of equal parts flour and fat.

The color determines its thickening power: lighter / darker stronger / weaker

24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

Melting at least 1 lb of ~~to~~ unsalted butter at medium temperature in order to separate milk solids from fat. Clarified butter can be used in Hollandaise; to increase smoke point.

25) What are the 5 mother sauces? (5 points)

1. espagnole
2. tomato
3. Hollandaise
4. Velouté
5. Bechamel

26) What does it mean to season a grill and why is this process important? (3 points)

To coat w/ a layer of fat and expose to high heat. It's important to help preserve the metal and impart flavor

27) What are the ingredients in Hollandaise sauce? (5 points)

Clarified butter, egg yolks, lemon juice, cayenne,

