

Aime Charlebois

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Summary of Qualifications:

- Working as a private chef, focusing on children. Preparing meals, assisting Nurses
- Excellent Communication and Presentation Skills
- Outstanding Sales and Customer Service Professional
- Ability to Drive Sales and Profits
- Marketing and Promotions Expert
- Dedicated and Goal Oriented

Education:

Pasadena City College 2016 – 2017

LATTC – 2017 – Current

Experience:**Private Care, DLG Incorporated**

North Hollywood, California January 2014 – Current

- Working with kids who have compromised immune systems.
- Cooking/preparing meals in their home.
- Planning meals, educating parents and kids on proper nutrition.
- Using different methods for cooking

Account Manager, Marula Skin Care

Culver City, California, March 2012 - 2014

- Existing Sales and Customer Service
- Maintaining and exceeding daily sales goals
- Training new clients on new products

Manager, The Raven Spa

Silver Lake, California April 2010 - September 2012

- Managed 35 employees and increased profitability
- Oversaw the development and implantation of a new Yoga studio

Regional General Manager, Massage Envy
Valencia, California, October 2009 - April 2010

General Manager/Sales & Corporate Trainer, Spa One, Incorporated,
Tucson, Arizona, October 2006 - October 2009

- Lead trainer for the company
- Managed and supervised the companies top performing store

Corporate Trainer, AFNI
Tucson, Arizona, 2003-2006

- Conducted all company training.
- Supervised and evaluated the progression of 25 new hires every 5 week
- Was responsible for developing a training program for existing employees.

National Sales Trainer, Verizon Communications/One Point Communications,
Baltimore, Maryland, 1996-2003

Hired to develop, and execute training programs for corporate start-up, retained by Verizon.

National Sales Trainer, MCI Telecommunications,
Baltimore, Maryland, 1988-1996

Multiple Choice (1 point each)

- D 1) A gallon is equal to _____ ounces
a. 56
b. 145
c. 32
d. 128
- C 2) Mesclun are what type of vegetable?
a. Roots
b. Beans
c. Salad Greens
d. Spices
- 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
- D 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
- A 5) How do you blanch 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
- 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
- C 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

a

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

a

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

Prep Cakes Test

1. What is a rolled cake?
- Food cut into long thin strips, rectangular
 - Food cut into long thin strips then turned and cut into a 3/8" slice
 - Food sliced into finely chopped and uniform pieces
 - Cutting and peeling into oblong seven sided football like shape
2. To cook a food in a pan without browning over low heat until the fat softens and releases moisture.
- Sauté
 - Boil
 - Roast
 - Simmer

Put in the Blank (2 point each)

3. Chop are the basic seasoning ingredients for a savory recipe.
4. Roll to cut into very small pieces, when uniformity of size and shape is not important.