

Towanna Ford
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Objective: To secure a challenging position of the food industry within your organization that will utilize my skills as a cook.

Work Experience

2000-2001	Joyner Incorporated Machine Operator	Louisburg, NC
	<ul style="list-style-type: none">▪ Operate a printing machine on a production line to make board.▪ Labeled and packed starters.▪ Maintained inspected machinery.	
1998-2000	K-mart Head Cook	Raleigh, NC
	<ul style="list-style-type: none">▪ Prepared Breakfast in the Morning.▪ Prepared food in large quantities.▪ Following recipes and menu plans.▪ Prepared food for processing.▪ Proven to have good food preparation skills.▪ Worked together with lunch in the kitchen staff.	
1998-1999	Nursing Home Head Cook	Louisburg, NC
	<ul style="list-style-type: none">▪ Worked together with kitchen staff.▪ Worked with head cook to receive and store food and supplies.▪ Functioned as general all round-cook for all meals and special events.▪ Cleaned and prepare food service areas for use.▪ Helped close kitchen down for during off season.▪ Followed all rules of local and state health regulations.	
1997-1998	Holiday Inn Housekeeper	Rocky Mount, NC
	<ul style="list-style-type: none">▪ Cleaned rooms and food café▪ Cleaned and polished interiors.▪ Sanitized and cleaned conference room▪ Vacuumed and mopped floors.▪ Sterilizing and making beds.▪ Experienced doing all aspects of housekeeping including vacuuming, cleaning and mopping.▪ Adapt quickly to new assignments and schedules.	
<u>Education</u>		
9/01-9/01	Dr. Martin Luther King School Job Search	Newark, NJ
4/04-5/04	Key Skills Learning, Inc Job Search	Orange, NJ
<u>Reference:</u>	Available upon request	

Submission Date 06-01-2018 08:20:11

First Name

towanna

Last Name

ford

E-mail Address

fordtowanna66@gmail.com

Phone

973-878-8903

Address

16 frelinghuysen ave 2nd

Unit or Number

newark

City, State

new jersey

Zip Code

07114

What region(s) are you applying to work within?

- New Jersey

Which position(s) are you applying for?

- Cook

Are you applying for:

- Full-Time

When can you start?

Friday, June 01, 2018

Can you work overtime?

Yes

How did you hear about us?

- Craigslist

What days/times can you work? Select all that apply:

- Monday AM
- Tuesday AM
- Wednesday AM
- Thursday AM
- Friday AM

Do you have any planned vacations or extended leave in the next 12 months? (If no, leave blank)

no

Have you ever applied to or worked for Acrobat before?

No

Do you have any friends or relatives working for Acrobat? If so, please let us know who:

no

If hired, would you have reliable means of transportation to and from work?

Yes

If hired, can you present evidence of your legal right to live and work in this country?

Yes

State age if under 18. If you are under 18, hire is subject to verification that you are of minimum age to work.

51

Are you able to perform the essential functions of the job for which you are applying?

Yes

Name of School

weequahic high school

City & State

newark

Grade/Degree

no

Graduated?

No

Do you have any special licenses? (If so, label under "Special")

No

Are you computer literate? (If so, label which programs under "Special")

No

Are you proficient with Point of Sale systems? (If so, label which under "Special")

No

Do you have any experience, training, qualifications or special skills? (If so, label under "Special")

Yes

Are you currently employed?

Yes

Can we contact your current employer?

Yes

Name and Address of Employer

staff icon

Type of Business

cook

Phone Number

201-986-7888

Your Position & Duties

cook

Date of Employment (from/to):

07-20-2016

Reason for Leaving

work slow

Still Employed:

Yes

Have you obtained any special skills or abilities as the result of service in the military? If yes, please explain:

no

First Name

keith

Last Name

johson

E-mail Address

fordtowanna66@gmail.com

Phone

862-241-0900

Relationship:

friend

Years Acquainted:

40years

First Name

wanda

Last Name

lampley

E-mail Address

fordtowanna66@gmail.com

Phone

Relationship:

friend

Years Acquainted:

42 years

I hereby certify that I have not knowingly withheld any information that might adversely affect my chances for employment and that the answers given by me are true and correct to the best of my knowledge. I further certify that I, the undersigned applicant, have personally completed this application. I understand that any omission or misstatement of material facts on this application or on any document used to secure employment shall be grounds for rejection of this application or for immediate discharge if I am employed, regardless of the time elapsed before discovery.

- (Checked box indicates acknowledgement)

I hereby authorize Acrobat Outsourcing to thoroughly investigate my references, work record, education and other matters related to my suitability for employment and, further, authorize the references I have listed to disclose to the company any and all letters, reports and other information related to my work records, without giving me prior notice of such disclosure. In addition, I hereby release the company, my former employers and all other persons, corporations, partnerships and associations from any and all claims, demands or liabilities arising out of or in any way related to such investigation or disclosure.

- (Checked box indicates acknowledgement)

I hereby authorize Acrobat Outsourcing and its authorized representatives to solicit information regarding my background, which may include but not be limited to, information about my employment, education, and/or criminal history, which may be in the files of any federal, state, or local criminal justice and law enforcement agency and general public records history.

- (Checked box indicates acknowledgement)

I understand that if selected for hire, it will be necessary for me to provide satisfactory evidence of my identity and legal authority to work in the United States, and that federal immigration laws require me to complete an I-9 form in this regard within three days of my hire date.

- (Checked box indicates acknowledgement)

Acrobat Outsourcing is an at-will employer. I understand that nothing contained in the application, or conveyed during any interview, which may be granted or during my employment, if hired, is intended to create an employment contract between me and the company. In addition, I understand and agree that if I am employed, my employment is for no definite or determinable period and may be terminated at any time, with or without prior notice, with or without cause, at the option of either myself or the company, and that no promises or representations contrary to the foregoing are binding on the company unless made in writing and signed by me and the company's designated representative.

- (Checked box indicates acknowledgement)

I hereby acknowledge that I have read and understand the above statements.

- (Checked box indicates acknowledgement)

Applicant Digital Signature (Type Name):

towanna ford

Date:

Friday, June 01, 2018

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

C X 1) A gallon is equal to ____ ounces

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

D

a X 2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

C

a X 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

B

b X 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

b 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

b X 6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

C

A 7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

2 X 8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

C

16/20

Prep Cooks Test

b ~~X~~ 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

~~C~~

d ~~X~~ 10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

~~A~~

a ~~X~~ 11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

~~B~~

a ~~X~~ 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

~~D~~

C 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

d 14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

a ~~X~~ 15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

~~B~~

~~C~~ 16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

~~B~~

b ~~X~~

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

b ~~X~~

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

A

Fill-in the Blank (1 point each)

~~X~~

19) _____ & _____ are the basic seasoning ingredients for all savory recipes.

~~X~~

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

Grill Cooks Test

Score / 40

22/40

Multiple Choice Test (1 point each)

d **X**

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

B

a **X**

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

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

C

d

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

C **X**

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

B

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

a **X**

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

C

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

a **X**

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

D

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

d 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

C

C 12) A gallon is equal to _____ ounces

D

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

4 13) How many cups are in a quart?

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

d 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

A

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

B

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

a 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

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

C

Grill Cooks Test

a

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

B

C

20) What temperature should chicken be cooked to?

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

a **X**

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

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

B

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)

X Don't NO that

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

X to make A tasty good

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

- X** 1.
- 2.
- 3.
- 4.
- 5.

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

X when cooking the food you need to season it's

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

X Don't NO