

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

2) While washing dishes by hand, which item should you wear?

- a) Cutting glove
- b) Oven Mitt
- ☒ c) Rubber glove
- d) Nothing

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

4) If you need to move a heavy load, you should PULL and not PUSH the object.

- a) True
- ☒ b) False

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

6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.

- ☒ a) True
- b) False

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

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

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

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

Multiple Choice (1 point each)

- C 1) A gallon is equal to ____ ounces
- a. 56
 - b. 145
 - ☒ c. 32
 - d. 128
- A 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
- C 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

- 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) Onions & garlic 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.

Damaj Cook

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Professional Experience

Swanky Catering Oakland, CA United States

Prep Cook, Dishwasher, and Server

July, 2016 - October, 2017

\$15/hourly

Part-time Employee helping with the preparing of the catering events, setting up the day of, and working the events as well weather on a boat, in a ballroom, or within an office space. Hours varied and there were weeks where there was no work available, but overall I enjoyed the job and the experience it gave me. Very fast past jobs and it took a lot of paying attention to detail. The owner was the best and understood any and every situation.

The Plus Group (Cubic) Concord, CA United States

Customer Support, October, 2015 – April, 2016

\$15/hourly

Public Transit Phone agent for a company called Cubic. Day to day servicing Chicago students, commuters, and visitors. Assisted with adding funds and troubleshooting their train and bus ticketing. At least took 80-150 calls a day called for quality, control, knowledge, and quickness.

ZTA Sorority House Berkeley, CA United States

Kitchen Assistant, August, 2014 - April, 2015

\$13/hourly

Monday thru Friday I worked helping a chef prep cook, dish wash, and put away deliveries on Mondays and Fridays of every week for about 90 girls. I typically arrived at 11am immediately setting up the salad bar and washing up any dishes left over before the lunch rush starting at 12pm-2pm during those 2 hours I'm prepping veggies, meats, pastries, or fruits depending on what's on the menu. After lunch I clean the dining area as well as the hot and cold bar and do away with anything that can't be saved as leftovers for the girls. Dinner is prepared until it's served from 5:30pm-6:30pm, my boss leaves at 6pm so afterwards I'm on my own til 8pm to clean and ensure everything is set for the next morning.

Xerox Henderson, NC United States

December, 2013 – February, 2014

\$9.50/hourly

On average answering 150 calls daily in an inbound call center for Aetna commercial and medicare insurance members. Before account information was given a 3 step verification method was used. Being a part of switchboard was difficult at times. I often had to calm down the patient or physician because they often ended up right where they started during the call, but that was the only challenge. I had the opportunity to talk to members and doctor's offices in helping resolve every issue that occurs with obtain the correct medication as well as sending out secure fax with confidential information to pharmacist and doctor offices.

Xerox, Raleigh, NC United States

Customer care Technical Support, November, 2012 – August, 2013

\$9/hourly

Must be ready and in the right aux to receive up to and exceeding 100 call during your work day. We often had to use various programs to make our calls go a little bit smoother as to Bomgar which is a screen sharing mechanism, Ilog, the internet, and article search. From time to time a refund was requested for an in-app purchase a customer wasn't aware of so then we had to web chat with an app store rep. to resolve the issue.

Quizno's, Raleigh, NC United States

Cashier, Mar, 2010 – May, 2011

Very small independently owned franchise that closed down during my time of employment. This was a job that felt like home the managers were the owners as well and they were so awesome at what they did. Due to slow business I often ran the entire line from the sandwich/salad/soup making to cashier in which we as well tried to upsell to each customer due to lack of business. I had the chance of doing a food order once or twice during my time of employment. Food was prepped and dated usually for every 2 day. Every item on the line had to be temperature checked and recorded in a book provided by Quizno's every 2 hours. The only way to dish wash was by using the 3 compartment sink, for every use the concentration and PH levels were checked.

Springmoore Retirement Home, Raleigh, NC United States

Steward, August, 2009 – July, 2011

\$7.83/hourly

The task of taking care of the residential guest in a fine dining facility. Every shift I may have been a busser, server, line help, or dishwasher depending what was need. I used a commercial dishwasher in which you had to break down by taking out the pipes, clean the food catcher, and wet vacuum after every work day. When helping on line prepping and breaking down the salad bar was a part of the job as well as keeping an eye on certain things we may run out to list upon a food order. I enjoyed this position so much because I had the chance to see some happy faces every day.

Education

James Madison, Norcross, GA United States High School Diploma, February 2013

Reference

Ghuzwan Alshariff, Previous Kitchen Manager at ZTA 415-401-5508

Sunshine Heilig, Previous Assistant Manager of Quiznos 704-294-9556

Jennifer Garcia, Kitchen Manager at ZTA 510-593-8317

Amy Torgerson, Business Owner of Swanky Catering 510-435-0703