

Paola Sosa-Ignacio

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SELF PROFILE

- Fluent in Languages: English, Spanish and Portuguese.
- Enjoy Public Relations.
- Motivation and enthusiasm are my motor.
- Good sense of humor and relate well with diverse groups of people.

EDUCATION

LOS ANGELES TRADE-TECHNICAL COLLEGE, LOS ANGELES, CA
Culinary Arts Veterans Employment Training (March 6, 2018 – May 22, 2018)
SERVSAFE CERTIFICATION (March 26, 2018)
NEW HORIZONS COMPUTER LEARNING CENTERS, BURBANK, CA
Microsoft Specialist (May 22, 2015 – September 7, 2015)

WORK EXPERIENCE

US CENSUS ENUMERATOR (2010 Census)

- * Planned work by reviewing assignment area to determine organization of neighborhoods and locate households for conducting interviews.
- * Conducted interviews with residents in assigned areas by following stringent guidelines and confidentiality laws.
- * Explained the purpose of the census interview, answered residents' questions, elicited information following a script, and recorded census data on forms.
- * Assessed quality control levels on selected addresses, determined which samples passed or failed, and maintained records for quality control verification.
- * Complied with accuracy standards while maintaining high production rates.
- * Maintained records of hours worked, units produced, miles driven, quality control results, and expenses incurred in the performance of duties.
- * Met daily with supervisor to review and submit work, and receive additional instructions.

Multiple Choice (1 point each)

- D 1) A gallon is equal to _____ ounces
a. 56
b. 145
c. 32
d. 128
- P 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
- B 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
- B, C, D 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

C 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 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 11) What is the temperature range of the danger zone?

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

D 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

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

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

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

B, D 15) Which spoon is used to remove fat from soups and stews

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

B 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 = Tournee

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

