

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

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A 2) Mesclun are what type of vegetable?

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

f

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

1 point each

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

1 point each

A 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

1 point each

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

1 point each

A 7) What is Al Dente?

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

1 point each

C 8) Food should be left out no more than

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

1 point each

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 = *Tourne*

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.

