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#### SKILLS AND ABILITIES:

- ❖ Excellent customer service and ability to work in a team and independently
- ❖ Ability to increase profits within a restaurant
- ❖ Understand the current trends in the food industry
- ❖ Current Food Handler's License and knowledgeable about the Dept. of Health Rules and Regulations

#### WORK EXPERIENCE:

##### The Choice LA/ Cast Iron

###### Line Cook

Los Angeles, California

(Dec. 2017 – current)

- Prepared and served food promptly and courteously.
- Prepared and presented specialty food items for banquets weddings and corporate events.
- Assisted with food service item stocking as required.
- Ensured quality of raw and cooked food items on a regular basis.
- Maintained clean and sanitary kitchen area and equipment.

##### Icicle Seafood Company

###### Salmon, Seafood Processor / & Cook 1

Larsen Bay, Alaska

(June 2014 – Nov. 2017)

- Processed Wild Alaska Salmon & different seafood while also utilizing my culinary knowledge in the kitchen to guide a team as well as preparing foods
- Kept temp logs and inventory of all items used
- Filet line, Canning, Fresh Frozen, Racking and Egg House
- Cut and trim meat to prepare for packing
- Inspect meat products for defects, bruises or blemishes and remove them along with any excess fat

(Nov.2011- May 2014)

##### Cal Am Resorts

###### Cook 2

Mesa, Arizona

- Prep food items as needed, worked alongside the chef to ensure proper safety and handling of foods
- Assemble meal trays with foods in accordance with patients' diets
- Assist cooks and kitchen staff with various tasks as needed, and provide cooks with needed items
- Butcher and clean fowl, fish, poultry, and shellfish to prepare for cooking or serving
- Carry food supplies, equipment, and utensils to and from storage and work areas

##### Alaska Chef 4 Hire

###### Cook 2

Seward, Alaska

- Apportion and serve food to facility residents, employees, or patrons.
- Bake bread, rolls, or other pastries.
- Clean and inspect galley equipment, kitchen appliances, and work areas to ensure cleanliness and functional operation.
- Clean, cut, and cook meat, fish, or poultry.
- Compile and maintain records of food use and expenditures.
- Regulated F.I.F.O to ensure food safety for consumption.

(May 2008-Oct. 2011)

#### EDUCATION:

Thomas Jefferson, High School Los Angeles, California

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## Dishwasher Test

- C 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
- C 2) While washing dishes by hand, which item should you wear?
- a) Cutting glove
  - b) Oven Mitt
  - c) Rubber glove
  - d) Nothing
- D 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
- A 4) If you need to move a heavy load, you should PULL and not PUSH the object.
- a) True
  - b) False
- E 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
- A 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.
- a) True
  - b) False
- C 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
- C 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
- A 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
- C 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





**Cashier Test**

**Score / 15**

- B 1) A roll of quarters is worth?  
a) \$5.00  
b) \$10.00  
c) \$15.00  
d) \$20.00
- A 2) A roll of dimes is worth?  
a) \$5.00  
b) \$4.00  
c) \$3.00  
d) \$2.00
- D 3) A roll of nickels is worth?  
a) \$8.00  
b) \$6.00  
c) \$4.00  
d) \$2.00
- C 4) A roll of pennies is worth?  
a) \$1.00  
b) \$0.75  
c) \$0.50  
d) \$0.25
- C 5) What does POS stand for?  
a) Patience over standards  
b) Percentage of sales  
c) Point of sales  
d) People over service
- B.1 6) What is the current sales tax rate in your city B.1 ?
- C 7) A customer buys a bowl of soup for \$1.25, an apple \$0.90 and a soda is \$0.79. If you are given \$10.00 how much change should you give back?  
a) \$4.06  
b) \$2.06  
c) \$7.06  
d) \$5.06
- B 8) A customer buys two shirts for 10.50 each and two ball caps for \$7.25 each. If you are given \$50.00 how much change should you give back?  
a) \$19.50  
b) \$14.50  
c) \$9.50  
d) \$4.50
- D 9) A customer buys soda for \$3.75 and a hot dog for \$4.25. If you are given \$20.00 how much change should you give back?  
a) \$6.00  
b) \$8.00  
c) \$10.00  
d) \$12.00
- A 10) A customer buys two hamburgers at \$3.75 each, two bags of chips at \$1.25 each, two cookies at \$2.50 each and two sodas at \$3.25 each. If you are given \$100.00 how much change should you give back?  
a) \$78.50  
b) \$58.50  
c) \$38.50  
d) \$28.50

## Cashier Test

Score / 15

- A 11) Counterfeit pens should be used on which three denominations?
- a) \$20, \$50, \$100
  - b) \$10, \$20, \$50
  - c) \$5, \$50, \$100
  - d) \$10, \$20, \$50
- B 12) How many times should you count change when giving it to the customer?
- a) one
  - b) two
  - c) three
  - d) no need to count

### Question & Answer:

- 13) What is the minimum age for legal alcohol purchases? 21
- 14) What are the acceptable forms of ID for alcohol purchases? ID, DL
- 15) How many \$20 bills are in a bank band? ?

- 1) A customer buys a bowl of soup for \$1.25, an apple \$0.90 and a soda for \$0.10. If you are given \$10.00 how much change should you give back?
- a) \$7.05
  - b) \$7.85
  - c) \$7.75
  - d) \$7.95
- 2) A customer buys two shirts for \$10.50 each and two belt bags for \$1.25 each. If you are given \$50.00 how much change should you give back?
- a) \$28.50
  - b) \$28.75
  - c) \$28.25
  - d) \$28.00
- 3) A customer buys a hot dog for \$4.25 and a hot dog for \$4.25. If you are given \$10.00 how much change should you give back?
- a) \$1.50
  - b) \$1.00
  - c) \$1.25
  - d) \$1.75
- 4) A customer buys two hamburgers at \$4.25 each, two bags of chips at \$1.25 each, two cookies at \$2.50 each and two sodas at \$2.25 each. If you are given \$100.00 how much change should you give back?
- a) \$28.50
  - b) \$28.25
  - c) \$28.75
  - d) \$28.00
- 5) What is the current sales tax rate in your city?
- a) 6.1%
  - b) 6.2%
  - c) 6.3%
  - d) 6.4%
- 6) What does POS stand for?
- a) Point of Sale
  - b) Point of View
  - c) Point of Interest
  - d) Point of Service
- 7) A roll of paper towels is worth?
- a) \$1.00
  - b) \$1.25
  - c) \$1.50
  - d) \$1.75
- 8) A roll of paper towels is worth?
- a) \$1.00
  - b) \$1.25
  - c) \$1.50
  - d) \$1.75
- 9) A roll of paper towels is worth?
- a) \$1.00
  - b) \$1.25
  - c) \$1.50
  - d) \$1.75
- 10) A roll of paper towels is worth?
- a) \$1.00
  - b) \$1.25
  - c) \$1.50
  - d) \$1.75

**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
- 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 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
- A 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
- 2 8) Food should be left out no more than  
a. 2 hours  
b. 3 hours  
c. 4 hours  
d. 5 hours



## Prep Cooks Test

- D 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
- B 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 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

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- 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) S & P 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.

