

Eddie I. Thompson Jr.
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Skills

Shipping & receiving, stock worker, skilled in janitorial and housekeeping services, skilled also in food preparation and handling.

Experience

U.C.L.A

731 Charles E. Young Dr. Los Angeles, Ca 90095 - Sr. Custodian
Sep 2011- present
Stripping floors, cleaning and detailing restrooms.
Stocking restroom supplies, dust mopping and spot mopping floors.

L.a.u.s.d

333 beaudry ave. Los Angeles, Ca 90017 building and grounds worker
April 2008- Dec 2011
Wiping down bannister for stairs,
Washing bathroom walls, sinks, and toilets.
Dusting and mopping classrooms maintaining grounds by sweeping play areas washing and cleaning cafeteria area.

Adecco employment Services

Los Angeles, Ca 90025

- March 1993-2007
Working at ackerman lounge at U.c.l.a for shorty subs and American grill prepping burger meat and vegetables removing tubs and trays, stocking soda cups, wiping down food handling area, preparing sandwiches, taking orders, removing trash, as well as communicating with intelligence with a smile toward customers

Education

Olympic high School. 721 Ocean park bl. Santa Monica, Ca 90405

High school graduate June 1992

Awards

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Aenean ac interdum nisi.

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

8

68%

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

A 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

C 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

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

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

E 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

B

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

C

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) BLACK PEPPER SALT are the basic seasoning ingredients for all savory recipes.

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

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

A 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

A 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

After washing your hands, which item should be used to dry them?

- a) Clean paper
- b) Clean cloth
- c) Dry paper towel
- d) Clean cloth

C

Which material should be used to dry your hands after washing?

- a) Clean paper
- b) Clean cloth
- c) Dry paper towel
- d) Clean cloth

C

Which should you use to dry your hands?

- a) Before you start work
- b) After washing your hands (paper, not dry cleaning cloth)
- c) After using the restroom
- d) All of the above

A

When you use a hand towel, you should use it for how long?

- a) 10 seconds
- b) 15 seconds
- c) 20 seconds
- d) 30 seconds

A

Which of the following items should you use to dry your hands?

- a) Clean paper
- b) Clean cloth
- c) Dry paper towel
- d) Clean cloth

A

Which material should be used to dry your hands after washing?

- a) Paper
- b) Cloth
- c) Dry paper towel
- d) Clean cloth

A

Which material should you use to dry your hands?

- a) Paper
- b) Cloth
- c) Dry paper towel
- d) Clean cloth

C

Which material should you use to dry your hands?

- a) Paper
- b) Cloth
- c) Dry paper towel
- d) Clean cloth

C

Which material should you use to dry your hands?

- a) Paper
- b) Cloth
- c) Dry paper towel
- d) Clean cloth

A

Which material should you use to dry your hands?

- a) Paper
- b) Cloth
- c) Dry paper towel
- d) Clean cloth

C