

HALIMA TINSON

Parker
San Diego, CA | 92113 | 619.317.8777 | halimatinson@gmail.com

SUMMARY

Excellent food service and customer service professional looking for an opportunity to utilize experience and skills with opportunities for growth.

SKILLS & CERTIFICATES

- Works well independently and as part of a team
- Culinary Arts certificate
- Certified food handler
- Excellent customer service skills

EXPERIENCE

09/2014 – 01/2016

Destination Hotel & Resorts

San Diego, CA

Line Cook

- Cook and package batches of food, such as hamburgers, fried chicken and kept warm until sold
- Prepared specialty foods such as pizza, sandwiches, or tacos following specific preparation methods
- Grilled, cooked and fried foods, French fries, eggs and pancakes
- Clean food preparation areas, cooking surfaces and utensils
- Maintain sanitation, health and safety standards in work areas

09/2012 – 09/2014

Destination Hotel & Resort

San Diego, CA

Housekeeping

- Carried linens, towels, toilet items and cleaning supplies using wheeled cart
- Disinfected equipment and supplies using germicides or steam-operated sterilizers
- Cleaned rooms, hallways, lobbies, lounges, restrooms stairways and other work areas
- Emptied wastebaskets, cleaned ashtrays and transported other trash and waste to disposal areas

08/2009 – 06/2011

America's Finest Charter School

San Diego, CA

Food Service Worker

- Received catered organic food from off-site food contractor
- Warmed, prepared and measured daily food and drink portions students
- Delivered breakfast, lunch and snack trays to students in classroom setting
- Cleaned, swept, mopped and kept equipment and facilities sanitary

02/2009 – 12/2009

Securitas Security Services

San Diego, CA

Security Guard

- Secure doors or gates of entrances to guard against theft and maintain security of premises
- Monitor and authorize entrance and departure of tenants, employees, visitors and other persons
- Patrol premises to prevent and detect signs of intrusion and ensure security of all entrances
- Provide activity reports of equipment or property damage, theft or unauthorized persons to supervisor
- Answer alarms and investigate disturbances

02/2007 – 11/2007

Pizza Hut

San Diego, CA

Team Member

- Greeted customers on the phone and in person, recited specials and helped make menu choices
- Accurately totaled bills, took payments using cash register, by credit card, debit or cash
- Prepared pizza and wings, restocked food prep station and supplies

EDUCATION

09/2016 – 06/2017

San Diego Continuing Education

San Diego, CA

- Culinary Arts Certificate

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

C, b 1) How much time should you take to wash your hands with soap?

- a) 1 minute
- b) 20 seconds
- c) Time does not matter, water temperature does
- d) 5 minutes

4 C 2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

A 3) Food handlers must always wash their hands

- a) Before starting work
- b) Switching between handling raw and ready-to-eat food
- c) After going to the restrooms
- d) All of the above

C 4) The most important reason for having food handlers wear hair restraints is to

- a) Prevent food from getting into food handlers' hair
- ~~b~~ Prevent food handlers from contaminating their hands by touching their hair
- c) Keep the food handlers' hair in place
- d) None of the above

C, d 5) Which of these conditions requires immediate corrective action?

- a) Packaged food items are stored at least 6 inches above the floor.
- b) Ice is being used to cool beef stew in a shallow pan
- c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
- d) Raw fish is stored above raw chicken in the walk-in freezer

degree

7 to 140

C 6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?

- a) 0°F and 100°F
- b) 32°F and 220°F
- c) 41°F and 135°F
- d) 39°F and 178°F

d 7) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?

- a) Clean the cutting board with a wet wiping cloth
- b) Turn the board over and use the other side
- c) Rinse the board with running water
- d) Wash, rinse, and sanitize the board prior to slicing the onions

b 8) Which of the following is NOT an approved method to thaw potentially hazardous foods?

- a) In a microwave oven
- b) During the cooking process
- c) Under cool running water
- ~~d~~ On a clean counter, at room temperature

A 9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:

- a) Wiping spills only
- b) Washing hands if the hand sinks are too far away
- c) Sanitizing the blade of utensils such as knives
- d) Maintaining moisture on the wiping cloth

Grill Cooks Test

e 10) Food-handling gloves must be changed frequently and also:

- a) After handling garbage
- b) After every break
- c) After picking things up off the floor
- d) Between handling raw and cooked foods
- e) All of the above

and 11) A Julienne is:

- a) to cut food into 1 inch X 1 inch cubes
- b) A cooking method using high heat
- ~~c) To cut food into 1/8 X 1/8 slices~~
- d) A rough cutting method producing oblong shapes

d. 12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- d) 128

b 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

a 14) A Chiffonade is:

- a) To slice an herb or leafy vegetable into thin ribbons
- b) To de bone a fish
- c) Another name for parchment paper
- d) To cook food in liquid, or at just below the boiling point

a 15) Potentially hazardous hot foods must be maintained at an internal temperature of _____ or higher to be safe

- a) 145° F
- ~~b) 135° F~~
- c) 160° F
- d) 180° F

c,d 16) Which of the following explains the process of poaching?

- a) Poke poultry on the thickest part in order to make sure it's tender
- b) To cook food in an oven that has reached 350° F
- c) Cook gently in water that is hot but not boiling (160°-180°)
- d) Submerge protein in boiling liquid to speed cooking time

a 17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?

- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
- b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
- ~~c) 4 oz of celery, 8 oz of onion, 4 oz of carrot~~
- d) 2 oz of celery, 10 oz of carrot, 2 oz of onion

a, c 18) Which of the following best describes braising?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

Prep Cooks Test

Multiple Choice (1 point each)

C 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

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

a 8) Food should be left out no more than

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

b 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

Prep Cooks Test

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

c,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

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

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

c,d 15) Which spoon is used to remove fat from soups and stews?

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

b,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

a,c 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)