

HALIMA TINSON

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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 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
- a, d 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)

- 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 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
- 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
- be 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)

TEST_Prep Cook (rev. 2015.04.16)