

Rec'd
11/8

Cock

11/8
emailed
Friday
11/9
1pm

Shanea Elleston

Perth Amboy, NJ
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Work Experience

Volunteer

Clark nursing home and rehabilitation - Clark, NJ
September 2015 to Present

I was a activities aid and I helped with food. I kept the residents busy , entertained , and happy.

Volunteer Work

Westlake school - Westfield, NJ
September 2016 to June 2017

I worked with kids of different age groups who had disabilities including autism, down syndrome , or any sensory problems and etc

Volunteer Work

Theater camp - Edison, NJ
June 2016 to August 2016

I was a camp councilor for first and second grade. I volunteered on my own free will it was exciting being able to play and direct kids.

Shoe Department Sales Associate

Shoe Dept.Encore - Woodbridge, NJ

Cashier

30 burgers - Perth Amboy, NJ

Education

College in Education

Middlesex County College - Edison, NJ
September 2017 to May 2019

Perth Amboy High School

Skills

Communications

Prep Cooks Test

Score 10 / 20

Multiple Choice (1 point each)

80%

- 1) A gallon is equal to ____ounces
a. 56
b. 145
c. 32
 d. 128
- 2) Mesclun are what type of vegetable?
a. Roots
b. Beans
 c. Salad Greens
d. Spices
- 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
- 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
- 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
- 6) Which of the following ingredients would you pack before measuring?
a. Olive Oil
b. Salt
 c. Brown Sugar
d. White Sugar
- 7) What is Al Dente?
 a. Firm but not hard
b. Soft to the touch
c. Very hard
d. Very soft
- 8) Food should be left out no more than
 a. 2 hours
b. 3 hours
c. 4 hours
d. 5 hours

Prep Cooks Test

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

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

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

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

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

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

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

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

Servers Test

45%

Multiple Choice

1) Food is served on what side with what hand?

- On the left side with the left hand
- On the left side with the right hand
- On the right side with the left hand
- On the right side with the right hand

2) Drinks are served on what side with what hand?

- On the left side with the left hand
- On the left side with the right hand
- On the right side with the left hand
- On the right side with the right hand

3) Food and drinks are removed on what side with what hand?

- On the left side with the left hand
- On the left side with the right hand
- On the right side with the left hand
- On the right side with the right hand

4) What part of a glass should you handle at all times?

- The stem
- The widest part of the glass
- The top

5) When you are setting a dining room how should you set up your tablecloths?

- Neatly and evenly across the tables
- The creases should all be going in the same directions
- The chairs should be centered and gently touching the table cloth
- All of the above

6) If you bring the wrong entrée to a guest what should you do?

- Go back into the kitchen and patiently wait in line behind the rest of the servers until it's your turn
- Inform the guests that you will bring the correct entrée once everyone else in the dining room is served
- Try to convince the guests to eat what you brought them
- Go back into the kitchen to the front of the line and inform the expeditor that you need a different entrée

Match the Correct Vocabulary

D Scullery

C Queen Mary

O Chaffing Dish

E French Passing

B Russian Service

F Corkscrew

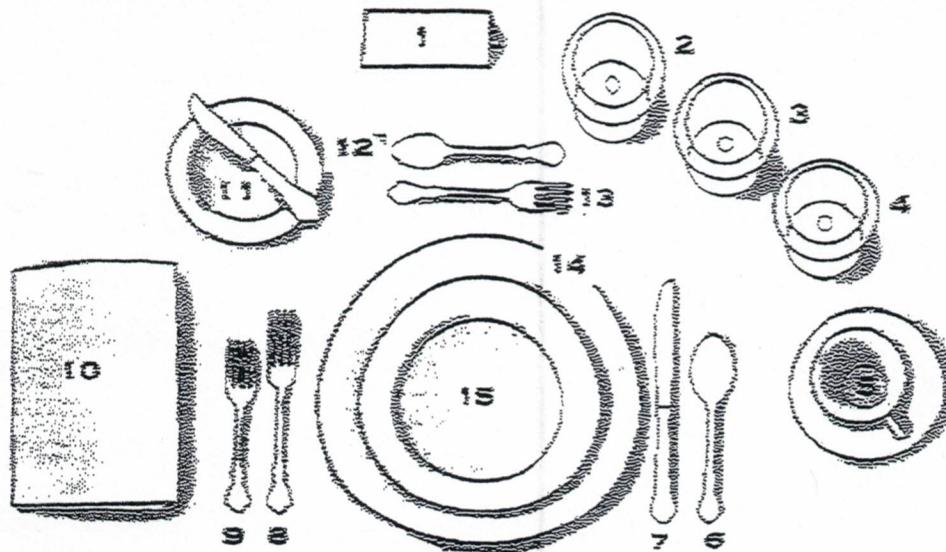
L Tray Jack

- Metal buffet device used to keep food warm by heating it over warmed water
- Style of service where food is prepared or served individually at the dinner table to fit the customer's specific taste (i.e. providing dressing and pepper for salad or handing out bread to each patron)
- Used to hold a large tray on the dining floor
- Area for dirty dishware and glasses
- Large metal shelving unit for prepared food to be held or for dirty trays to be stored
- Used to open bottles of wine
- Style of dining in which the courses come out one at a time

Name _____

Servers Test

Score 10 / 35



Match the Number to the Correct Vocabulary

- 10 Napkin
- 11 Bread Plate and Knife
- 12 Name Place Card
- 13 Teaspoon
- 14 Dessert Fork
- 15 Soup Spoon
- 16 Salad Plate
- 17 Water Glass

- 9 Dinner Fork
- 10 Tea or Coffee Cup and Saucer
- 11 Dinner Knife
- 12 Wine Glass (Red)
- 13 Salad Fork
- 14 Service Plate
- 15 Wine Glass (White)

Fill in the Blank

1. The utensils are placed _____ inch (es) from the edge of the table.
2. Coffee and Tea service should be accompanied by what extras? plate
3. Synchronized service is when: all together
4. What is generally indicated on the name placard other than the name? number
5. The Protein on a plate is typically served at what hour on the clock? _____
6. If a guest asks for a specialty dinner (i.e. Gluten-Free or Vegetarian) you should do what immediately? tell the cook