

Aimee Edwards

Objective

Seeking a position within a company that will challenge me and allow me the opportunity to grow.

Skills and Qualifications

- Proficient in computers and most computer programs
- Familiar with Adobe Illustrator, Photoshop, Excel, Word and PowerPoint
- Highly motivated, talented, and hard-working individual
- Proven ability in customer service
- Self-motivated creative thinker
- Extremely organized and efficient problem solver
- Great attention to detail and an ability to learn concepts quickly
- Great public relations skills/communication ability
- Punctual and a self-starter
- Excellent in a kitchen setting
- Able to work in a high pace environment
- Excellent team player

Dishwasher/Prep Cook/Line Cook

- Cleaned all dishes and cooking utensils and organized back room.
- Followed recipes and prepared several dishes from scratch.
- Cut fruits and vegetables for dishes and used the slicer for lunch meat and cheese.
- Worked alongside Chef on and off the line to complete dishes and set up for next shift.
- Did general maintenance around the restaurant and kept all prep areas clean.
- Worked on the line as a team to complete orders for customers.

Lead CSR

- Operated cash register and assisted customers with purchases.
- Processed incoming shipments and restocked store.
- Assisted with inventory counts and orders.
- Supervised employees and completed shift duties.
- Worked closely with law enforcement officials and security to maintain a safe environment.

Program Facilitator

- Internship assisting the Clinical Department of renowned rehabilitation facility.
- Worked alongside counselors and Program Directors to facilitate the residents.
- Conducted a regular census of residents and attendance of groups and meetings.
- Made a shift report at the end of each shift and reported to the Program Director.

Team Associate

- Prepared food for customers per order and assisted in catering orders.
- Maintained clean work stations and customer areas.
- Provided excellent customer service.

Stock Associate

- Processed incoming shipments, placed sensors on product and replenished floor stock.
- Performed floor sets and maintained stock room.
- Provided excellent customer service.

Massage Therapist

- Marketed services to community and developed clientele.
- Provided healing and care through several mediums of massage therapy.
- Organized client information, maintained records, and procured all materials.

Logistics Associate

- Processed incoming shipments and inventory.
- Performed merchandise placing and maintained organization.
- Provided excellent customer service.

Sales Associate

- Provided excellent customer service.
- Exceeded sales quotas and company expectations.
- Performed inventory checks and merchandise placing.
- Processed incoming shipments and maintained back stock area.
- Used cash registers and computers to complete transactions.
- Performed opening and closing duties.

Barista

- Assisted customers and prepared drinks to Starbucks standards.
- Performed opening and closing duties of the store and assisted during special events.
- Provided excellent customer service.
- Used cash registers and computers to complete transactions and handled money.

Prep Cooks Test

Multiple Choice (1 point each)

-3
86%

- 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 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
- 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

Prep Cooks Test

- 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
- c 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
- 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)

Prep Cooks Test

- 19) Pepper & SALT 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.

Grill Cooks Test

Multiple Choice Test (1 point each)

-1

83%

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

a

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

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

d

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

d

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

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

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

d

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

c

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

