

# Aimee Edwards

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

- 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
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## 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)

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 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 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

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## 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

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19) PiPPER & Chadron <sup>SALT</sup> 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)

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

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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

