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Latroya Johnson

SKILLS

Organized Efficient Punctual Social

Quick Learner Multi Task Capable Versatile

EXPERIENCE

Schwan's - Machine Operator Former

06-2018-Current

Pasadena Tx 77506

713-740-7200

- Runs the former machine ensuring packaging is loaded and running correctly.
- Slight assembly work

Atlantic Coffee-Case Packer, Hand Line

1/2018-3/2018

Houston,Tx

713-228-9501

- Worked in various area case packing
- Organizing boxes on pallet as they came down the line

Pilgrim Pride -Trimmer

3/2016 - 8/2017

Natchitoches La

318-352-9600

- Worked closely with the USDA on assembly
- Ensured product was adequate for further processing
- Also worked in different areas as need in evisceration

Chevron -Cook

9/2013 - 7/2015

Coushatta La

318-932-9708

- Cooked various foods on demand in a diner environment

- All kitchen duties
- Direct interaction with taking orders and serving customers

Personal employments

- Housekeeping
- Home Care
- Child Care newborn to 6yrs old

EDUCATION

Bossier community college -student nursing

8/2017-current

1. You have 10 minutes to prepare a meal for 4 people. You have the following ingredients:
a. 1 lb ground beef
b. 1 lb ground turkey
c. 1 lb ground chicken
d. 1 lb ground lamb
e. 1 lb ground pork
f. 1 lb ground veal

2. You have 10 minutes to prepare a meal for 4 people. You have the following ingredients:
a. 1 lb ground beef
b. 1 lb ground turkey
c. 1 lb ground chicken
d. 1 lb ground lamb
e. 1 lb ground pork
f. 1 lb ground veal

3. You have 10 minutes to prepare a meal for 4 people. You have the following ingredients:
a. 1 lb ground beef
b. 1 lb ground turkey
c. 1 lb ground chicken
d. 1 lb ground lamb
e. 1 lb ground pork
f. 1 lb ground veal

4. You have 10 minutes to prepare a meal for 4 people. You have the following ingredients:
a. 1 lb ground beef
b. 1 lb ground turkey
c. 1 lb ground chicken
d. 1 lb ground lamb
e. 1 lb ground pork
f. 1 lb ground veal

5. You have 10 minutes to prepare a meal for 4 people. You have the following ingredients:
a. 1 lb ground beef
b. 1 lb ground turkey
c. 1 lb ground chicken
d. 1 lb ground lamb
e. 1 lb ground pork
f. 1 lb ground veal

6. You have 10 minutes to prepare a meal for 4 people. You have the following ingredients:
a. 1 lb ground beef
b. 1 lb ground turkey
c. 1 lb ground chicken
d. 1 lb ground lamb
e. 1 lb ground pork
f. 1 lb ground veal

7. You have 10 minutes to prepare a meal for 4 people. You have the following ingredients:
a. 1 lb ground beef
b. 1 lb ground turkey
c. 1 lb ground chicken
d. 1 lb ground lamb
e. 1 lb ground pork
f. 1 lb ground veal

8. You have 10 minutes to prepare a meal for 4 people. You have the following ingredients:
a. 1 lb ground beef
b. 1 lb ground turkey
c. 1 lb ground chicken
d. 1 lb ground lamb
e. 1 lb ground pork
f. 1 lb ground veal

9. You have 10 minutes to prepare a meal for 4 people. You have the following ingredients:
a. 1 lb ground beef
b. 1 lb ground turkey
c. 1 lb ground chicken
d. 1 lb ground lamb
e. 1 lb ground pork
f. 1 lb ground veal

10. You have 10 minutes to prepare a meal for 4 people. You have the following ingredients:
a. 1 lb ground beef
b. 1 lb ground turkey
c. 1 lb ground chicken
d. 1 lb ground lamb
e. 1 lb ground pork
f. 1 lb ground veal

Prep Cooks Test

Latranya Johnson

Score 3 / 20

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 B

9) Which is the improper way to thaw frozen food?

- In the fridge
- In a sink with cold water
- On the counter
- In the microwave

A

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

- Baking Soda
- Baking Powder
- Flour
- Water

B

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

- 25-135
- 40-140
- 50-160
- 30-130

D

12) Which of the following is listed from smallest to largest?

- Dice, chop, mince
- Mince, chop, dice
- Chop, dice, Mince
- Mince, dice, chop

C

13) Which direction should pan handles be turned while cooking on the stove?

- Over the fire at all times
- Turned towards you for better control
- Turned towards the right or left at all times
- Over the countertop at all times

C

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

- Noodles
- Vegetables
- Liquid
- Oil

B V

15) Which spoon is used to remove fat from soups and stews

- Basting Spoon
- Ladle
- Slotted Spoon
- Portion Spoon

B

16) Which of the following means to cook in a small amount of fat?

- Season
- Sauté
- Broil
- Boil
- Fry

Prep Cooks Test

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)

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.