

5520 Lawson
Houston, Tx 77023
(281) 2171360
johnson.latroya@gmail.com

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

Prep Cooks Test

Lectroya Johnson

Score ³ / 20

Multiple Choice (1 point each)

- D 1) A gallon is equal to _____ ounces
- 56
 - 145
 - 32
 - 128
- C 2) Mesclun are what type of vegetable?
- Roots
 - Beans
 - Salad Greens
 - Spices
- B 3) What does the term braise mean?
- Sear quickly on both sides
 - Slowly cook in covered pan with little liquid
 - Cook on high heat and quickly
 - Slowly cook in simmering water
- B 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- 155 degrees F
 - 165 degrees F
 - 175 degrees F
 - 185 degrees F
- A 5) How do you blanch vegetables?
- Immerse for a short time in boiling water
 - Cook lightly in butter over med heat
 - Soak in cold water overnight
 - Rub with salt before cooking
- C 6) Which of the following ingredients would you pack before measuring?
- Olive Oil
 - Salt
 - Brown Sugar
 - White Sugar
- A 7) What is Al Dente?
- Firm but not hard
 - Soft to the touch
 - Very hard
 - Very soft
- A 8) Food should be left out no more than
- 2 hours
 - 3 hours
 - 4 hours
 - 5 hours

17

Prep Cooks Test

- C ~~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
- A 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
- B ~~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

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.