

Musa Musa

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- Availability
- Cook/ dishwasher
- prep-cook
- Late am
- Newiform
- Please FHC
- Orientation plan

SUMMARY OF SKILLS AND QUALIFICATIONS

- Dedicated, punctual, organized and eager to learn new skills
- Excellent verbal and written communication skills
- Flexible team player who thrives in fast-paced, ambiguous environments
- Fluent in English, Kizugawa, and Somali, proficient in Spanish and Swahili

EMPLOYMENT EXPERIENCE

Amazon

San Diego, CA

Warehouse Operations Associate

2016

- Performed organizing duties in fast-paced sorting facility
- Provided operational services in a variety of positions

Ace Parking

San Diego, CA

Parking Attendant Cashier

2016

- Operated customer service center for parking facility
- Handled guest transactions and troubleshooting/maintaining equipment
- Managed guests conflicts to meet facility rules and regulations

PBS Pool

San Diego, CA

Pool Technician Assistant

January, 2015 - March, 2015

- Provide superior guest services to meet a variety of needs
- Performed technical maintenance and assessments of pools
- Repaired and rebuilt heater systems; handled chemicals to industry standards

Hotspurs USA U18

San Diego, CA

Assistant Coach

March, 2015 - December 2015

- Coached and counseled team skills, cooperation and communication to youth
- Performed sports coaching and skills development
- Provided one-on-one counseling to youths

EDUCATION

Grossmont College

San Diego, CA

Criminal Justice - Completion anticipated fall 2017

Southwestern College

San Diego, CA

Criminal Justice

December, 2015

REFERENCE

Dean - Owner

Jeff Applebaum

PBS Pools Ltd

Hotspurs USA

619-990-0996

619-726-4820

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Prep Cooks Test

Multiple Choice (1 point each)

- 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
- 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

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

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)