

1200 Brookside Rd  
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732-309-8045  
CarebyOmorrison@yahoo.com

# Octavia Morrison

## Professional Education:

June 2016- November, 2016      **Promise Culinary School**      New Brunswick, NJ  
*Vocational Culinary Training Certified by NJ State Department of Education*

### *Topics Covered:*

- Learned basic principles of cooking, including terminology, knife skills, and history.
- Completed Preparation of classic stocks and sauces.
- Extensive training in and with various proteins, vegetables, starches, breads, and desserts.
- Learned all aspects of special dietary preferences including vegetarian and vegan
- Program highlights consisted of both classroom instruction and hands on experience including a two-week externship in a professional kitchen.
- Completed Servsafe Sanitation Course; Certification valid through 2020

**HSD, Franklin High School, Somerset, NJ, 11**

## Work Experience

February 2014 – Current      **Alternatives Inc.**      Bridgewater, NJ.

### **Direct Support Specialist**

- Evaluates skills and needs of each individual receiving services.
- Assist in planning and implementing IHP with Program manager & interdisciplinary Team.
- Assist in setting up doctor appointments.
- Supervise clients in maintenance and upkeep of apartments.
- Ensure security and confidentiality of all Alternatives Records.

December 2011- June 2012      **Robert Wood Johnson Hospital**      New Brunswick NJ

### **Food Service worker**

- Prepared, placed and served patient food trays
- Maintain a clean work area
- Responsible for working patient tray line.
- Responsible for setting up food trays based on patient diet.
- Delivered and received patient food trays
- Prepare , stock and clean kitchen.

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**Skills**

Adult first aid/CPR, Infant/child CPR, Overview mental illness certification, sorting/filling, data entry, Proveit! Microsoft word 90%, Microsoft excel 100%, waiting, serving, hosting, and customer service.



Name Octavia Morrison

**Servers Test**

Score 24/35

**Multiple Choice**

- A C X 1) Food is served on what side with what hand?
- a) On the left side with the left hand
  - b) On the left side with the right hand
  - c) On the right side with the left hand
  - d) On the right side with the right hand
- D C X 2) Drinks are served on what side with what hand?
- a) On the left side with the left hand
  - b) On the left side with the right hand
  - c) On the right side with the left hand
  - d) On the right side with the right hand
- D A X 3) Food and drinks are removed on what side with what hand?
- a) On the left side with the left hand
  - b) On the left side with the right hand
  - c) On the right side with the left hand
  - d) On the right side with the right hand
- A 4) What part of a glass should you handle at all times?
- a) The stem
  - b) The widest part of the glass
  - c) The top
- D 5) When you are setting a dining room how should you set up your tablecloths?
- a) Neatly and evenly across the tables
  - b) The creases should all be going in the same directions
  - c) The chairs should be centered and gently touching the table cloth
  - d) All of the above
- D 6) If you bring the wrong entrée to a guest what should you do?
- a) Go back into the kitchen and patiently wait in line behind the rest of the servers until it's your turn
  - b) Inform the guests that you will bring the correct entrée once everyone else in the dining room is served
  - c) Try to convince the guests to eat what you brought them
  - d) Go back into the kitchen to the front of the line and inform the expeditor that you need a different entrée

74%

**Match the Correct Vocabulary**

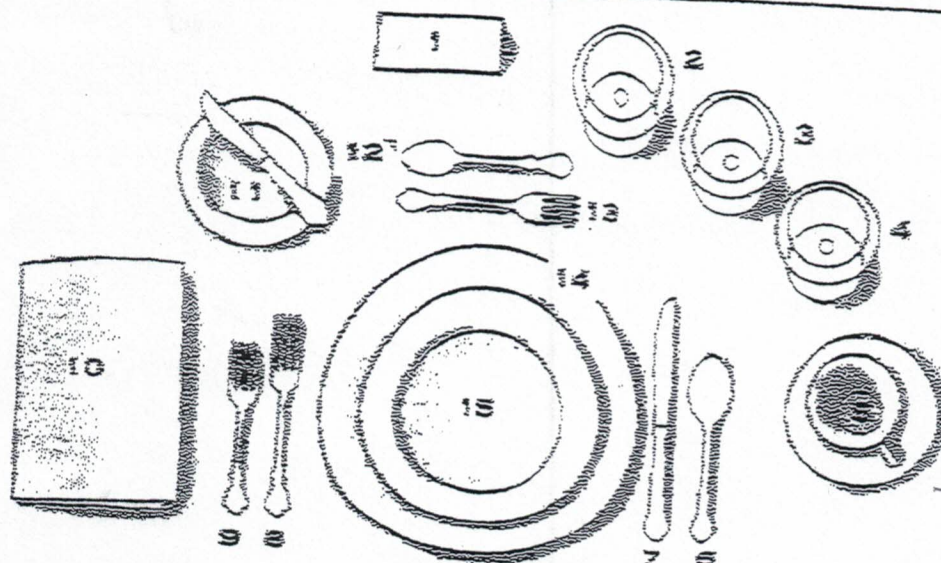
- |                             |   |
|-----------------------------|---|
| <u>X</u> <u>C</u> Scullery  | <u>A</u> Metal buffet device used to keep food warm by heating it over warmed water   |
| <u>F</u> Queen Mary         | <u>B</u> Style of service where food is prepared or served individually at the dinner table to fit the customer's specific taste (i.e. providing dressing and pepper for salad or handing out bread to each patron) |
| <u>A</u> Chaffing Dish      | <u>C</u> Used to hold a large tray on the dining floor  |
| <u>B</u> French Passing     | <u>D</u> Area for dirty dishware and glasses  |
| <u>G</u> Russian Service    | <u>E</u> Large metal shelving unit for prepared food to be held or for dirty trays to be stored   |
| <u>F</u> Corkscrew          | <u>F</u> Used to open bottles of wine   |
| <u>X</u> <u>D</u> Tray Jack | <u>G</u> Style of dining in which the courses come out one at a time  |



# Servers Test

Name Octavia Morrison

Score 20 / 35



## Match the Number to the Correct Vocabulary

- 10 Napkin
- 11 Bread Plate and Knife
- 1 Name Place Card
- 12 Teaspoon
- 13 Dessert Fork
- 6 5 Soup Spoon
- 15 Salad Plate
- 4 Water Glass

- 8 Dinner Fork
- 5 Tea or Coffee Cup and Saucer
- 7 Dinner Knife
- 2 Wine Glass (Red)
- 9 Salad Fork
- 14 Service Plate
- 3 Wine Glass (White)

## Fill in the Blank

1. The utensils are placed 8 inch 1 inch (es) from the edge of the table.
2. Coffee and Tea service should be accompanied by what extras? Sugar & Cream
3. Synchronized service is when: everyone on same page have everything in order
4. What is generally indicated on the name placard other than the name? 3 6
5. The Protein on a plate is typically served at what hour on the clock? 3 6
6. If a guest asks for a specialty dinner (i.e. Gluten-Free or Vegetarian) you should do what immediately?  
Tell head chef

starch  
protein  
veggie

## Prep Cooks Test

Score 11 / 20

### Multiple Choice (1 point each)

- C 1) A gallon is equal to \_\_\_\_\_ ounces
- a. 56
  - b. 145
  - c. 32
  - d. 128
- A 2) Mesclun are what type of vegetable?
- a. Roots
  - b. Beans
  - c. Salad Greens
  - d. Spices
- A 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
- D 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
  - b. Salt
  - c. Brown Sugar
  - d. White Sugar
- B 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

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## Prep Cooks Test

- D 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 C 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
- B 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 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) mince: to cut into very small pieces when uniformity of size and shape is not important.  
minced