

# PRAXIS

EMPLOYMENT DESIRED

## PERSONAL INFORMATION

Are you able to perform the essential functions of the job for which you are applying? Yes ✓ No

If no, describe the functions that cannot be performed. (Note: We comply with the ADA and consider reasonable accommodation measures that may be necessary for eligible applicants/employees to perform essential functions.)

**Pursuant to any and all Fair Chance Ordinances, we will consider for employment qualified applicants with arrest and conviction records.**

## EDUCATION & SKILLS

NAME OF SCHOOL	CITY & STATE	GRADE OR DEGREE COMPLETED	DID YOU GRADUATE?
Treasure Island Job Corps	San Francisco, CA	Advanced Culinary	Yes
Parkland College	Champaign, IL	Digital Media	NO
Do you have any special licenses, certificates or special training? If so please list under "Special".		YES	NO
Are you computer literate? If so, list software knowledge under "Special."		YES	NO
Are you proficient with Point of Sales Systems? If, so please list which ones under "Special."		YES	NO
Do you have any other experience, training, qualifications or special skills, which you feel make you especially suited for work at Acrobat Outsourcing? If so, please list under "Special."		YES	NO
Special: Certifications including: Managers SenseSafe, CPH/Aed, Allergens, Purchasing & Alcohol. Fluent in Microsoft Office/Word + Powerpoint + File Management			

## EMPLOYMENT HISTORY

List below all present and past employment starting with your most recent employer (last 10 years is sufficient). Account for unemployment periods of three months or more.

**Are you currently employed?** Yes \_\_\_ No \_\_\_ **If so, may we contact your current employer?** Yes \_\_\_ No \_\_\_

### Name and Address of Employer

Type of Business \_\_\_\_\_ Telephone No. (\_\_\_\_) \_\_\_\_\_ Supervisor's Name \_\_\_\_\_  
Your Position and Duties \_\_\_\_\_

Dates of Employment: From \_\_\_\_\_ To \_\_\_\_\_

Reason for Leaving: \_\_\_\_\_

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Your Position and Duties \_\_\_\_\_

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Dates of Employment: From \_\_\_\_\_ To \_\_\_\_\_

Reason for Leaving: \_\_\_\_\_

**Have you ever been fired from any previous place of employment? If so, please explain:**

**MILITARY SERVICE**

Have you obtained any special skills or abilities as the result of service in the military? Yes\_\_\_ No\_\_\_  
If so, describe: \_\_\_\_\_

**JOB RELATED REFERENCES**

List below three persons not related to you who have knowledge of your work performance within the last three years.

**Name:** \_\_\_\_\_ **Telephone No.** (\_\_\_\_)

**Address** \_\_\_\_\_

**Occupation:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Number of Years Acquainted:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Telephone No.** (\_\_\_\_)

**Address** \_\_\_\_\_

**Occupation:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Number of Years Acquainted:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Telephone No.** (\_\_\_\_)

**Address** \_\_\_\_\_

**Occupation:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Number of Years Acquainted:** \_\_\_\_\_

**Please Read Carefully, Initial Each Paragraph and Sign Below**

ASB I hereby certify that I have not knowingly withheld any information that might adversely affect my chances for employment and that the answers given by me are true and correct to the best of my knowledge. I further certify that I, the undersigned applicant, have personally completed this application. I understand that any omission or misstatement of material facts on this application or on any document used to secure employment shall be grounds for rejection of this application or for immediate discharge if I am employed, regardless of the time elapsed before discovery.

ASB I hereby authorize Acrobat Outsourcing to thoroughly investigate my references, work record, education and other matters related to my suitability for employment and, further, authorize the references I have listed to disclose to the company any and all letters, reports and other information related to my work records, without giving me prior notice of such disclosure. In addition, I hereby release the company, my former employers and all other persons, corporations, partnerships and associations from any and all claims, demands or liabilities arising out of or in any way related to such investigation or disclosure.

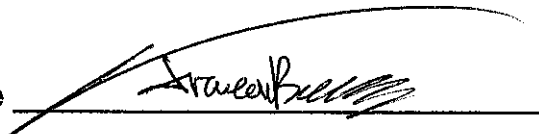
ASB I hereby authorize Acrobat Outsourcing and its authorized representatives to solicit information regarding my background, which may include but not be limited to, information about my employment, education, and/or criminal history, which may be in the files of any federal, state, or local criminal justice and law enforcement agency and general public records history.

ASB I understand that if selected for hire, it will be necessary for me to provide satisfactory evidence of my identity and legal authority to work in the United States, and that federal immigration laws require me to complete an I-9 form in this regard within three days of my hire date.

ASB Acrobat Outsourcing is an at-will employer. I understand that nothing contained in the application, or conveyed during any interview, which may be granted or during my employment, if hired, is intended to create an employment contract between me and the company. In addition, I understand and agree that if I am employed, my employment is for no definite or determinable period and may be terminated at any time, with or without prior notice, with or without cause, at the option of either myself or the company, and that no promises or representations contrary to the foregoing are binding on the company unless made in writing and signed by me and the company's designated representative.

I hereby acknowledge that I have read and understand the above statements.

**Applicant's Signature**



**Date**

2.14.19

# Traveon Baker

Advanced Culinary Arts Graduate  
351 Avenue H Ave. Bldg 442, San Francisco CA 94130  
TraveonBaker2013@gmail.com  
2177662464

**PROFESSIONAL SUMMARY** I aim to strengthen my career path by not only furthering my culinary knowledge but also gaining as much experience in the field as I can.

## **CREDENTIALS**

- Servsafe Managers Certification
- Servsafe Alcohol Certification
- Servsafe Allergens
- CPR/AED

## **SKILLS**

- On-time and dependable
- Great listening skills
- Follow proper sanitation
- Work well under pressure
- Mother sauces and sub Sauces
- Design and plating of desserts
- Baking breads, pastries, and cakes
- Fluent in Microsoft Office

## **WORK HISTORY**

### **Pastry Chef Assistant, Wayfare Tavern, San Francisco, CA**

October, 2018- December, 2019

- Daily prep (caramel, pastry crème, simple syrups and chocolate sauce)
- Upscale plating techniques
- Preparation and baking of large popover batches
- Doughnut frying and glazing

### **Host, Bistro Boudin, San Francisco, CA**

April, 2018-August, 2018

- Made reservations for a full service, fine dining restaurant
- Greeted and sat customers as they arrived at the establishment
- Worked consistently and effectively with 2 other hosts at a time
- Processed up to 700 customers an evening
- Followed all health and safety standards

## **EDUCATION**

### **Advanced Culinary Training Treasure Island Job Corps, San Francisco, CA**

January, 2018 – January, 2019

- Eight Weeks Food and Beverage Course
- Eight Weeks Garde Manger Course
  - Forcemeat for sausage, meat curing (pork, salmon), and pickling of vegetables, basic fundamentals to fabricate: fin fish, poultry, crustaceans, bivalves and flat fish
- Sixteen Weeks Baking/Pastry Course
  - Preparations of baked cakes, croissants, cookies, breads and various doughs. Preparations of mousse, ice-cream, candies, sweet sauces and chocolates
- Sixteen Weeks Bistro/Fine Dining Course
  - Global cuisine fine dining cooking techniques including, Asian, Mexican, American, French, Italian and Greek.

### **Basic Culinary Training Joliet Job Corps Center, Joliet, IL**

February, 2017 – January, 2018

- One year of basic fundamentals of Culinary including food service, plating and basic pastry work.

**Studied Digital Media Parkland College, Champaign, IL**

- December 2015

August, 2013 - December 2013/August, 2015

**General Education Centennial High School, Champaign, IL**

August, 2009 – August, 2013



Name: <u>Travon Baker</u>	Interviewer: <u>Keenan</u>
Date: <u>2/14/19</u>	Rate of Pay: <u>\$17 to Start</u>
Position (s) Applied for: <u>Cook</u>	Referred by:

Test Scores					
Server	/35	%	Bartender	/30	%
Prep Cook	/15	%	Barista	/10	%
Grill Cook	<u>35</u> /40	%	Cashier	/10	%
Dishwasher	/10	%	Housekeeping	/16	%

Seeking:
<u>Full-Time</u>
Part-Time

### Relevant Experience & Summary of Strengths

Server:

Cook Prep, Line, or Grill

Bartender:

Pushy Chef Asst.  
Wayfare Tindler  
Host Bistro Boudin

Dish: 3 Sink Process or Machine

Busser:

House Keeper:

Cashier:

Concessionaire:

P.O.S. Experience: Y / N details:

### Transportation

Car

Public Transit

Carpool ( Rider / Driver )

### Regions Available to work:

SF City

SF North

SF Peninsula

East Bay

Outer East Bay

San Jose

South San Jose

SJ Peninsula

### Certifications (if any)

TIPS

Food Handler

LEAD

Other \_\_\_\_\_

Will Submit

### Availability

Open

AM only

PM only

Weekdays only

Weekends only

Details:

### Uniforms Owned

WHT Bistro

BLK Bistro

Black Vest

Black Tie

Chef Coat

Chef Pants

Polo Shirt

Black Pants

Non-Slip Shoes

Knives

Would you recommend this applicant for Acrobat Academy?

Convention Candidate?

Other Languages Spoken:





**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
- c 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
- c 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
- a 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

## Grill Cooks Test

- e 10) Food-handling gloves must be changed frequently and also:
- a) After handling garbage
  - b) After every break
  - c) After picking things up off the floor
  - d) Between handling raw and cooked foods
  - e) All of the above
- C 11) A Julienne is:
- a) to cut food into 1 inch X 1 inch cubes
  - b) A cooking method using high heat
  - c) To cut food into 1/8 X 1/8 slices
  - d) A rough cutting method producing oblong shapes
- d 12) A gallon is equal to \_\_\_\_\_ ounces
- a) 56
  - b) 145
  - c) 32
  - d) 128
- b 13) How many cups are in a quart?
- a) 2
  - ☒ b) 4
  - c) 6
  - d) 8
- a 14) A Chiffonade is:
- a) To slice an herb or leafy vegetable into thin ribbons
  - b) To de bone a fish
  - c) Another name for parchment paper
  - d) To cook food in liquid, or at just below the boiling point
- f 15) Potentially hazardous hot foods must be maintained at an internal temperature of \_\_\_\_\_ or higher to be safe
- a) 145° F
  - ☒ b) 135° F
  - c) 160° F
  - d) 180° F
- C 16) Which of the following explains the process of poaching?
- a) Poke poultry on the thickest part in order to make sure it's tender
  - b) To cook food in an oven that has reached 350° F
  - c) Cook gently in water that is hot but not boiling (160°-180°)
  - d) Submerge protein in boiling liquid to speed cooking time
- X 17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?
- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
  - b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
  - ☒ c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
  - d) 2 oz of celery, 10 oz of carrot, 2 oz of onion
- C 18) Which of the following best describes braising?
- a) To cook quickly in a pan on top of the stove until food is browned
  - b) Process through which natural sugars in food become browned and flavorful while cooking
  - c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
  - d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

## Grill Cooks Test

- b 19) Which of the following best describes the process of Caramelization?
- a) To cook quickly in a pan on top of the stove until food is browned
  - b) Process through which natural sugars in food become browned and flavorful while cooking
  - c) Cooking method by which food is browned in fat, then cooked, tightly coved, in liquid at low heat
  - d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

- c 20) What temperature should chicken be cooked to?
- a) 145°F
  - b) 155°F
  - c) 165°F
  - d) 175°F

- b 21) What temperature should ALL ground meat be cooked to?
- a) 145°F
  - b) 155°F
  - c) 165°F
  - d) 175°F

- d 22) What temperature should fish be cooked to?
- a) 145°F
  - b) 155°F
  - c) 165°F
  - d) 175°F

- 2 23) What is a roux and what is it used for? (2 points)
- Roux is a combination of both a flour + a fat which may be used as a thickener for soups + sauces.

- 3 24) What is the process of making clarified butter, and why is clarified butter used? (3 points)
- Clarified butter is made by melting it down and skimming out the milk that surfaces. It adds better flavor to foods.

- 5 25) What are the 5 mother sauces? (5 points)
1. Beurre blanc
  2. Velouté
  3. Hollandaise
  4. Espagnole
  5. Tomato

- 3 26) What does it mean to season a grill and why is this process important? (3 points)

Season a grill typically involves laying down a layer of fat to avoid sticking

- 3 27) What are the ingredients in Hollandaise sauce? (5 points)

Generally, egg yolks, a source of fat and lemon Juice.  
butter  
cayenne, water

