

Terrance Mosley

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Objective

Passionate individual that has experience in a variety of different areas. I work well with people and my many talents equip me with the ability to adapt to any situation as well as overcome any circumstance. I am a hard worker with the determination to complete any and every task that I begin.

Experience

Cook/Retail

2010 to 2015

my credentials during these five years consisted of buffet style, institutionalized, line cook, prep cook, expo cook for breakfast and lunch, baker, and cashier. My responsibilities were to label and date all products, always practice cleanliness, count inventory, bake for special events and banquet prep. The jobs I held performing these duties were: The San Luis Resort, Four Points Hotel, and The University Of Houston

Universal Technician

2013 to 2105

Current t.w.i.c. card holder with basic plus. After achieving these credentials in the oil and plant field I gained experience with :Whole/Fire Watch (Confined Space Attendant) , Radiation Technician, Hydro Blast Technician , Painter, and Tank Cleaner. The Companies I worked for performing these duties were Able Industrial, C.k.s Industrial, and Champion Painting

C.N.A.

2015 to current

Certified Nursing Assistant. My duties Consisted of assisting nurses with helping patients and or residents with daily living activities. I take blood pressure statistics and familiar with a glucometer for checking blood sugar. Both acts require proper documentation. I also assist residents/ patients with bathing and feeding. The jobs I held performing these duties were at University of Texas Medical Branch(hospital), Tideway(a brain rehabilitation center) and Gulf Healthcare Center (nursing home)

Education

Brookside Christian Academy/ Ball High School

2005 to 2008

High School Diploma

Alpha And Omega Career Center/ Health Initiative Learning Center

2009/2015

Received H.V.A.C. Technician certificate. Gained additional training in Carpentry, Plumbing, And Electrical

Received Nursing Assistant certificate

Skills

- Critical Thinking
- Complex Problem Solving

- Building and Construction
- Equipment maintenance
- Active Learning
- Engineering and Technology
- Food Production

Grill Cooks Test

Score / 40

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
- A 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
- A 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
- D 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

TEST_Grill Cook (rev. 2013.07.31)

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

C 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

D 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

C 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

- A 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 covered, 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

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

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

- 23) What is a roux and what is it used for? (2 points)

A Mixture of oil and flour mostly used for Gravy

- 24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

Clarified butter is used for dipping seafood in
or cooking popcorn

- 25) What are the 5 mother sauces? (5 points)

1. Hollandaise
2. Tomato
3. Bechamel
4. Brown
5. Veloute

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

Coat grill with seasoning

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

Egg yolk
Melted Butter
Lemon juice