

PrEP

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Summary

Responsible, hardworking individual with over four years of experience as a prep cook food handler in food service industry both large and small venues. Seeking a fulltime position where my experience can be utilized, room for growth and open for new opportunities.

Relevant Experience

Prep Cook

- Responsible for prepping and serving a large facility, two hundred capacity daily breakfast lunch and dinner utilizing a rotating menu with a variety of meals
- Trained in setting up dining room for buffet and catering experience
- other duties include special meal preparation such as non-pork vegetarian only vegan and other request from patrons
- trained in proper cleaning procedures for food service industry for preventing bacteria and germ contamination and outbreak
- Inspect and clean food preparation areas, such as equipment and work surfaces and serving areas to ensure safe and sanitary food-handling practices
- Ensure freshness of food and ingredients by checking for quality, keeping track of old and new items, and rotating stock
- Ensure food is stored and cooked at correct temperature by regulating temperature of ovens, broilers, grills, and roasters; prep cold and hot meals throughout each shift
- Season and cook food according to recipes or personal judgment and experience

Dish Washer

- Experience in both large and small operations anywhere from fifty to two thousand on a daily basis anything from
- pots and pans dishes and utensils both
- machine and sink method and can follow verbal instructions
- Wash dishes, glassware, flatware, pots, or pans, using dishwashers and by hand
- Maintain kitchen work areas, equipment, or utensils in clean and orderly condition
- Place clean dishes, utensils, or cooking equipment in storage areas
- Sort and remove trash, placing it in designated pickup areas
- Sweep or scrub floors.

Education and Certification

- **GED**
- **CULINARY SERVICES CERTIFICATE**

Bee County High School

Dishwasher Test

B 1) After washing your hands, which item should be used to dry them?

- a) Clean apron
- b) Sanitized wiping cloth
- c) Single use paper towel
- d) Common used cloth

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C 2) While washing dishes by hand, which item should you wear?

- a) Cutting glove
- b) Oven Mitt
- c) Rubber glove
- d) Nothing

d 3) When should you wash your hands?

- a) Before you start work
- b) After handling non-food items (garbage, money, cleaning chemicals)
- c) After using the restroom
- d) All of the above

A 4) If you need to move a heavy load, you should PULL and not PUSH the object.

- a) True
- b) False

E 5) Which of the following could you be at risk for getting burned from?

- a) Steam from boiling pots
- b) Hot liquids (coffee, soup, tea)
- c) Hot equipment (ovens, pots, chafing dishes)
- d) Harsh chemicals
- e) All of the above

A 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.

- a) True
- b) False

C 7) What should you do if you spill liquids or see a liquid spill?

- a) Leave it for someone else to clean-up
- b) Wait until the end of your shift to clean it
- c) Flag the spill and clean it immediately
- d) Not sure

C 8) When handling hot items you should?

- a) Wear rubber gloves
- b) No need to wear anything
- c) Use an oven mitt or dry cloth towel
- d) Nothing

 9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?

- a) Rinsing
- b) Scraping
- c) Washing
- d) Sanitizing

C 10) What is the proper method for cleaning and sanitizing stationary equipment?

- a) Spray with a strong cleaning solution and wipe with a sanitized cloth
- b) Spray with a sanitizing solution, then rinse with clean water and dry
- c) Wash and rinse, then wipe or spray with a chemical-sanitizing solution
- d) Brush off loose soil with a clean cloth, then wipe with a sanitizing solution

STUDENT

Prep Cooks Test

Multiple Choice (1 point each)

1) A gallon is equal to 128 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