

SANDRA WILSON

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SKILLS

Customer Service, Effective Time Management, Detailed-Oriented, Multi-Task Oriented, Safety Conscious, Organized,

- Flexible, Dependable, Safety Conscious, Organized, Honest, Friendly
- **Military:** Army, 91-S, Preventive Medicine Specialist 11/10/1991-10/14/1995 , HONORABLE DISCHARGE
- **Correctional Officer** at Silverdale Correctional Center- Chattanooga, TN, 01/2010-5/2010
- **Correctional Officer** at Polk Youth Center, Butner, NC, 03/2002-04/2003

WORK HISTORY

Warehouse Associate (temporary) 7/2018-01/2019

- scanner product on the conveyor belt or pull product from the conveyor belt during peak season

Student Cook (temporary) 7/2017- 7/2018

- **Culinary Staffing Agency**-Los Angeles, CA
- Prep/student cook at Langham Hotel, WGP catering events, LA Live events such as Netflix , Youtube, & Microsoft

Cook (temporary) 3/2018- Present

- **First Class Staffing Agency**- Irvine, CA
- Events at the Honda Center, Boeing employee kitchen, LA Rams concession games, & Anaheim Convention Center

Day Baker (full-time) 10/2016- 4/2017

- **Panera Bread**-Atlanta, GA
- Consistently attained high food quality standards when proofing/baking loaf bread, bagels, & other pastry items

Prep Cook (part-time), 5/2016-10/2016

- **La Madeleine Country French Café**- Buford, GA
- Nights & week-end food prep; prepared food items consistently & in compliance with the recipes

Custodian (temporary), 10/2015-05/2016

- **Next Step Staffing Agency**-Atlanta, GA; contracted by Aramark to clean the Atlanta Public Schools

Deli Associate, (part-time) 8/2013- 1/2015

- **Kroger**- Alpharetta, GA; Customer service in the deli department

91-S, Preventive Medicine Specialist-Army, 11/1991-10/1995

- Safety & Security, complied with standard policies & procedures , with worked well with limited resources at times,
- inventory, ordered supplies, supervised one, teaching instructor, vehicle maintenance, compiled records, health inspections

EDUCATION

Student; 8/2018- Present; Fashion Program

- **Los Angeles Trade Technical College**- Los Angeles, CA

Student; 1/2015- 5/2017; Culinary Arts Program

- **Gwinnett Technical Community College**-Lawrenceville, GA

CERTIFICATIONS

- **Guard Card:** G6385663, expires 7/31/2020; **CPR-First -Aid:** expires 1/3/2020

VOLUNTEER SERVICES

- Piedmont Health Care-Atlanta, GA; 5/2014-1/2015
- Atlanta Medical Center-Atlanta, GA; 7/2014-3/2016

Multiple Choice Test (1 point each)

1

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

2

2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

3

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

4

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

5

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

6

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

7

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

8

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

9

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

87.5%

Grill Cooks Test

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

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

12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- d) 128

13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

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

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

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

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

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 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

b 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)

Flour + oil = cooking sugars

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

Melt butter and then strain off the
white top (water) = flavor

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

1. Brown sauce
2. White sauce
3. Bechamel
4. Velouté
5. Hollandaise

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

Soak grill, season the meat during cooking

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

Eggs, Mayo, Oil

90%

S 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

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

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

A 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

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

- a) True
- b) False

P 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, chaffing 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

H 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

A 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

S 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

Cashier Test

Score B / 15

13

1) A roll of quarters is worth?

- a) \$5.00
- b) \$10.00
- c) \$15.00
- d) \$20.00

Sandra Wils, u - 2

9

2) A roll of dimes is worth?

- a) \$5.00
- b) \$4.00
- c) \$3.00
- d) \$2.00

87%

1

3) A roll of nickels is worth?

- a) \$8.00
- b) \$6.00
- c) \$4.00
- d) \$2.00

9

4) A roll of pennies is worth?

- a) \$1.00
- b) \$0.75
- c) \$0.50
- d) \$0.25

2

5) What does POS stand for?

- a) Patience over standards
- b) Percentage of sales
- c) Point of sales
- d) People over service

108

6) What is the current sales tax rate in your city 0%?

9.5

1

7) A customer buys a bowl of soup for \$1.25, an apple \$0.90 and a soda is \$0.79. If you are given \$10.00 how much change should you give back?

- a) \$4.06
- b) \$2.06
- c) \$7.06
- d) \$5.06

$$\begin{array}{r}
 1.25 \\
 0.90 \\
 \hline
 2.15 \\
 -0.79 \\
 \hline
 1.36
 \end{array}$$

b

8) A customer buys two shirts for 10.50 each and two ball caps for \$7.25 each. If you are given \$50.00 how much change should you give back?

- a) \$19.50
- b) \$14.50
- c) \$9.50
- d) \$4.50

$$\begin{array}{r}
 21.00 \\
 14.50 \\
 \hline
 35.50 \\
 -28.00 \\
 \hline
 7.50
 \end{array}$$

10

9) A customer buys soda for \$3.75 and a hot dog for \$4.25. If you are given \$20.00 how much change should you give back?

- a) \$6.00
- b) \$8.00
- c) \$10.00
- d) \$12.00

$$\begin{array}{r}
 3.75 \\
 4.25 \\
 \hline
 8.00
 \end{array}$$

1

10) A customer buys two hamburgers at \$3.75 each, two bags of chips at \$1.25 each, two cookies at \$2.50 each and two sodas at \$3.25 each. If you are given \$100.00 how much change should you give back?

- a) \$78.50
- b) \$58.50
- c) \$38.50
- d) \$28.50

$$\begin{array}{r}
 3.75 \\
 3.75 \\
 \hline
 7.50 \\
 14.00 \\
 \hline
 21.50 \\
 6.50 \\
 5.00 \\
 \hline
 14.00 \\
 \hline
 78.50
 \end{array}$$

Cashier Test

Score / 15

9

11) Counterfeit pens should be used on which three denominations?

- a) \$20, \$50, \$100
- b) \$10, \$20, \$50
- c) \$5, \$50, \$100
- d) \$10, \$20, \$50

6

12) How many times should you count change when giving it to the customer?

- a) one
- b) two
- c) three
- d) no need to count

Question & Answer:

13) What is the minimum age for legal alcohol purchases? 21

14) What are the acceptable forms of ID for alcohol purchases? government issued

15) How many \$20 bills are in a bank band? 100