

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 Ram's 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)

5
87.5%

- 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 Q 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

10 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 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 12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- ☒ d) 128

13 13) How many cups are in a quart?

- a) 2
- ☒ b) 4
- c) 6
- d) 8

14 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 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 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 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 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 sauces

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. Velouté
4. béarnaise
5. Hollandaise

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

salt on grill, season the meat during cooking

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

eggs, milk, oil

Sandra Wilson

Dishwasher Test

-1 90%

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

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

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

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

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

- a) True
- ☒ b) False

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

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

- ☒ a) True
- b) False

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

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

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

Sandra Wilson - 2

87%

- 13 1) A roll of quarters is worth?
- a) \$5.00
 - ☒ b) \$10.00
 - c) \$15.00
 - d) \$20.00

- 9 2) A roll of dimes is worth?
- ☒ a) \$5.00
 - b) \$4.00
 - c) \$3.00
 - d) \$2.00

- 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

- C 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 108 ? 9.5

- C 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

- 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

- d 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

- e 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

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? governmental ID

15) How many \$20 bills are in a bank band? 9100