



ACROBAT OUTSOURCING
TSC GROUP

First and Last Name: Joshua Thomas
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Working Experience:

Company Name: Veloore

Dates of Employment: 11/2013 - 4/2014

Job Responsibility: cook to order, clean kitchen

- Wash dishes at night, do order for
- Kitchen
-

Company Name: Morris / Grady

Dates of Employment: 10/2017 - 10/2018

Job Responsibility: cook / utility

- make plates for patients.
- wash dishes, sometimes - keep my area clean
-

Company Name: Protek Healthcare

Dates of Employment: 8/2014 - 2/2016

Job Responsibility: Floor Tech

- Buff (wax) strip - shampoo carpets
- Clean bathrooms sometimes
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Skills

- Utility, Food service, Floor Tech
- Housekeeping
-

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Grill Cooks Test

Score 20 / 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
- a 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
- 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
- c 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
- C 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
- 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
- B 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 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

d 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

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

making sauce

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

Butter is put in a cup over a low heat. When the milk solids are browned, the liquid is poured off.

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

- 1.
- 2.
- 3.
- 4.
- 5.

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

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

Name: Joshua Thomas Date: 4/12/19

Dishwashing Test

9/10

Fill In The Blank:

1. Name two of the four potential hazards of working in a professional kitchen discussed in this training:

spills and heavy lifting

2. Name two of the four rules mentioned for lifting safely:

use your legs to lift.
no lung back straight

3. What is a good way to prepare your body for the rigors of your work day before you start your day?

stretch out

4. What type of cleaner should you use when cleaning up an oil-based spill?

Do it

5. What type of item should never be used to scoop ice out of an ice machine?

Glass scoop

6. What type of item should you use if you have to handle a hot item?

oven mitt

7. How do you put out a grease fire?

cover it up

8. List the 6 steps of proper handwashing:

wet your hands
rub together
go between fingers
back of your hand
do your thumbs
come then the tip of fingers

9. When using a 3-compartment sink, the first sink is used for:

Washing

10. When using a 3-compartment sink, the second sink is used for:

Rinse

11. When using a 3-compartment sink, the third sink is used for:

sanitizing

12. When stacking dishes to dry, it's important to leave room for air to pass through.

13. When preparing dishes for an industrial dishwasher, it is important to choose the appropriate

rack and to load it at the arm end