

Chapparel Roberts

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Summary of Qualifications:

- Experience working in food service with active food handling card.
- Cash handling
- Able to work in fast-paced environment.
- Able to follow detailed instructions.
- Works well as part of a team.

Experience:

Center for Employment Opportunities,

San Diego CA

Maintenance Crew Member, Present Employer

- Responsible for providing general maintenance and custodial services to indoor and outdoor facilities within the San Diego Area.
- Assignments include: sweeping, mopping, sanitation duties, and moving office furniture.
- Participate in safety training and contribute to 100% team safety record.

Kitchens for Good

San Diego, CA

Food Preparation

- Grilled, cooked, and fried foods such as french fries, eggs, and pancakes.
- Cleaned food preparation equipment, work areas, and counters or tables.
- Took orders from customers and cook foods requiring short preparation times, according to customer requirements.
- Grilled and garnished hamburgers or other meats, such as steaks and chops.
- Restock kitchen supplies, rotate food, and stamp the time and date on food in coolers.

Select Staffing

San Diego, CA

Stocking/ Warehouse

- Pack and unpack items to be stocked on shelves in stockrooms.
- Store items in an orderly and accessible manner.
- Determine sequence and release of back orders according to stock availability.

Chipotle

San Diego, CA

Food Service

- Cleaned and sanitized work areas, equipment, utensils, dishes, or silverware.
- Stored food in designated containers and storage areas to prevent spoilage.
- Prepared a variety of food according to customers' orders or supervisors' instructions, following approved procedures.
- Portioned and wrapped the food or place it directly on plates for service to patrons.

Education:

Garfield High School
High School Diploma

San Diego CA
1994

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 blanch 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 ← OPS
 - d. 5 hours

Prep Cooks Test

- 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
- 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
 - b. Baking Powder
 - c. Flour
 - d. Water
- 11) What is the temperature range of the danger zone?
- a. 25-135
 - b. 40-140
 - c. 50-160
 - d. 30-130
- 12) Which of the following is listed from smallest to largest?
- a. Dice, chop, mince
 - b. Mince, chop, dice
 - c. Chop, dice, Mince
 - d. Mince, dice, chop
- 13) Which direction should pan handles be turned while cooking on the stove?
- a. Over the fire at all times
 - b. Turned towards you for better control
 - c. Turned towards the right or left at all times
 - d. Over the countertop at all times
- 14) When you poach something, you cook it with what?
- a. Noodles
 - b. Vegetables
 - c. Liquid
 - d. Oil
- 15) Which spoon is used to remove fat from soups and stews?
- a. Basting Spoon
 - b. Ladle
 - c. Slotted Spoon
 - d. Portion Spoon
- 16) Which of the following means to cook in a small amount of fat?
- a. Season
 - b. Sauté
 - c. Broil
 - d. Boil
 - e. Fry
- Turn away from the stove

Prep Cooks Test

17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

19) _____ & _____ are the basic seasoning ingredients for all savory recipes.

20) False: to cut into very small pieces when uniformity of size and shape is not important.