

Chapparel Roberts

8760 Jamacha Rd. 13B

Spring Valley, CA 91977

(442) 247-2278

roberts.chapparel76@gmail.com

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

San Diego CA

High School Diploma

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 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 ↗ PPS
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

Turn away from the stove

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

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.