

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

d 1) A gallon is equal to ____ ounces

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

C 2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

b 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

b 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

a 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

C 6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

a 7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

a 8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

C 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

C 10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

b 11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

d 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

C 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

C 14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

b 15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

b 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

a 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

a 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) Salt & Pepper are the basic seasoning ingredients for all savory recipes.

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

Grill Cooks Test

Score / 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

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

d 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 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

de 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

C 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

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)

Mixture of fat.
Used for Sauces?

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

Not sure

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

1. Hollandaise
2. ?
3. Veloute
4. Tomato
5. Brown

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

Spread oil? Keep grill lathered?

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

egg, lemon juice, Butter -1

Servers Test

Multiple Choice

b

1) Food is served on what side with what hand?

- a) On the left side with the left hand
- b) On the left side with the right hand
- c) On the right side with the left hand
- d) On the right side with the right hand

d

2) Drinks are served on what side with what hand?

- a) On the left side with the left hand
- b) On the left side with the right hand
- c) On the right side with the left hand
- d) On the right side with the right hand

d

3) Food and drinks are removed on what side with what hand?

- a) On the left side with the left hand
- b) On the left side with the right hand
- c) On the right side with the left hand
- d) On the right side with the right hand

b

4) What part of a glass should you handle at all times?

- a) The stem
- b) The widest part of the glass
- c) The top

d

5) When you are setting a dining room how should you set up your tablecloths?

- a) Neatly and evenly across the tables
- b) The creases should all be going in the same directions
- c) The chairs should be centered and gently touching the table cloth
- d) All of the above

d

6) If you bring the wrong entrée to a guest what should you do?

- a) Go back into the kitchen and patiently wait in line behind the rest of the servers until it's your turn
- b) Inform the guests that you will bring the correct entrée once everyone else in the dinning room is served
- c) Try to convince the guests to eat what you brought them
- d) Go back into the kitchen to the front of the line and inform the expeditor that you need a different entrée

Match the Correct Vocabulary

D Scullery

A. Metal buffet device used to keep food warm by heating it over warmed water

E Queen Mary

B. Style of service where food is prepared or served individually at the dinner table to fit the customer's specific taste (i.e. providing dressing and pepper for salad or handing out bread to each patron)

A Chaffing Dish

C. Used to hold a large tray on the dining floor

G French Passing

D. Area for dirty dishware and glasses

B Russian Service

E. Large metal shelving unit for prepared food to be held or for dirty trays to be stored

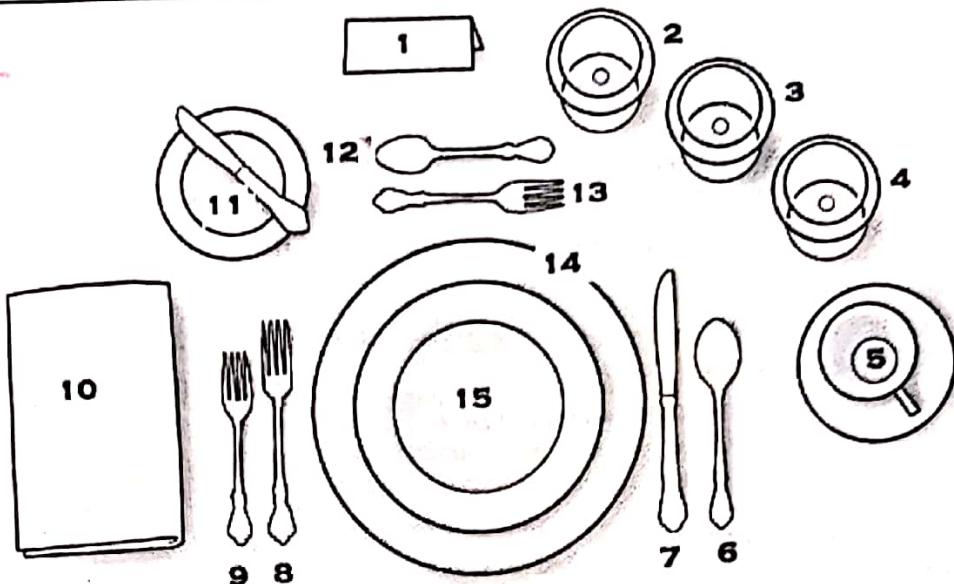
F Corkscrew

F. Used to open bottles of wine

C Tray Jack

G. Style of dining in which the courses come out one at a time

Servers Test



Match the Number to the Correct Vocabulary

<u>10</u>	Napkin
<u>11</u>	Bread Plate and Knife
<u>1</u>	Name Place Card
<u>12</u>	Teaspoon
<u>13</u>	Dessert Fork
<u>6</u>	Soup Spoon
<u>15</u>	Salad Plate
<u>4</u>	Water Glass

<u>8</u>	Dinner Fork
<u>5</u>	Tea or Coffee Cup and Saucer
<u>7</u>	Dinner Knife
<u>3</u>	Wine Glass (Red)
<u>9</u>	Salad Fork
<u>14</u>	Service Plate
<u>2</u>	Wine Glass (White)

Fill in the Blank

1. The utensils are placed 3 inch(es) from the edge of the table.
2. Coffee and Tea service should be accompanied by what extras? Spoon, Sugar, cream
3. Synchronized service is when: everything comes out together
4. What is generally indicated on the name placard other than the name? position
5. The Protein on a plate is typically served at what hour on the clock? _____
6. If a guest asks for a specialty dinner (i.e. Gluten-Free or Vegetarian) you should do what immediately? inform the cooks

Sage Bryant Embleton

1281 Eureka St, San Diego, CA 92110 (619) 538-3211 sneproductionsco@outlook.com

OBJECTIVE Exploring full-time employment opportunities requiring a dedicated, innovative and self-motivated team player with a strong work ethic.

EDUCATION Point Loma High School Diploma, OSHA Certified

EXPERIENCE Southwestern Yacht Club, San Diego, CA **February 2019-Current**

Dishwasher/Prep/Line cook

When I began working at Southwestern Yacht Club I was hired as a full-time dishwasher. Within 2 and a half months of working there I was promoted twice. Once to a prep cook and again to a line cook. Responsibilities as a line cook include prepping the line to ensure I have enough ingredients to last through the shift, making salads, cooking all fried items, cooking fish and chicken used on salads, making sandwiches, cooking and plating for banquets with as many as 300 guests, cleaning and sanitizing the line, etc

Cannonball, San Diego, CA **August 2018-February 2019**

Dishwasher

Responsibilities include opening and closing the restaurant, washing all dishes, prep work, cleaning the back dock, receiving and putting away orders, regularly sanitizing all prepping areas, and maintaining a safe and healthy work environment. When opening the restaurant I am responsible for placing non-slip matts throughout various locations of the kitchen, placing buckets with sanitizer on the line, in the raw bar, and at the sushi bar, sanitizing the dishwashing machine and putting it back together once sanitized, cleaning the fryers and changing the oil, retrieving all products the line and raw bar need for service for the day, putting trash bags in 8 trash cans and two bags for dirty rags, folding four bags of rags, filling two coolers of crushed ice for raw bar, making sure all soaps and sanitizers are full and ready for the day, and any prep work needed for the day. When closing I am responsible for the opposites of the opening duties mentioned. Prep work includes but is not limited to; portioning calamari, portioning 3 different kinds of seaweed, portioning pork, portioning soba noodles, chopping and blending garlic, trimming mahi buffet cuts and breading them for tacos, cleaning U-15 and U-22 shrimp and marinating it, juicing limes, cutting avocados, making guacamole, making chili aioli, making chipotle aioli, making muscle sauce, preparing oysters, etc. I am also learning to do some of the cooking and hope to soon become a line cook.

J&A Holdings, San Diego, CA

March 2018-August 2018

Moving Coordinator

Responsibilities included contacting customers at least 24 hours prior to their move to ensure customer satisfaction by providing details about how I would make their experience as stress-free as possible, arriving 30 minutes – 1 hour prior to move to do a building inspection to insure no previous damage was blamed on customer, set up elevator padding and floor mats if needed, set up runners through hallways from building entrance to residence, guard building entrance if doors were propped open to make sure non residents did not enter building, execute post inspection to ensure no new damage occurred during move, collect payment from customer, and enter move details and collected payment into company system.

Mothers Market, Costa Mesa, CA

February 2017-March 2018

Receiving Manager

Responsibilities included receiving all products and inputting them into the data base, thoroughly checking for damage and proper expiration dates if applicable, ensuring that products are delivered to the correct department, returning damaged or expired product and reordering new products, communicate with vendors and company representatives in a professional manner, helping customers with their specific needs, supervise employees, maintain a clean and safe warehouse, etc.

Cosmic Fog, Irvine, CA

October 2014-January 2017

Warehouse/Production supervisor

Responsibilities included overseeing all employees and operations in the warehouse and production room along with fix machines, produce 10-20 thousand bottles of vape juice daily. Quality checks on all products before sending out for shipping. Clean and maintain warehouse. Daily, weekly, bi-weekly, monthly, bi-annually, and annually standard operation procedures performed on a regular basis. All operation responsibilities were handled by me in a professional manner upholding and exceeding all standards.

Maersk Line Limited, Long Beach, CA

January 2011-April 2014

(Sea Farers International Union)

Ordinary Seaman

As an ordinary seaman, I interacted with all levels of licensed and unlicensed employees aboard the vessel. My primary responsibilities are crane operations, forklift operations, fastening and organizing cargo, and providing preventative maintenance inside and outside the crew's headquarters. In performing the task of working aloft, chipping rust and painting for the duration of 8 hours or more, exhibits my strong work ethic in a challenging environment. I received the Safety Award for executing safe behavior and utilizing proper equipment with excellence.

Ship Apprenticeship

As a ship apprenticeship, I trained 30 days in various departments. In the steward department, I assisted with food preparation, sanitizing kitchen and other common areas. I also performed general cleaning duties such as: sweeping, mopping, scrubbing, and dishwashing, setting tables, and waiting on officers. In the engine department I was involved in electrical training such as rewiring motors, lighting maintenance and other electrical devices. In addition, I assisted in disassembling a diesel generator, pumped excess fuel out of life boats and fresh fuel in. In the deck department I spliced wire rope and line, chipped and wire-wheeled rust, painted all surfaces, docked and undocked the ship, stood watch in the wheelhouse, manned the helm, built various things such as a picnic bench table, checked that cargo was secured, etc.

AMC, San Diego, CA

Winter 2010

Customer Service Representative

As a customer service representative, I provided assistance to management by representing AMC in a positive manner. Customer satisfaction was my highest priority. My friendly disposition was a positive indication of providing excellent customer service.

CERTIFICATIONS

Forklift Operator, Crane Operator, Life Boatswain, Watch-Standing, Fire Fighter and other related categories.

VOLUNTEER

Point Loma Nazarene First Church, San Diego, CA

Summer 2008

As a volunteer, I assisted the underprivileged community of Tecate, Mexico by building houses, clearing brush from outskirt areas.

HOBBIES

I enjoy surfing, photography, reading, and working out at the gym.

1706-1707