

Asprin Hamlett

Personal Trainer

Atlanta, GA

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Seasoned Personal Trainer with health and wellness experience in a fitness center. Possess proven track record in helping clients achieve fitness goals through customized exercises programs and diet plans. Consistently improve fitness center revenue targets by developing new programs and retaining clients. Also experienced in the food/hospitality industry; familiar with all aspect of operation procedures and management of a restaurant.

Authorized to work in the US for any employer

Work Experience

Grill cook

Shake Shack - Washington, DC

October 2017 to May 2019

Prepares meats such as steak, chicken, and fish to temperature and monitor for quality while cooking on grill

- Prepares food and create daily specials based on available ingredients
- Performs preparatory work such as cutting meat, skewering meat, mixing sauces, and making vegetable garnishes
- Interacts with team members to provide for special requests
- Cooks food according to recipes, quality standards, and presentation standards
- Washes and sanitizes tools, knives, and kitchen area

Cashier

Festivals Jerk Chicken - Atlanta, GA

April 2018 to August 2018

- Receive payment by cash, check, credit cards, vouchers, or automatic debits.
- Issue receipts, refunds, credits, or change due to customers.
- Count money in cash drawers at the beginning of shifts to ensure that amounts are correct and that there is adequate change.
- Greet customers entering establishments.
- Using sense of urgency for customers.
- Maintain clean and orderly checkout areas.
- Establish or identify prices of goods, services or admission, and tabulate bills using calculators, cash registers, or optical price scanners.
- Issue trading stamps, and redeem food stamps and coupons.
- Resolve customer complaints.
- Answer customers' questions, and provide information on procedures or policies.

Personal Trainer

LA FITNESS - Sandy Springs, GA

Skills

Fast Food, Customer Service, Food Service, Team Member, Food Prep

Additional Information

CORE SKILLS

Customer Service Cash Handling Problem Solving
Excellent Communicator Managerial Skills Physical Training
Food Service Restaurant Operations Administrative Operations

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 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

BCD 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

Prep Cooks Test

- 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

- A 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

- 7 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

- D 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

- B 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) Salt & pepper are the basic seasoning ingredients for all savory recipes.

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