

KNOWLEDGE KING

3020 Cascade Manor Dr | Decatur, Georgia | tyler_k07@hotmail.com | (260) 205-9264

OBJECTIVE

Seeking an opportunity in the human services field that will allow me to be a positive influence in the community.

PROFESSIONAL QUALIFICATIONS

- Strong organizational skills
- Excellent communication, both verbal and written
- Ability to adapt to individuals with diverse and unique personalities
- Demonstrated leadership skills
- Ability to train others
- Food preparation skills
- Data Entry
- Microsoft Office
- Exceptional customer service

EDUCATION

Ivy Tech Community College, Fort Wayne, IN
Associate of Science, Liberal Arts

Expected Graduation: May 2017

African American Male Initiative, President

June 2014-present

Holistic Health Education, Indianapolis, IN
Certificate of Completion, Holistic Health

March 2014

PROFESSIONAL EXPERIENCE

Park Center-Fort Wayne, IN
Behavior Staff

December 2016-present

- Work with children with behavioral issues

YMCA Youth Services Bureau-Fort Wayne, IN
Site Director

November 2016-present

- Supervise, provide academic and recreational activities for elementary children

Crossroads Family & Youth Services-Fort Wayne, IN
Youth & Family Specialist

May 2016-November 2016

- Supervised, a role modeling, teaching life skills, assisting with education and recreation programs, interacting and caring for youth
- Worked with clients and families in a residential setting

Ivy Tech Community College, Fort Wayne IN
Federal Work Study-Diversity Affairs

June 2014-May 2016

- Answered phones and filed paperwork
- Helped organize events on campus and peer mentor

Heritage Park, Fort Wayne, IN
Dietary Aide

March 2012-May 2016

- Perform defined work routines, using various dietary utensils, supplies and equipment as assigned by the Dietary
- Follow cleaning schedules and perform cleaning duties as scheduled

Multiple Choice (1 point each)

- A 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - d. 128
- A 2) Mesclun are what type of vegetable?
- a. Roots
 - b. Beans
 - c. Salad Greens
 - d. Spices
- d 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
- D 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
- C 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- b 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

- 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) _____ & _____ 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.