

# KNOWLEDGE KING

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## 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

<b>Ivy Tech Community College, Fort Wayne, IN</b> <i>Associate of Science, Liberal Arts</i>	Expected Graduation: May 2017
<b>African American Male Initiative, President</b>	June 2014-present
<b>Holistic Health Education, Indianapolis, IN</b> <i>Certificate of Completion, Holistic Health</i>	March 2014

## PROFESSIONAL EXPERIENCE

<b>Park Center-Fort Wayne, IN</b> <i>Behavior Staff</i>	December 2016-present
• Work with children with behavioral issues	
<b>YMCA Youth Services Bureau-Fort Wayne, IN</b> <i>Site Director</i>	November 2016-present
• Supervise, provide academic and recreational activities for elementary children	
<b>Crossroads Family &amp; Youth Services-Fort Wayne, IN</b> <i>Youth &amp; Family Specialist</i>	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	
<b>Ivy Tech Community College, Fort Wayne IN</b> <i>Federal Work Study-Diversity Affairs</i>	June 2014-May 2016
• Answered phones and filed paperwork	
• Helped organize events on campus and peer mentor	
<b>Heritage Park, Fort Wayne, IN</b> <i>Dietary Aide</i>	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	

## Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

A

1) A gallon is equal to \_\_\_\_\_ounces

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

D

2) Mesclun are what type of vegetable?

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

C

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

X

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

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.