

DRUSILLA R. COPELAND

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OBJECTIVE | To obtain a position where I can use my previous skills and talents for the betterment for a company.

SKILLS & ABILITIES

- Critical Thinking
- Communication
- Customer Service
- Multi-task

EXPERIENCES | **HOME HEALTH AIDE- SELF-EMPLOYED**

02/09-02/15

- Performed Personal Care Services- Dressing, Bathing, and Hygiene
- Provided Mobility Assistance from bed to bedside toilet and to wheelchair
- Prepared Three Meals Daily
- Washed Laundry Three Times a Week
- Accompanied patient to doctor visits
- Preformed light housekeeping-Make beds, Wash Dishes, and Vacuuming

SALAD BAR PREP/CASHIER- KROGER CORPORATION

02/04-02/09

- Prepared food dishes, make sandwiches and serve hot food dishes
- Restocked bins on salad bar
- Packaged bakery goods and placed on display shelf
- Restocked shelves
- Assisted customers at checkout and bag groceries
- Performed cashier duties when assigned
- Maintained a clean work area

LINE SERVER- THE ATLANTA BOARD OF EDUCATION

01/00-02/04

- Prepare food trays for students
- Cleaned and sanitized cafeteria tables and assigned work areas.
- Assisted with clean-up of spills.
- Monitored student clean-up.
- Replenished utensils, napkins and condiments as needed.

EDUCATION | **BASS HIGH SCHOOL, ATLANTA, GA 30309**

VOCATIONAL EDUCATION

Specialized in Work-Study Program, Home Economics, and Typing

REFERENCES | PRESENTED UPON REQUEST

Multiple Choice (1 point each)

32

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

a

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

C

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

b

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

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

C

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

Dishwasher Test

Score / 10

d 1) After washing your hands, which item should be used to dry them?

- a) Clean apron
- b) Sanitized wiping cloth
- c) Single use paper towel
- d) Common used cloth

C 2) While washing dishes by hand, which item should you wear?

- a) Cutting glove
- b) Oven Mitt
- c) Rubber glove
- d) Nothing

a 3) When should you wash your hands?

- a) Before you start work
- b) After handling non-food items (garbage, money, cleaning chemicals)
- c) After using the restroom
- d) All of the above

b 4) If you need to move a heavy load, you should PULL and not PUSH the object.

- a) True
- b) False

e 5) Which of the following could you be at risk for getting burned from?

- a) Steam from boiling pots
- b) Hot liquids (coffee, soup, tea)
- c) Hot equipment (ovens, pots, chafing dishes)
- d) Harsh chemicals
- e) All of the above

a 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.

- a) True
- b) False

C 7) What should you do if you spill liquids or see a liquid spill?

- a) Leave it for someone else to clean-up
- b) Wait until the end of your shift to clean it
- c) Flag the spill and clean it immediately
- d) Not sure

C 8) When handling hot items you should?

- a) Wear rubber gloves
- b) No need to wear anything
- c) Use an oven mitt or dry cloth towel
- d) Nothing

a 9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?

- a) Rinsing
- b) Scraping
- c) Washing
- d) Sanitizing

C 10) What is the proper method for cleaning and sanitizing stationary equipment?

- a) Spray with a strong cleaning solution and wipe with a sanitized cloth
- b) Spray with a sanitizing solution, then rinse with clean water and dry
- c) Wash and rinse, then wipe or spray with a chemical-sanitizing solution
- d) Brush off loose soil with a clean cloth, then wipe with a sanitizing solution