

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
- Performed 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 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
- b 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- 9 7) What is Al Dente?
- a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- 9 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

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

- 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, chaffing 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