

Resume

Dion A. Fox

Home Address

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Objective: Dedicated individual seeking a full time position that will allow me to assist others and provide exceptional customer service.

Education: Missouri University of Science and Technology (Missouri S&T) (non-graduate)

B.S. Psychology

Minor in Biological Sciences

GPA: N/A

Experience:

Hooters (October 2018-August 2019)

Kitchen Staff

- Prepare food for the day to ensure that we do not run out
- Cook at an ideal rate for freshness, as well as maintain a clean workspace
- Stock truck orders and organize storage
- Put trash and recycle into the trash receptacle in an organized fashion optimizing space
- Work as a team to prepare food promptly and ensure that it meets the standards of our guest.

T.G.I. Friday's (June 2015- August 2016)

Server/Busser/Dishwasher

- Assist guest in the decision making on their choice in food/beverages
- Deliver food to guest promptly increasing the probability for positive feedback
- Keep restaurant clean by sweeping your section and mopping as needed. As well as cleaning off dirty tables properly for sanitation purposes
- Assist co-workers with any needs they may have in providing comforting service to guest if feasible

CNR Basketball League (December 2014-January 2017)

Basketball Official

- Officiate basketball games of children ranging from 2nd to 8th grade
- Control coaches and fans that may become vexed during the sporting events
- Operate scoreboard equipment
- Ensure that the game moves at the pace it should in order to limit confrontation amongst players, coaches, and parents.

Ferguson Parks & Recreation (May 2007-July 2013)

Baseball Umpire

- Ensure players are properly equipped
- Ensure players and coaches have a clear understanding of the rules and follow them exactly as outlined
- Facilitate game play from your specified position for that game (Home plate/field umpire)
- Ensure the field is properly prepared and safe to host the sporting event

Computer

Skills: MAC IOS PC Microsoft Office Windows 7, Windows 8, Windows 10, AutoCad
MATLAB

Honors &

Activities: Missouri S&T - Miner Scholarship

Missouri S&T - Minority Scholarship

Missouri S&T - Athletic Scholarship

NAACP Member

Multiple Choice (1 point each)

P

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

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 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

A

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

AC

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

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

A 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

B C 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

A B 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

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

meat