

## 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)**

- D 1) A gallon is equal to \_\_\_\_\_ ounces
- 56
  - 145
  - 32
  - 128
- C 2) Mesclun are what type of vegetable?
- Roots
  - Beans
  - Salad Greens
  - Spices
- B 3) What does the term braise mean?
- Sear quickly on both sides
  - Slowly cook in covered pan with little liquid
  - Cook on high heat and quickly
  - Slowly cook in simmering water
- DB 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- 155 degrees F
  - 165 degrees F
  - 175 degrees F
  - 185 degrees F
- A 5) How do you blanch vegetables?
- Immerse for a short time in boiling water
  - Cook lightly in butter over med heat
  - Soak in cold water overnight
  - Rub with salt before cooking
- C 6) Which of the following ingredients would you pack before measuring?
- Olive Oil
  - Salt
  - Brown Sugar
  - White Sugar
- A 7) What is Al Dente?
- Firm but not hard
  - Soft to the touch
  - Very hard
  - Very soft
- NC 8) Food should be left out no more than
- 2 hours
  - 3 hours
  - 4 hours
  - 5 hours



## Prep Cooks Test

- 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
- 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 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
- 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.

chop