

Kareem Clark

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CAREER SUMMARY

Seeking a fulltime position in a stable environment allowing opportunity for growth

QUALIFICATIONS

- Skilled in building and maintaining excellent relationships with customers and staff members
- Confident, self-motivated, energetic, versatile, committed to task, organized
- A flexible professional who enjoys learning new skills and quickly adapts to organizational changes

SELECTED WORK EXPERIENCE

Food Prep/Lead Cook (Contractor) **SAKE Shoprite, Neptune, NJ** 11/2015 – 05/2016

- Prepared, cooked, and served breakfast, snacks, and lunch for internal employees
- Operated electronic scanner effectively to ensure accurate record management
- Proactively maintained contact with retail operations department as well as develop and maintain productive working relationships with business units
- Provided quality customer service daily

Warehouse Assistant **Canada Dry, Neptune, NJ** 08/2015 – 10/2015

- Assisted the Head Pre K Teacher in the implementation of an existing integrated theme based curriculum
- Attended parent/teacher conferences as well as all teacher functions
- Interacted daily with parents and siblings in a professional and courteous manner
- Prepared classroom materials and daily classroom set up
- Performed some paper work

Dishwasher (Contractor) **Raven & The Beach, Fair Haven, NJ** 08/2015 – 10/2015

- Operated electronic scanner effectively to ensure accurate record management
- Proactively maintained contact with retail operations department as well as develop and maintain productive working relationships with business units
- Provided quality customer service daily

Assemble Line Worker (Temp) **Marquis Agency, Holmdel, NJ** 01/2013 – 03/2013

- Worked on an assembly line packaging perfume fragrances
- Inspected and verified that equipment used were in good condition
- Received raw material and components
- Provided quality customer services to vendors and internal employees

Inventory Specialist **RGIS, Neptune, NJ** 07/2011 – 12/2012

- Operated electronic scanner effectively to ensure accurate record management
- Proactively maintained contact with retail operations department as well as develop and maintain productive working relationships with business units
- Provided quality customer service daily

EDUCATION: **High School Diploma** Neptune Senior High 2008
Dental Assistant Certificate Drake College, Newark, NJ 2014

REFERENCE AVAILABLE UPON REQUEST

Multiple Choice (1 point each)

D

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

B

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 A

6) Which of the following ingredients would you pack before measuring?

a. Olive Oil

b. Salt

c. Brown Sugar

d. White Sugar

A

B

7) What is Al Dente?

a. Firm but not hard

b. Soft to the touch

c. Very hard

d. Very soft

C 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

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 ~~B~~ 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) _____ & _____ are the basic seasoning ingredients for all savory recipes.

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

Dishwasher Test

C 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

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

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

D 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

A 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