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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 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 C 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 A 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

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

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.

✓ 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

C 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

4 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