

CHIMERE D. AFIOU

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Objective:

To obtain a position with a company that will allow me to utilize my skills and education in a challenging role that allows for advancement and growth.

Certifications:

- Certified Nursing Assistant
- Cardiopulmonary Resuscitation and First Aide- American Association

Employment History:

Children's Healthcare Of Atlanta *Cook* June 2016-August 2019
Atlanta, GA

- Cook, rotate the food on hot bar, and take phone orders from customers when placing an order.
- Stock sales floor with food items periodically when needed.
- Serve meal to customers when placing an order from the hot bar.
- Set area for condiments for self-serve and rotate hot food when needed.
- Prepare sandwiches, salads, and party trays when orders are due in timely manner.
- Make pizza and prep food for the pizza station and out takes on a daily basis.

Wall-mart *Deli Associate* August 2013- March2015
Atlanta, GA

- Cook, rotate the food on hot bar, and take phone orders from customers when placing an order.
- Stock sales floor with food items periodically when needed.
- Scan expired item with the scanner; throw food away in the designated area.
- Prepare sandwiches, salads, and party trays when orders are due in timely manner.
- Pull freight operating a pallet jack from backroom to the deli on a daily basis or as needed.

A mark For Success *Teacher Assistant* March 2009-April 2012
Atlanta, GA

- Assisted teacher with feeding infants, toddlers, interact with teaching of the children.
- Maintain files and records, prepared reports, memos, and other documents.

Internships:

Budd Terrace at Wesley Woods *C.N.A.* February 2013
(Emory Healthcare System)
Atlanta, GA

- Performed Vital signs and recorded their readings.
- Written and oral documentation to include assessment of health status of patients to supervisor.
- Performed bed baths complete and partial, showers and perinea care for female/male residents.
- Assisted residents with bedpan, and male residents with urinal, emptying urinary drainage bag.

Temporary Services:

Emory Temporary Services *Janitorial Services* *Atlanta, GA Jan 2007 –May 2008*
B.E.S.S. Staffing *Child Care* *Atlanta, GA May 2003 – Jan 2004*

Education:

Covenant C.N.A. School *Certified Nursing Assistant Diploma* *Atlanta, GA March 2013*

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Prep Cooks Test

Score / 20

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 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 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

A 8) Food should be left out no more than

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

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Prep Cooks Test

B 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

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

Multiple Choice Test (1 point each)

- B 1) How much time should you take to wash your hands with soap?
a) 1 minute
b) 20 seconds
c) Time does not matter, water temperature does
d) 5 minutes
- C 2) The recommended temperature for your refrigerator is...
a) 45°F
b) 50°F
c) 40°F
d) 20°F
- D 3) Food handlers must always wash their hands
a) Before starting work
b) Switching between handling raw and ready-to-eat food
c) After going to the restrooms
d) All of the above
- B 4) The most important reason for having food handlers wear hair restraints is to
a) Prevent food from getting into food handlers' hair
b) Prevent food handlers from contaminating their hands by touching their hair
c) Keep the food handlers' hair in place
d) None of the above
- C 5) Which of these conditions requires immediate corrective action?
a) Packaged food items are stored at least 6 inches above the floor
b) Ice is being used to cool beef stew in a shallow pan
c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
d) Raw fish is stored above raw chicken in the walk-in freezer
- C 6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?
a) 0°F and 100°F
b) 32°F and 220°F
c) 41°F and 135°F
d) 39°F and 178°F
- D 7) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?
a) Clean the cutting board with a wet wiping cloth
b) Turn the board over and use the other side
c) Rinse the board with running water
d) Wash, rinse, and sanitize the board prior to slicing the onions
- A 8) Which of the following is NOT an approved method to thaw potentially hazardous foods?
a) In a microwave oven
b) During the cooking process
c) Under cool running water
d) On a clean counter, at room temperature
- D 9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:
a) Wiping spills only
b) Washing hands if the hand sinks are too far away
c) Sanitizing the blade of utensils such as knives
d) Maintaining moisture on the wiping cloth

Grill Cooks Test

19) Which of the following best describes the process of Caramelization?

- To cook quickly in a pan on top of the stove until food is browned
- Process through which natural sugars in food become browned and flavorful while cooking
- Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- To plunge food into boiling water briefly, then into cold water to stop the cooking process

20) What temperature should chicken be cooked to?

- a) 145°F
b) 155°F
c) 165°F
d) 175°F

21) What temperature should ALL ground meat be cooked to?

- a) 145°F
b) 155°F
c) 165°F
d) 175°F

22) What temperature should fish be cooked to?

- a) 145°F
b) 155°F
c) 165°F
d) 175°F

23) What is a roux and what is it used for? (2 points)

23) What is a roux and what is it used for? (2 points)

Roux is a flour and fat cooked together and used to thicken sauce.

24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

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A form of clean butter. It is to remove ~~butter~~ ~~the water~~ and only pure butter eat.

25) What are the 5 mother sauces? (5 points)

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1. Bechamel Sauce
2. Veloute Sauce
3. Espagnole Sauce
4. Hollandaise Sauce
5. Classic Tomatoes Sauce

26) What does it mean to season a grill and why is this process important? (3 points)

27) What are the ingredients in Hollandaise sauce? (5 points)