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Summary

Objective: Seeking awarding position that would utilize my exceptional training with institution where there is opportunity for growth.

Experience:

Harris County/Supervisor 06/2017-Present

My responsibilities consist of:

- *Feeding inmates 3 times a day Breakfast,Lunch and Dinner
- *No number count (4,000) inmates everyday
- *No Each Diet what they consist of Regular Diet,Diabetic Diet,Low Sodium,Heart Healthy Clear Liquid Diet,Full Liquid Diet Etc...
- *Prepare all food items according to recipe cards and prep list
- *Document temperature logs
- *Adhere to proper food handling procedures
- *Maintain proper rotation of food to assure top quality and freshness
- *Collect leftovers,,add label and store properly
- *Make sure the stations are properly cleaned sanitized and organized at the end of the shift including kitchen equipment
- *Ensure that all tools and keys are returned to their designated secured area
- *Ensure all storage are locked at all times

Providence Hospital 02/2014-10/2016

My responsibilities consists of:

- * Serving residents
- *Performed defined work routine,using various dietary utensil,supplies and equipment
- *Provide assistance to the cook in the preparation and food service meals
- *Assist in arranging tray cards,loading food carts, and serving meals
- *Attended in service educational programs

Certification:

ServSafe 08/18/2016-08/18/2021

Multiple Choice (1 point each)

- 1) A gallon is equal to _____ ounces
a. 56
b. 145
c. 32
d. 128
- 2) Mesclun are what type of vegetable?
a. Roots
b. Beans
c. Salad Greens
d. Spices
- 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
- 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
- 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
- 6) Which of the following ingredients would you pack before measuring?
a. Olive Oil
b. Salt
c. Brown Sugar
d. White Sugar
- 7) What is Al Dente?
a. Firm but not hard
b. Soft to the touch
c. Very hard
d. Very soft
- 8) Food should be left out no more than
a. 2 hours
b. 3 hours
c. 4 hours
d. 5 hours

Prep Cooks Test

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

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

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

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

14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

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

A 10

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 10

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) McCormick & herbs 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.