

# Aracelie Girard

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(361)244-8845

To work as part of a team to provide a consistently high standard of service in all areas

## Work Experience

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### **Event Staff**

LGC Hospitality - Houston, TX  
September 2019 to Present

Serve clients to the best of my ability at events  
Food prep, cook, line cook, food runner, and dish washer at special events

### **Child Care Assistant/Family Assistant**

Self Employed - Houston, TX  
October 2014 to Present

Assist family with their children  
Drop off and pick ups when needed  
Assist children with homework  
Engage in children's activities to build a positive relationship with them  
Housekeeping, dishes, laundry, cooking, grocery runs

### **Youth Care Worker**

Southwest Key Programs - San Antonio, TX  
August 2011 to August 2012

Taught ESL classes to help students improve communication skills  
Monitored youth throughout their daily activities  
Served as a mentor to troubled youth

### **Sales Associate**

Dillards - San Antonio, TX  
2006 to 2011

Performed excellent customer service by providing a friendly environment  
Offered viable professional solutions to improve sales team  
Exceeded daily competitive quotas and recognized as lead sales associate

### **Internship**

Cystic Fibrosis Foundation - San Antonio, TX  
January 2010 to May 2010

San Antonio, Texas, January 2010- May 2010

- Performed qualitative observation study as an intern
- Campaigned in major event, which broke record raising \$60,000
- Assisted Event Specialist in recruiting over 900 participants

- Responsible in the acquisition of client information while maintaining relationships with prospects

**Volunteer**

Refugee Resettlement - Corpus Christi, TX  
2008 to 2009

**Volunteer**

YWCA  
2005 to 2006

**Volunteer**

Family Outreach - Corpus Christi, TX  
2004 to 2005

**Education**

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**Bachelor of Arts in Sociology**

University of Texas at San Antonio - San Antonio, TX  
May 2010

**Additional Information**

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**Skills:**

Self-motivated  
Communication/writing skills  
Perform well under pressure  
Team player  
Organized and goal oriented  
Interpersonal skills

**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



## 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

C

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

A 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

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