

TYRONE BOWIE JR

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SKILLS

- Capable of heavy lifting
- Machine servicing
- Inventory control practices
- Safety procedures knowledge
- Good communication skills
- Exceptional organizational skills
- Quick Learner
- Interior equipment installation
- Industry safety equipment
- Commercial construction
- Strong mechanical skills
- Production knowledge
- Operating machinery
- Handling raw materials

EXPERIENCE

03/2016 – TO 11/2016

WAREHOUSE ASSOCIATE, NAPA AUTO PARTS

- Ensured that shelves were fully stocked at all times.
- Priced Merchandise, stocked shelves and took inventory.
- Cleaned and organized the store, including the checkout desk displays.
- Completed all cleaning, stocking and organizing task in the assigned sales area.

12/2016 – TO 06/2017

CONSTRUCTION MASONRY, WATKINS LANDMARK CONSTRUCTION

- Dug trenches, backfilled holes and compacted earth to prepare for new construction.
- Operated a wide variety of equipment including power saws, sanders, grinders, drill press, forklift and basic hand tools.
- Manually carried roofing materials up ladders.
- Set ladders, scaffolds and hoists in place for taking supplies to roofs.
- Applied caulk, sealants and other agents to installed surfaces.
- Provided accurate measurements and estimates for all projects.

08/2017- TO 03/2018

MAY/ 2016

HIGHSCHOOL DIPLOMA, MARTIN LUTHER KING JR HIGH SCHOOL

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
- D 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
- C 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
- A 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- D 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

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