

Carlos Sanchez

Boyle Heights 2675 E. Olympic Blvd - Barista - Starbucks

Los Angeles, CA

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Work Experience

Boyle Heights 2675 E. Olympic Blvd - Barista

Starbucks

November 2017 to July 2019

Coffee knowledge on how to brew and run coffee cycles

- Customer engagement and connection while delivering the best service
- Ability to make cold and hot drinks while taking drive thru orders
- Running customer cycles to maintain the store is stocked and cleaned
- Handling cash while using the POS system
- Fast paced environment

Cook

Chagos Ahogadas, Montebello

September 2016 to November 2017

Food prep

- Cooking food
- Serving and making the food
- Making to go orders
- Fast paced environment

Sales

Tillys, Downey

January 2016 to April 2016

Internship for businesses ROP class for 4 months

Education

Los Angeles Trade Tech College - Los Angeles, CA

August 2016 to June 2017

El Rancho High School - Pico Rivera, CA

September 2012 to June 2016

Skills

- POS
- Customer Service

- Word
- Cash Handling
- Cashier
- cash

Additional Information

SKILLS

- Ability to adapt and change to environment
- Critical and creative thinking
- Time management
- Teamwork and business appropriate attitude
- Customer service
- Trained in safety and sanitation



Prep Cooks Test

14/20
-6

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
- A 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
- A 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
- C 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

- D 9) Which is the improper way to thaw frozen food?
- a. In the fridge
 - b. In a sink with cold water
 - C 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
 - B d. Water
- B 11) What is the temperature range of the danger zone?
- a. 25-135
 - b. 40-140
 - c. 50-160
 - B d. 30-130
- B 12) Which of the following is listed from smallest to largest?
- a. Dice, chop, mince
 - b. Mince, chop, dice
 - c. Chop, dice, Mince
 - C 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
 - A d. Oil
- A 15) Which spoon is used to remove fat from soups and stews?
- a. Basting Spoon
 - C 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) mince: to cut into very small pieces when uniformity of size and shape is not important.

