

ACROBAT OUTSOURCING

TSC GROUP

First and Last Name: Fordham Justin
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Working Experience:

Company Name: Birmingham Logistics
Dates of Employment: 06/2012 - 01 - 2013
Job Responsibility:

- - OPERATING PALLET JACK
- - SELECTING GROCERIES ORDERS
- - STACKING ORDERS ON PALLET
- - WRAPPING PALLET IN PLASTIC.

Company Name: STIX
Dates of Employment: 2013 - 2015
Job Responsibility:

- - DISHWASHING
- - FOOD PREP
- - BUSSING TABLES
- - RESTROOM MAINTENANCE

Company Name: THE MELT
Dates of Employment: 2015 - 2016
Job Responsibility:

- - LINE COOK
- - FOOD PREP
- - RESTAURANT MAINTENANCE
- - CUSTOMER SERVICE

Skills

- - CUSTOMER SERVICE
- - CASH HANDLING
- - POS
-

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Dishwasher Test

Score / 10

C 1) After washing your hands, which item should be used to dry them?

- a) Clean apron
- b) Sanitized wiping cloth
- c) Single use paper towel
- d) Common used cloth

C 2) While washing dishes by hand, which item should you wear?

- a) Cutting glove
- b) Oven Mitt
- c) Rubber glove
- d) Nothing

P 3) When should you wash your hands?

- a) Before you start work
- b) After handling non-food items (garbage, money, cleaning chemicals)
- c) After using the restroom
- d) All of the above

B 4) If you need to move a heavy load, you should PULL and not PUSH the object.

- a) True
- b) False

E 5) Which of the following could you be at risk for getting burned from?

- a) Steam from boiling pots
- b) Hot liquids (coffee, soup, tea)
- c) Hot equipment (ovens, pots, chaffing dishes)
- d) Harsh chemicals
- e) All of the above

A 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.

- a) True
- b) False

C 7) What should you do if you spill liquids or see a liquid spill?

- a) Leave it for someone else to clean-up
- b) Wait until the end of your shift to clean it
- c) Flag the spill and clean it immediately
- d) Not sure

C 8) When handling hot items you should?

- a) Wear rubber gloves
- b) No need to wear anything
- c) Use an oven mitt or dry cloth towel
- d) Nothing

A 9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?

- a) Rinsing
- b) Scraping
- c) Washing
- d) Sanitizing

C 10) What is the proper method for cleaning and sanitizing stationary equipment?

- a) Spray with a strong cleaning solution and wipe with a sanitized cloth
- b) Spray with a sanitizing solution, then rinse with clean water and dry
- c) Wash and rinse, then wipe or spray with a chemical-sanitizing solution
- d) Brush off loose soil with a clean cloth, then wipe with a sanitizing solution

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

D 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 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

A 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

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

C

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.