

Elliott Woods

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OBJECTIVE

To obtain a position in a warehouse or similar setting utilizing my skills in stocking, organizing, operating a forklift, loading and unloading cartons and goods relative to the company.

EMPLOYMENT

Forklift Driver/Handler, Club Chef

- Responsible for the fulfillment of orders received by scanning, documenting time and units ordered
- Assisted teammates on the assembly line, re-stocking items within the warehouse and preparing products for delivery while ensuring all safety procedures were followed
- Maintained a clean and orderly work environment to maximize work efficiencies

Assembly Line, Trellis Environmental Services

- Responsible for assembling/dissembling weather probes and quality testing the weather equipment
- Worked as a team to complete assigned projects in a timely fashion

Parking Attendant, Basic Needs Parking, LLC

- Collected parking fees and issued ticket stubs to patrons
- Managed, sorted and prepared funds received for daily deposits.

Laborer, Southeastern Carpenter

- Responsible for loading and unloading equipment and supplies for daily operations
- Served as cashier to execute monetary transactions

EDUCATION

Douglas High School, Atlanta, GA

Brunswick Job Corp Center, Culinary Art, Brunswick, GA

Fulton County Library, General Education Diploma

VOLUNTEER

REMERGE, Atlanta, GA

Salvation Army – Cold Weather Shelter, Atlanta, GA

Ponce Church, Atlanta, GA

Prep Cooks Test

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 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

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

c 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

Prep Cooks Test

Q 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

Q 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) S & P 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.