

# 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/disassembling 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

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**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
- 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

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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

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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.