

# Kiara Freeman

Atlanta, GA

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Tues 210<sup>th</sup>

Authorized to work in the US for any employer

## Work Experience

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### - General Laborer

360 Specialties - Atlanta, GA

February 2019 to Present

Construction laborers perform a variety of tasks at all kinds of construction sites. Tasks that require little skill can be learned quickly; other tasks require considerable experience or training. General laborers are often required to work outside in all kinds of weather or in buildings without heating or air conditioning. Some tasks are dangerous, including removing lead, asbestos, or chemicals.

### BOH /Cook

Chic Fil A - Atlanta, GA

January 2019 to April 2019

### Security Guard

Watchmen Security - Atlanta, GA

2017 to 2019

Secures premises and personnel by patrolling property; monitoring surveillance equipment; inspecting buildings, equipment, and access points; permitting entry. Obtains help by sounding alarms. Prevents losses and damage by reporting irregularities; informing violators of policy and procedures; restraining trespassers.

### Security Officer

Dynamic Security - Marietta, GA

January 2015 to May 2018

Secures premises and personnel by patrolling property; monitoring surveillance equipment; inspecting buildings, equipment, and access points; permitting entry. Obtains help by sounding alarms. Prevents losses and damage by reporting irregularities; informing violators of policy and procedures; restraining trespassers.

### Store Associate

GoodWill Industries Of N.Georgia - Tucker, GA

January 2014 to December 2015

Georgia

Sales activities and sales associate job duties, from greeting customers, answering questions, offering assistance, suggesting items, lending opinions and providing product information. Individual responsibilities as a Retail Sales



## 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



THE SERVICE  
COMPANIES

SERVICE. ABOVE ALL

## Prep Cooks Test

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17

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

18

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.