

Professional Summary

I am a hard working and reliable person looking for employment where my practical skills and enthusiasm can be put to use . The prospective employer will find that I am cooperative and work well in a team and also keen to learn new skills . My positive attitude and dedication will be an asset to your company .

Skills

Bright and happy disposition at all times .	Keen and interested to develop and learn new skills .
Competent and willing to undertake any tasks .	Able to work unsupervised or as part of a team as required .

Experience

Cook 07/2022 to Current

Guzman Y Gomez – Westmead, NSW

- Readied ingredients in advance to reduce loads during rush periods.
- Followed established recipes to prepare and cook menu items.
- Complied with portioning requirements to adhere to budget and minimize waste.
- Operated kitchen equipment to prepare meal items for guests.
- Checked kitchen equipment for proper operation, notifying management of problems.
- Cleaned surfaces regularly to prevent spread of illness or cross-contamination between raw and cooked products.
- Trained team members in grilling, frying and sauteing techniques.

Care Worker 01/2021 to 12/2021

Healing Touch Hospital – Ambala, Haryana

Helping Resident which includes showering ,dressing , grooming ,tidying of personal bedrooms , making of bed .

Tidying of Kitchen Areas Dishes etc and preparing of some meals .

Serving of dinners and feeding of Residents .

Experience with Dementia Residents .

Experience with Manual Handling .

Experience with Infection Control .

Support of Residents and Residents Families .

Organizing and helping of Functions for Residents and Family days.

Education

Certificate IV: Ageing Support
National Career Institute - Sydney , NSW

Sep 2022

High School: Year 12
MD Public School - Kaithal , Haryana

May 2020

Languages

English, Advanced

Hindi, Native

References

Available upon request.