



# MASON WILSON

## Culinary Arts Trainee

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### PROFESSIONAL SUMMARY

Enthusiastic culinary arts trainee with 5 years of experience in food preparation and kitchen operations. Proficient in diverse cooking techniques and dedicated to upholding food safety standards. Eager to thrive in a fast-paced culinary environment while contributing to a collaborative team that prioritizes exceptional dining experiences.

### WORK EXPERIENCE

#### Culinary Arts Trainee

Mar / 2021-Ongoing

Maple Leaf Consulting

Toronto, ON

1. Followed recipes accurately to ensure consistency and quality in food preparation.
2. Assisted chefs in food preparation and cooking techniques to enhance culinary skills.
3. Maintained organized workstations, ensuring all supplies were stocked and accessible.
4. Collaborated with Lead Cooks to prepare lunch and dinner menu items efficiently.
5. Measured ingredients accurately for various dishes, adhering to established recipes.
6. Maintained a clean and sanitary work environment to meet health standards.
7. Prepared food orders promptly to meet customer demands in a fast-paced setting.

#### Culinary Arts Trainee

Mar / 2020-Mar / 2021

Summit Peak Industries

Denver, CO

1. Helped prepare and serve meals for up to 330 individuals daily, ensuring quality and presentation.
2. Worked at various food stations including salad, grill, and bakery, maintaining high standards.
3. Received a certificate in Hospitality/Culinary Arts, demonstrating commitment to professional development.
4. Trained as a junior cook, preparing meals for large groups and special events.
5. Provided excellent customer service, handling transactions and maintaining a welcoming atmosphere.
6. Identified and selected high-quality ingredients, ensuring the best flavors in dishes.

### EDUCATION

#### Associate of Applied Science in Culinary Arts

Mar / 2019 - Mar / 2020

Culinary Institute of America

Denver, CO

Completed comprehensive training in culinary techniques, food safety, and kitchen management.

### SKILLS

#### Team Collaboration



#### Adaptability



#### Problem Solving



#### Multitasking



#### Communication Skills



#### Sauce Preparation



### INTERESTS

Podcasts

Language Learning

Dancing

Cycling

### STRENGTHS

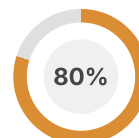
Intuition

Leadership

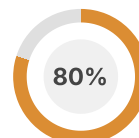
Listening

Mentorship

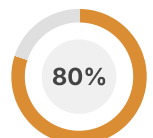
### LANGUAGES



English



Swahili



Japanese

### ACHIEVEMENTS

Received recognition for preparing over 500 meals efficiently during peak service hours.

Successfully implemented new kitchen safety protocols, reducing incidents by 30%.