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# KITCHEN HELPER CV

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In writing a Kitchen Worker CV, present first the skills that will give potential employers the impression that you will be apt for the job. Be specific in presenting your data. Skills in food preparation, catering services, kitchen equipment maintenance, and other food service-related activities should be stressed out. Employers give credit and usually favor applicants with training and/or certifications in Hospitality Management or other related programs. Present previous experience as a kitchen worker (if there is any) in the employment history section and make sure to present the latest among these on top of the list. A sample CV of a Kitchen Worker should look like this.

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## Amanda Barber

287-3662 Phasellus Rd., Dereham, Norfolk, P1 2TMD  
Date of Birth: September 23rd, 1994  
Email: [email] Mobile: 07460 055040 Tel: 01898 996522

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### CAREER OBJECTIVE:

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My objective is to apply my abilities in the day-to-day function of the kitchen service team and maintain high quality services which ultimately lead to client satisfaction. I am an eager and fast-learner willing to follow instructions to the mark. I also aim to comply with all standards and policies applicable to my duties. My years of experience as kitchen worker honed my skills in delivering kitchen services. To improve my productivity, I am willing to attend training and seminars relevant to my duties. With this said, I am confident that I could be a useful talent to the company.

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### PERSONAL SKILLS AND COMPETENCES:

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Highly experienced in performing kitchen duties in busy restaurants  
Good knowledge of kitchen safety and sanitation standards  
Sound knowledge of food preparation techniques  
Familiarity in operation of various kitchen equipment including choppers, slicers and mixers  
Ability to create new recipes  
Ability to perform several cooking methods such as frying, steaming, poaching, sautéing and roasting

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### EDUCATION:

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HND in Hospitality Management Kingston Maurward College	Dorchester October 2010 – June 2012
GCSEs: English Language, Business Studies, History Langdon Park Secondary School	Poplar September 2005 – June 2010

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### CAREER HISTORY:

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Highfield Preserves Ltd Kitchen Helper	Cullompton January 2013 – Present
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- Prepared food based on health codes and quality standards.
- Stored food safely to prevent spoiling.
- Identified and reported any safety concerns to management.
- Maintained kitchen clean and removed garbage at regular intervals.
- Moved food products to and fro from kitchen and storage areas.
- Maintained kitchen equipment and reported any maintenance and repair related issues to Manager.

Mitchells & Butlers PLC Kitchen Helper	Brighton July 2012 – January 2013
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- Prepared food and beverages as per quality, taste and presentation standards.
  - Managed safe storage and rotation of food products.
  - Managed kitchen expenses within assigned budgets.
  - Ensured to follow health and safety procedures at all times.
  - Informed Manager about food shortages and equipment repairs.
  - Maintained work areas safe and organized.
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### REFERENCES:

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Carla Oneal P.O. Box 249, 3643 Donec St., King's Lynn Westmorland, Z1C 2CG Mobile: 07712 348861 [email]	Jemima Nelson P.O. Box 395, 3949 Libero Avenue, King's Lynn Westmorland, Z1C 2CG Mobile: 07922 222884 [email]
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Amanda Barber

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Kitchen Helper

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