

**ADITHYA NAIR**

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Location: India

**SUMMARY**

Highly motivated culinary fresher with strong passion for food preparation, kitchen operations, and menu creativity. Skilled in basic knife techniques, food safety, portion control, and assisting senior chefs in daily kitchen tasks. Eager to begin a professional culinary career and deliver high-quality dishes with consistency and dedication.

**EDUCATION**

Diploma in Culinary Arts (2025)

Institute of Culinary Excellence

**INTERNSHIP EXPERIENCE****Culinary Intern – SpiceCraft Bistro (Jan 2024 – Apr 2024)**

- Assisted in prep work: cutting vegetables, measuring ingredients, and organizing stations.
- Supported chefs during lunch and dinner service, ensuring timely plating.
- Maintained cleanliness and followed hygiene standards (FIFO, temperature checks).
- Helped with garnishing, salad preparation, and basic baking tasks.

**PROJECTS**

- Developed a mini fusion menu as a college project.
- Prepared recipe cards and costing sheets for a mock restaurant concept.

**SKILLS**

Knife Skills, Basic Cooking Techniques, Food Safety, Time Management, Teamwork, Station Setup, Hygiene Standards

**DECLARATION**

I hereby declare that the above details are true.