

## JARROD KRISTIN MACAPAGAL

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### Professional Summary

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Recently completed the Professional Culinary Arts Training Program and excited about starting a formal culinary career. Worked as a Hotel and Restaurant Management (HRM) Professor focusing on Food Preparation and Cookery for two years.

### Qualifications

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- Excellent knife skills
- Well-organized with sense of urgency
- Practice high level of sanitation
- Good communication skills

### Work Experience

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#### Line Cook – Trainee

06/2018 – 07/2018

Harlan and Holden, Rockwell  
Makati City, PH

- Setting up and stocking stations with all necessary supplies
- Preparing food for service - chopping vegetables, butchering meat, preparing sauces
- Cooking menu items in cooperation with the rest of the kitchen staff

#### Chef

07/2017 – 10/2017

Café: In House, Mercu Summer Suites  
Kuala Lumpur, Malaysia

- Cooks and serve breakfast, pasta, sandwiches and rice meals.
- Prepares and serve coffee, smoothies, and fruit juices.
- Handles basic sales and cash transactions.

**Intern (600 hours)**

03/2017 – 05/2017

Café Maxims, Resorts World Manila  
Pasay City, PH

- Stocks and maintains sufficient levels of food products at line stations to assure a smooth service period.
- Portions food products prior to cooking according to standard portion sizes and recipe specifications.
- Maintaining a clean and sanitary work environment

**Intern (300 hours)**

09/2016 – 12/2016

Magsaysay Centre for Hospitality and Culinary Arts  
Manila, PH

Worked as the Sous Chef of the training centre's restaurant as part of internal on-the-job training.

- Manage staff and plan work schedule
- Ensure that the kitchen operates in timely manner while meeting the quality standards
- Prepare the special dish of the day

**Hotel and Restaurant Management (HRM) Professor**

11/2013 – 10/2015

STI College  
Balagtas, Bulacan, PH

- Mentor students based on the schedule layout designed by the school management.
- Train candidates who will take TESDA National Certification level II – Cookery.
- Conduct special workshops to help marketing department in promoting the school.

Education

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Professional Culinary Arts  
Magsaysay Centre for Hospitality and Culinary Arts (MIHCA)  
Manila, PH  
GWA 93/100

06/2016 – 06/2017

Bachelor of Science in Hotel and Restaurant Management  
STI College Balagtas  
Bulacan, PH  
GWA 95/100

06/2011 – 05/2013

Certifications

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TESDA National Certificate II - Cookery

08/2014 – 08/2019