|  |
| --- |
| **Name:** Your Name |
| 📞 Phone: |
| ✉️ Email: json50841@gmail.com |
|  |
| **Professional Summary** |
| Experienced kitchen assistant with several years in the food service industry, skilled in food preparation, ingredient handling, teriyaki preparation, Chinese side dish preparation, and sushi making. Trained in preparing a variety of sushi, including hand rolls, California rolls, gunkan sushi, rainbow rolls, and nigiri. Familiar with basic knife techniques and wok tossing for fried rice and fried noodles. Reliable, hardworking, and eager to learn, currently improving English communication skills. |
|  |
| **Work Experience** |
| **Restaurant – Kitchen Assistant** |
| Shopping Mall Location | 2015 – 2019 |
| Performed daily kitchen tasks, including washing, cutting, and preparing ingredients. |
| Prepared teriyaki dishes and assisted in making Chinese side dishes. |
| Practiced basic knife techniques for cutting, slicing, and chopping ingredients. |
| Performed wok tossing for fried rice and fried noodles. |
| Trained in preparing various types of sushi, including: |
| **Hand rolls** |
| **California rolls** |
| **Gunkan sushi** |
| **Rainbow rolls** |
| **Nigiri** |
| Cleaned dishes, cooking tools, and maintained kitchen hygiene. |
|  |
| **City College of San Francisco — Coursework Completed** |
| 2015 – Present |
|  |
| Relevant Courses: Computer Science, Mathematics, English (ESL Level 3–4) |
|  |
| **Skills** |
| **Culinary Skills:** Ingredient cleaning and preparation, teriyaki preparation, Chinese side dish preparation, sushi making (hand rolls, California rolls, gunkan sushi, rainbow rolls, nigiri), kitchen sanitation, basic knife techniques, wok tossing for fried rice and fried noodles. |
| **Languages:** Native Chinese, conversational English (ESL Level 3–4). |
| **Soft Skills:** Reliable, fast learner, team-oriented, able to follow instructions. |
| **Technical Skills:** Basic computer operation, Java, JavaScript (vanilla). |
|  |
| **Additional Information** |
| **Interests:** Cooking, computer programming.  **Career Goal:** Continue building experience in the restaurant industry while improving English and culinary skills; committed to long-term, stable employment. |