



Name: [REDACTED]

Passport: [REDACTED] | **Date of birth:** 25 Oct 1993 | **Place of birth:** Munshiganj, Bangladesh |

Nationality: Bangladeshi | **Gender:** Male | **Phone number:** (+[REDACTED]) | **Email address:**

[REDACTED] | **WhatsApp Messenger:** +[REDACTED]

Address: [REDACTED], Bangladesh (Home) |

Address: Kuala Lumpur, Malaysia (Work)

ABOUT ME

Driven professional with over four years of kitchen helper experience and two years of cooking expertise, demonstrating strong commitment to quality and efficiency in food preparation. Skilled at maintaining hygiene standards, assisting chefs, and ensuring smooth kitchen operations under demanding conditions. Adept at both supporting large-scale meal preparation and independently handling cooking responsibilities with precision. Experienced in food safety practices, teamwork, time management, and delivering consistent results in fast-paced environments. Passionate about contributing to dynamic culinary settings while continuously developing skills and embracing new challenges. Seeking an opportunity to add value to an employer's success through hard work, adaptability, and proven culinary expertise.

WORK EXPERIENCE

FIVE STAR RESTAURENT (GIGGLE GEEKS RESTAURENT) – MALAYSIA

COOK – 2021 – 2023

- Prepared meals independently following set recipes and quality standards.
- Monitored cooking processes and adjusted as needed to ensure proper taste and presentation.
- Ensured all dishes met portion control, consistency, and quality expectations.
- Managed daily kitchen operations during shifts with minimal supervision.
- Trained and guided new kitchen helpers in food preparation and hygiene practices.
- Assisted in menu planning and introduced improvements to existing recipes.
- Controlled wastage through efficient use of ingredients and resources.
- Followed safety regulations to avoid hazards in cooking areas.
- Managed proper storage and labeling of prepared foods.
- Maintained a clean and organized cooking station.
- Communicated effectively with team members and supervisors to ensure timely service.
- Delivered consistent results under high-pressure working conditions.
- Adapted quickly to changing orders and customer requirements.
- Ensured all meals were served in compliance with company standards.
- Demonstrated reliability, punctuality, and strong work ethics in all assigned duties.

FIVE STAR HOTEL (THE EVERLY HOTEL) – MALAYSIA

KITCHEN HELPER – 2017 – 2021

- Assisted in daily food preparation and ensured smooth workflow in the kitchen.
- Maintained cleanliness of cooking stations, utensils, and storage areas.
- Helped chefs with chopping, peeling, and portioning ingredients.
- Monitored inventory levels and reported shortages to supervisors.
- Ensured compliance with hygiene, food safety, and sanitation standards.
- Supported in the unloading and proper storage of supplies and raw materials.
- Operated basic kitchen equipment under supervision.
- Assisted in plating and garnishing dishes before service.
- Managed dishwashing tasks and maintained cleanliness of serving equipment.
- Followed instructions promptly to support chefs in peak hours.
- Ensured waste management was performed properly and efficiently.
- Provided assistance during catering events and large gatherings.
- Coordinated with teammates to ensure timely food delivery.
- Practiced safe handling and storage of perishable items.

Helped in maintaining orderliness in the workplace.

● EDUCATION AND TRAINING

2011 Bangladesh
HIGHER SECONDARY CERTIFICATE (HSC EQUIVALENT) Government College

Final grade Passed

2009 Bangladesh
SECONDARY SCHOOL CERTIFICATE Govt. High School

Final grade Passed

● LANGUAGE SKILLS

Mother tongue(s): **BENGALI**
Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	B2	B2	B2	B2	B1
HINDI	C2	A1	C1	C1	A1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● SKILLS

Food Preparation | Kitchen Operations | Hygiene and Sanitation Compliance | Inventory Management | Recipe Execution | Portion Control | Team Collaboration | Cooking Techniques | Waste Reduction | Time Management | Safety Compliance | Customer Service in Food Industry

I,therefore, certify that to the best of my knowledge and belief these data and attachments have correctly described my qualifications.