



Ehtisham Akhtar

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EXPERIENCE

2021 - 2025

Kitchen Helper

A Kitchen Helper, also known as a Kitchen Assistant or Kitchen Porter, plays a vital role in supporting the smooth operation of a kitchen. Here's a detailed description of the role:

Marriott Hotel

EDUCATION

- Govt.High School Bhakral

2016 to 2018

Matric

A

- AIT College

2018 to 2021

CIT

A

SKILLS

- **Physical Stamina:** The role requires standing for long periods, lifting heavy items, and moving quickly in a fast-paced environment.
- **Attention to Detail:** Ensuring cleanliness and proper food handling practices.
- **Teamwork:** Collaborating with kitchen staff to meet service demands.
- **Time Management:** Prioritizing tasks to keep the kitchen running smoothly.

LANGUAGES

- English • Urdu • Hindi

PERSONAL DETAILS

Date of Birth : 15 July 2001

Marital Status : Single

Nationality : Pakistan

Religion : Islam

Passport : VC1341251

Gender : Male

Passport Issue : 12 January 2023

Passport Expiry : 10 January 2033

JOB RULES

- 1. **Maintain cleanliness:** Ensure personal hygiene and cleanliness of workstations, equipment, and utensils.
- 2. **Follow safety protocols:** Adhere to kitchen safety procedures, such as handling hot equipment and sharp objects with care.
- 3. **Respect kitchen hierarchy:** Follow instructions from senior staff, such as chefs and cooks.
- 4. **Teamwork:** Collaborate with other kitchen staff to ensure smooth operations.

CAREER DEVELOPMENT

- With experience, a Kitchen Helper can advance to roles like Line Cook, Prep Cook, or Kitchen Supervisor.
- Specializing in areas like pastry, sous vide, or pantry work can open further opportunities.

WORK ENVIRONMENT

- Kitchens in restaurants, hotels, hospitals, or catering services.
 - Often involves working early mornings, late evenings, weekends, or holidays.
 - May require wearing protective clothing like gloves, aprons, and non-slip shoes.

KEY RESPONSIBILITIES

- 1. *Cleaning and Maintenance:*
 - Wash dishes, utensils, pots, and pans.
 - Clean kitchen equipment, workstations, and storage areas.
 - Ensure the kitchen adheres to health and safety standards.
- 2. *Food Preparation:*
 - Assist with basic food prep tasks like chopping vegetables, washing produce, or marinating ingredients.
 - Help with plating or garnishing dishes.
- 3. *Inventory Management:*
 - Help receive and store food supplies and kitchen items.
 - Assist in rotating stock to ensure freshness and reduce waste.
- 4. *Supporting the Kitchen Team:*
 - Assist chefs and cooks with tasks like transporting food, fetching ingredients, or cleaning workstations.
 - Maintain a clean and organized workspace to ensure efficient workflow.
- 5. *Health and Safety:*
 - Follow safety protocols when handling equipment and chemicals.
 - Report any hazards or issues to the kitchen supervisor.