



# MD SHAKHAWAT HOSEN

KITCHEN HELPER

## CONTACT

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Dakkhin Palashbari, Chirirbandar,  
Dinajpur -5240, Bangladesh.

## EDUCATION

### Higher Secondary Certificate

Nanderai Darul Huda Kamil  
Madrasah, Dinajpur.  
Passing Year: 2009

### Secondary School Certificate

Nanderai Darul Huda Kamil  
Madrasah, Dinajpur.  
Passing Year: 2007

## SKILLS

- Food Preparation
- Basic Cooking Knowledge
- Multitasking
- Cleanliness and Organization
- Time Management
- Physical Stamina
- Knife Skills
- Learning Ability
- Speed and Efficiency
- Flexibility
- Teamwork

## LANGUAGES

### English

- Reading 80%
- Writing 70%
- Listening 65%
- Speaking 60%

## PROFILE

I am an experienced Kitchen Helper with a strong passion for food and a dedication to supporting kitchen operations. With expertise in food preparation, kitchen organization, and customer service, I ensure a clean, efficient, and safe working environment. I have a solid understanding of food safety and hygiene regulations and consistently prioritize delivering high-quality service. As a reliable and hardworking team player, I am committed to contributing to a smooth, productive kitchen, ensuring excellent service and a positive customer experience.

## WORK EXPERIENCE

### Kitchen Helper

01/2023 - 06/2024

Bangla Flavours Restaurant, Dhaka

- Assist chefs with food preparation, including chopping, peeling, and washing ingredients
- Maintain cleanliness and organization of kitchen workstations
- Ensure all kitchen equipment and utensils are cleaned and stored properly
- Wash dishes, utensils, and cookware
- Help with inventory management and stock replenishment
- Support chefs in cooking and assembling menu items
- Follow food safety and hygiene standards to ensure a safe cooking environment
- Perform other tasks as directed by the head chef or kitchen manager

### Kitchen Assistant

05/2018 - 10/2022

ABC Café & Restaurant, Dhaka

- Assisted chefs and kitchen staff in food preparation, ensuring efficiency and maintaining a smooth workflow in the kitchen.
- Operated kitchen equipment safely and effectively, including knives, mixers, and ovens.
- Ensured proper storage of food and ingredients, following hygiene and safety guidelines to prevent contamination.
- Maintained a clean and organized kitchen, including dishwashing, sanitizing counters, and organizing supplies.
- Assisted with stocking inventory and ordering supplies to ensure kitchen operations ran without interruption.
- Supported the team in managing food waste and ensuring portions were prepared correctly for customer orders.