

MD MASUD RANA

KITCHEN HELPER

CONTACT

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Tangramari, Nilmoniganj,
Chuadanga -7200, Bangladesh.

EDUCATION

Higher Secondary Certificate

Chuadanga Govt College,
Chuadanga.

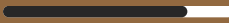
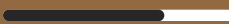


Passing Year: 2017

SKILLS

- Basic Cooking Knowledge
- Dishwashing & Equipment Cleaning
- Cleanliness and Organization
- Speed and Efficiency
- Attention to Detail
- Time Management
- Food Preparation
- Multitasking
- Physical Stamina
- Knife Skills
- Learning Ability
- Flexibility
- Teamwork
- Communication

LANGUAGES

English

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

PROFILE

I have five years of experience as a kitchen helper in busy kitchen environments. I'm a hardworking and reliable individual, always ready to support the team. I'm skilled in food preparation, cleaning, and maintaining hygiene standards. I work well under pressure and enjoy being part of a team that delivers good food and service. Now, I'm looking for an opportunity to work in the hotel sector in Australia, where I can grow and contribute with my experience and positive attitude.

WORK EXPERIENCE

- **Kitchen Helper** 02/2023 - 05/2025
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** 05/2020 - 12/2022
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.