

MD JAMAL HOSSEN

KITCHEN HELPER

CONTACT

+8801715-648 632

mdjamal@globalaccess-ltd.com

Begumpur, Chilmari Para,
Chuadanga -7200, Bangladesh.

EDUCATION

Junior School Certificate

Begukmpur Dakhil Madrasah,
Chuadanga.





Passing Year: 1995

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  75%
- Writing  70%
- Listening  60%
- Speaking  55%

PROFILE

I have six years of experience as a kitchen helper. I'm hardworking, reliable, and a good team worker. I'm skilled in food preparation, cleaning, and always follow hygiene and safety rules. I remain calm under pressure and enjoy collaborating with others to serve high-quality food. Now I'm seeking a role in the hotel sector in Australia, where I can develop my skills, expand my knowledge, and utilize my experience and positive attitude to make a meaningful contribution.

WORK EXPERIENCE

Kitchen Assistant 01/2023 - 04/2025

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 Helper 10/2019 - 12/2022

Roadside Kitchen, Dhaka.

- Helped in food preparation (cutting vegetables, marinating, basic cooking)
- Maintained cleanliness in kitchen and dining areas
- Washed dishes, utensils, and kitchen tools
- Followed hygiene and food safety standards
- Supported cooks and served customers during busy hours
- Managed waste and ensured proper disposal