



RIPON HOSSAIN

Kitchen Helper

CONTACT

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📍 West Bhadur, Ramganj,
Lakshmipur - 3720, Bangladesh.

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

EDUCATION

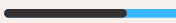


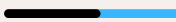
Junior School Certificate

Bashir Uddin Adarsha School, Dhaka.

Passing Year:- 2010

LANGUAGES

English

- Reading  70%
- Writing  60%
- Listening  65%
- Speaking  55%



ABOUT ME

I have six years of experience working as a kitchen helper in busy and fast-paced kitchens. I'm a hardworking, reliable, and supportive team member. I'm skilled in food preparation, cleaning, and always maintaining hygiene and safety standards. I stay calm and focused under pressure and enjoy working with others to provide good food and service. Now, I'm looking for an opportunity in the hotel sector in Italy where I can grow, learn more, and contribute with my experience and positive attitude.



WORK EXPERIENCE

Kitchen Helper

AUG 2023 - DEC 2025

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

Kitchen Helper

APR 2019 - JUN 2023

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