

Cooks Helper Interview Questions

1. Describe the methods you have used to clean and sanitize work areas, equipment, utensils, dishes, and/or silverware.

2. Share an example of when you went above and beyond the "call of duty". (Look for answers that show the candidate is dependable.)

3. Provide an experience in which you butchered and cleaned fowl, fish, poultry, and/or shellfish.

4. Share an experience in which you prepared a variety of foods according to specifications by customers or supervisors.

5. Share an experience in which your attention to detail and thoroughness had an impact on your last company.

6. How do you balance cooperation with others and independent thinking? Share an example. (Try to determine if the candidate has a cooperative attitude or is otherwise good-natured.)

7. Share an experience in which you kept accurate records of food used.

8. Provide an experience in which you recorded temperatures of food and food storage areas.

9. Share an experience in which you prepared foods for cooking and serving by washing, peeling, and/or cutting.

10. Describe your experience weighing and measuring ingredients.

11. Share an experience in which you made various salads.

12. Share an experience you had in dealing with a difficult person and how you handled the situation.

13. Share an experience in which you effectively assisted kitchen staff.

14. Provide an experience in which you operated a cash register and handled money.

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15. Provide an example when your ethics were tested.
16. Describe your experience cutting, slicing, and/or grinding meat, poultry, and/or seafood.
17. Provide a time when you dealt calmly and effectively with a high-stress situation.
18. Provide an experience in which you were sensitive to someone's needs or feelings. How did your helpfulness affect your work environment?
19. Share an experience in which you tended a salad bar or buffet.
20. Share a time when you willingly took on additional responsibilities or challenges. How did you successfully meet all of the demands of these responsibilities? (Make sure the candidate is a self-starter and can demonstrate some initiative.)
21. Provide an experience in which you prepared a variety of beverages.
22. Provide a time when you worked in a rapidly evolving workplace. How did you deal with the change? (Make sure the candidate is flexible.)
23. Name a time when your patience was tested. How did you keep your emotions in check?
24. Share an experience in which personal connections to coworkers or others helped you to be successful in your work. (Make sure candidate works well with others.)
25. Share an example of when you established and accomplished a goal that was personally challenging. What helped you succeed?
26. Tell me about a time when you developed your own way of doing things or were self-motivated to finish an important task.
27. Provide an example of when you were persistent in the face of obstacles.

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28. Share an experience in which you successfully made dressings, sauces, and/or soups.

29. How do you stay fit in order to perform physical activities that are required in the workplace?

30. Share an experience in which your willingness to lead or offer an opinion helped your company.

31. Name a time when your creativity or alternative thinking solved a problem in your workplace.

32. Tell me about a recent experience you've had working with your hands.

33. Provide an example of a time when you successfully organized a diverse group of people to accomplish a task.

34. Share an experience in which you successfully shared a difficult piece of information. (Make sure that the candidate has open lines of communication.)

35. Share an experience in which your diligence of inspecting equipment, structures, or materials helped you identify a problem or the cause of a problem.

36. Provide an example of a time when you were able to demonstrate excellent listening skills. What was the situation and outcome?

37. Tell me how you organize, plan, and prioritize your work.