

## **FRANCISCO SELVIA AFONSO**

119 Faringdon Road  
Ground floor flat  
Swindon Wiltshire  
SN15 DJ

Email. ID. [afonsoselvic@yahoo.com](mailto:afonsoselvic@yahoo.com)

Mobile No:- 07759489464

### **PERSONAL SUMMARY**

A highly motivated and capable professional cook with real passion for preparing popular, healthy and nutritious meal. A quick learner who can effortlessly fit into an existing established environment, and also encourage junior staff to achieve their best when preparing meals.

#### **SKILLS:**

Communication: Ability to communicate orally, in writing, or via electronic means, in a manner appropriate.

Teamwork: Being a constructive team member, contributing practically to the success of the team.

Initiative: Ability to see opportunities and to set and achieve goals.

Flexibility/adaptability: Ability to handle change and adapt to new situations.

Interpersonal skills: Ability to relate well to others and to establish good working relationships.

Languages skills: Also fluent in languages such as English.

### **EDUCATIONAL QUALIFICATION**

Passed S.S.C Through Goa Board of Secondary and Higher Secondary Education.  
March 1991.

Passed Higher Secondary school in S.S. Dempo college of commerce & Economics  
Panjim Goa. March 1993.

Food and Beverage Service Course In Institute of Hotel Management, Catering  
Technology & Applied Nutrition in Goa year 1996

Pre Sea Training in Catering Department In Nusi Maritime Academy Goa India year  
1997

**WORK EXPERIENCE:**

30<sup>th</sup> October 1998 to 16 November 1999

as a Trainee Cook In Merchant Navy Seaking International Shipping India

11 May 2000 to 17 January 2007 as assistant Cook in BW Shipping Norway

24 April 2007 to 14 December 2008 as a Chief Cook in BW Shipping Norway

13 march 2009 to 10 march 2015 as a Chief Cook in Wilhelmsen Ship Management Norway.

**DUTIES:**

Cooking and preparing a variety of fresh nutritious meals.

Supervising food service assistants and kitchen staff,organizing their duties and monitoring performance.

Ensuring that appropriate levels of hygiene and cleanliness are maintained in the kitchen.

Deciding what quantities are to be cooked and the amount of portions to be served.

In charge of stock control for the freezers,pantries and store rooms.

Controlling stock rotations to ensure the kitchen and larder are always well stocked .

**REFERENCES**-Available on request.