

# Youth Build

# Austin, Calvin

Jan - Aug 2011

#2

YBM

Construction

Employment

Calvin Austin

## Manistee Community Kitchen Job Training Program

Culinary Classes: 20 hours

### 1. Preparing and Serving Safe Food

- a. The Importance of Food Safety
- b. Establishing A Food Safety System
- c. The Flow of Food ( HACCP )
- d. The Clean and Sanitary Kitchen
- e. Servsafe Certification

### 2. Preventing Accidents and Injuries

- a. Intro to Workplace Safety
- b. Preventing Fires and Burns
- c. Preventing Slips and Falls
- d. Lifting and Carrying Safely
- e. Preventing Cuts ( Knife Safety )
- f. Elementary First Aid

### 3. Kitchen Basics

- a. Using Standard Recipes
- b. Getting Ready to Cook
- c. Cooking Methods

### 4. Intro to Foodservice Equipment

- a. Receiving, Storage and Pre-preparation Equipment
- b. Cooking , Holding and Service Equipment
- c. Cleaning and Maintaining Equipment

### 5. Nutrition

- a. The ABCs of Nutrition
- b. The Role of Proteins
- c. Nutritional Guidelines
- d. Making Menus more Nutritious

### 6. Business Math

- a. The Basics
- b. Weights and Measures
- c. Controlling Food Costs
- d. Importance of Food Production Standards
- e. Controlling Labor Costs



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MATTERS™

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*Cooking* MATTERS For Adults  
a cooking and nutrition course from  
Share Our Strength's Cooking Matters.

**Congratulations!**

*YOUTH BUILD* MAULSTEE

*BOB SZ*

*7/25/11*

NATIONAL CENTER FOR CONSTRUCTION EDUCATION AND RESEARCH

BUILDING EDUCATION'S WORKFORCE

*NCCER certification prior to DoL YB enrollment*

August 18, 2009

Calvin Austin  
Choice Construction Services  
665 Hillcrest Blvd  
Hoffman Estates, IL 60169

Dear Calvin,

On behalf of the National Center for Construction Education and Research, I congratulate you for successfully completing NCCER's Contren® Learning Series program. I also congratulate you for choosing construction as a career.

You are now a valuable member of one of our nation's largest industries. The skills you have acquired will not only enhance your career opportunities, but will help build America.

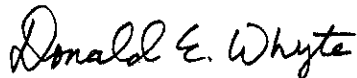
Enclosed are your credentials from the National Registry. These industry-recognized credentials give you flexibility in planning your career and ensure your achievements follow you wherever you go.

To access your training accomplishments through the Automated National Registry, follow these instructions:

1. Go to [www.nccer-anr.org](http://www.nccer-anr.org).
2. Click the "Individuals" button.
3. Enter the NCCER card number, located on front of your wallet card or transcript, and your PIN.  
*Note: The default PIN is the last four digits of your SSN. You may change your PIN after you login.*
4. First-time users will be directed to answer a few security questions upon initial login.
5. Contact the registry department with any questions.

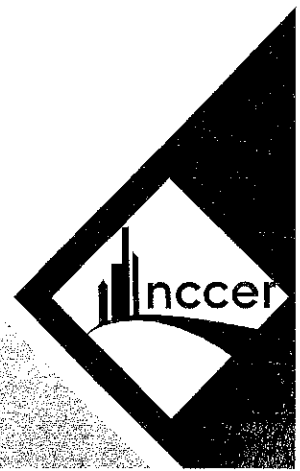
NCCER applauds your dedication and wishes you the best in your future endeavors.

Sincerely,



Donald E. Whyte  
President, NCCER

Enc.



# National Center for Construction Education and Research

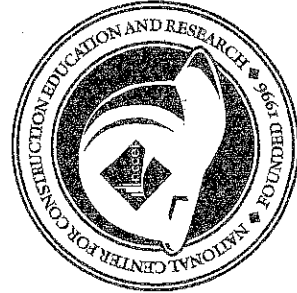
This is to certify that

*Calvin Austin*

has fulfilled the requirements for

*Core Curricula*

in NCCER's standardized training curriculum  
this Seventh day of August, 2009



*Donald E. Whyte*

Donald E. Whyte  
President



NATIONAL CENTER  
FOR CONSTRUCTION  
EDUCATION AND RESEARCH

Calvin Austin

6637147





# MIOSHA Training Institute

**MIOSHA**  
Michigan Occupational Safety  
and Health Administration



Macomb  
Community College

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## The MIOSHA Training Institute *takes pleasure in presenting this* CERTIFICATE OF ATTENDANCE

to

*Calvin Austin*

*for your active participation in*

**MIOSHA 10-Hour for Construction**

awarding 1 CEU / 10 Contact Hours

**April 1 - 2, 2009**

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*Mary Rose Farrington*

MichiganWORKSI / Traverse Bay Area ISD

*Tom Swindlehurst*

MIOSHA - CET Division Instructor

OSHA 002440713



U.S. Department of Labor  
Occupational Safety and Health Administration

CALVIN AUSTIN

Has successfully completed a 10-hour Occupational Safety and Health  
Training Course in

Construction Safety & Health

*[Signature]*

CL001330

4/15/09

(Date)

**American  
Red Cross**



This recognizes that

CALVIN AUSTIN J

has completed the requirements for

ADULT CPR

FIRST AID

conducted by

YOUTH BUILD

Date Completed 2/24/2011

The American Red Cross recognizes this certificate  
as valid for 2 year(s) from completion date.