



Suman Bhlon
Sharjah, U.A.E
+971 508513973 | sumanbhlon503@gmail.com

Objective

Highly motivated and detail-oriented individual eager to start a career as a Kitchen Helper. Skilled in maintaining cleanliness, assisting with food preparation, and supporting kitchen operations. Committed to upholding hygiene standards, learning to operate kitchen equipment, and contributing to a safe and efficient kitchen environment. Dedicated to delivering quality support while ensuring food safety and teamwork in fast-paced settings.

Experience

- Culinary Training Projects**
Diploma in Culinary Arts
 - Gained hands-on experience in culinary techniques, including food preparation, plating, and presentation.
 - Practiced menu planning and recipe development under professional guidance.
 - Applied food safety and hygiene standards in simulated kitchen environments.
 - Collaborated with peers to execute mock restaurant services, ensuring efficiency and quality.

Education

- TEXAS INTERNATIONAL COLLEGE _ NEPAL** In progress
BBS
- PUSPA LALA MEMORIAL SECONDARY SCHOOL _ NEPAL** 2020
HSEC

Skills

- Adaptability
- Team Work
- Quick Learner
- Physical Stamina
- Safety Awareness
- Cleanliness & Sanitation

Experties

- Knowledgeable in maintaining a clean and safe kitchen environment, adhering to health regulations.
- Skilled in operating and maintaining kitchen appliances for optimal functionality.
- Familiar with operating and maintaining basic kitchen appliances for smooth functionality.
- Skilled in preparing ingredients efficiently to assist in seamless kitchen operations.
- Trained in proper food handling, storage, and labeling practices to ensure safety and quality.

Certifications

- Professional Diploma in Culinary Arts
26/11/2024
Achieved through technical collaboration, specializing in culinary techniques, menu development, and food safety.
- Professional Diploma in Culinary Arts
29/06/2024
Obtained a second certification through technical collaboration, specializing in culinary techniques, menu planning, and food safety.

Languages

- English
- Hindi
- Nepali

Personal Details

- Date of Birth : 21/11/2003
- Nationality : Nepali
- Passport : PA1610625
- Gender : Male
- Passport Issue Date : 03/05/2023
- Passport Expiry : 02/05/2033
- Visa Status : Visit Visa