

Amanda Hernandez  
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**EDUCATION:** Bachelor of Science , Dietetics Degree anticipated May 2013

Minor: School Health Education

University of Northern Colorado, Greeley, CO

Current GPA: 3.8

**Summary:** Self-motivated individual with experience in management, foodservice and leadership. Enthusiastic and tenacious in the workplace and have efficient time management skills. professional and life experiences.

### EXPERIENCE

**Shift Leader, Training Captain, Server, Food Prep, Quality Assurance:** August 2010-Present  
Chili's Grill and Bar, Greeley, CO

- Food preparation, portioning and maintenance food safety standards skills to lower food costs
- Manage shifts, ensure kitchen and server staff maintains food safety and corporate standards
- Train new employees to maintain food safety standards and gave understanding of Chili's corporate standards
- Serve Safe Certified, Responsible Alcohol Service Certified

**Lead Student Ambassador:** April 2012 – Present

College of Natural and Health Sciences, University of Northern Colorado, Greeley, CO Supervisor:

- Time-management skills to schedule Ambassadors for events and meetings
- Organize preparation of event materials for prospective students
- Trained new ambassadors on effective organization and communication skills to promote University

**Guest Lecturer:** October 2012

University of Northern Colorado, Greeley CO

- Planned and implemented lecture for undergrad students in the course "Nutrition in the Life Cycle"
- Built rapport with undergrad students, by relating and understanding educational needs
- Lectured in the concept of "Nutrition in Infants" using growth charts, and a length board

**Recipe Consultant:** April 2012

University of Northern Colorado Dining Services, Greeley, CO

- Provided healthy recipe for dining hall menu cycle; low in sodium, fat and absent of the 6 common allergens,
- Collaboration with dining hall staff and chefs to adjust recipe and food pricing
- Presented the team's food cost analysis, labor costs and recipe to dining hall staff and recipe was chosen to be included in cycle menu

**Research Assistant and Presenter:** April 2012

University of Northern Colorado, Greeley, CO – Teaching and Learning Fair

- Evaluated effective undergraduate education methods to determine which were more appropriate for these students.
- Concluded that "Problem Based Learning" was a more effective teaching strategy for undergraduate Dietetic Students
- Analyzed and presented statistical data at a learning fair

**Practicum in Cardiovascular Disease MNT:** December 2011-March 2012

Heart Center of the Rockies, Loveland, CO

- Observed patients undergoing Cardiac Rehab
- Increased communication skills by learning how to make patients feel comfortable
- Knowledge in appropriate Medical Nutrition Therapy for cardiology patients
- Engaged in community classes provided for patients

**Sports Nutrition Job Shadow:** November 2011

Denver Broncos

- Observed foodservice management for athletic operations
- Knowledge base of appropriate nutrition therapy for high performance athletes