

Careers in the Real World

Chef



Chefs and cooks plan and prepare meals in all kinds of places such as cafeterias, restaurants, schools, hospital, airlines, and even cruise ships! Many responsibilities of cooks and chefs include supervising other workers, ordering food, preparing a menu, as well as creating new and exciting recipes. Chefs can also own their own catering companies, or be private chefs that cook for famous people .



Chef

Check It!

What do you think this career is about? Check off the spaces below and fill in your answers! Learn more at www.vaview.org or use other career resource books and web sites.



School Subjects needed: 1. What does someone with this career do?
(Description)

- Math
- History
- Writing
- Reading
- Science
- Art
- Music
- Physical Education
- Health
- Foreign Language
- Computer Science
- Business Classes
- Government

2. Name some of the daily job responsibilities. (Duties)

Attributes

needed:

- Honesty
- Dependable
- Caring
- Patient
- Independent
- Shows Initiative
- Punctual
- Creative
- Motivated
- Responsible

Works with:

- Tools
- Computers
- Numbers
- Adults
- Kids
- Teens
- Animals
- Machines
- Vehicles
- Music
- Art Supplies
- Food
- Money
- Heavy Equipment

Places they could work:

- City
- Country
- Foreign Countries
- Beach
- Mountains
- Mall
- School
- Medical Center
- Park
- Theatre
- Forest
- College

What hours do you think someone with this job would work?

- Days
- Nights
- Weekends
- Mon-Friday
- Part Time
- Full Time
(33+ hours per week)

Skills needed:

- Teamwork
- Problem Solving
- Organization
- Communication
- Leadership
- Computers
- Writing
- Math
- Reading

Real World Stats

Chef

Go to www.vaview.org to fill out the information below or use other career resource books and websites.



Career Family: _____

Description:

Duties:

Education needed:

- ___ No High School Diploma
- ___ High School Diploma
- ___ On the job training
- ___ Certification
- ___ Career and Technical Training
- ___ Apprenticeship
- ___ 2 year Associate Degree
- ___ 4 year Bachelor's Degree
- ___ Master's Degree
- ___ Doctorate Degree
- ___ Other

Average Salary per year:



Job projections: (check one)

___ increasing



___ decreasing



___ staying the same



Special Requirements:

(check it out on www.vaview.org)

___ None listed

___ You must meet the following requirements:

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Write about a typical day for a chef. Include the time to start work and when work ends, people to interact with, tasks to be completed, and possible problems that may arise during the typical day. Go to www.vaview.org to learn more.



Part of a Chef's job includes preparing menus and new recipes. Part of planning the menu also includes setting the prices for the specific dishes based on how much the ingredients cost to prepare the food. Use the model menu below as a guide to create your own menu on the next 4 pages. The menu folds in half and can be copied or taped double sided. Create your own restaurant name, history, logo, and more! Decide where your restaurant will be located, in your home town, at the beach, even in a foreign country!

There will be history of the restaurant (history of what you are making) and you will be able to see the ingredients of the recipe and the price of the ingredients.

History
Monday - Friday 12:00 - 10:00
Saturday 12:00 - 10:00
Sunday 12:00 - 10:00
Hours of operation with week
days, weekends, and holidays.

Logo
Name

Restaurant Name
Address
Phone
Email
Website

RESTAURANT NAME

Main address (location)
Identify address for food and list

Operating hours and location

History or description of the food,
ingredients, or restaurant you serve. This is
also a place to put a logo.

Menu

Desserts

Description of item in the category and/or additional
information included with unit (s).

Item
A long description of the item
Item
A long description of the item
Item
A long description of the item
Item
A long description of the item

Beverages

Description of item in the category and/or additional
information included with unit (s).

Item
A long description of the item
Item
A long description of the item
Item
A long description of the item
Item
A long description of the item

Sandwiches

Description of item in the category and/or additional
information included with unit (s).

Item
A long description of the item
Item
A long description of the item
Item
A long description of the item
Item
A long description of the item

Sides

Description of item in the category and/or additional
information included with unit (s).

Item
A long description of the item
Item
A long description of the item
Item
A long description of the item
Item
A long description of the item

Category Name

Description of item in the category and/or additional
information included with unit (s).

Item
A long description of the item
Item
A long description of the item
Item
A long description of the item
Item
A long description of the item

Appetizers

Description of item in the category and/or additional
information included with unit (s).

Item
A long description of the item
Item
A long description of the item
Item
A long description of the item
Item
A long description of the item

Ex. Salads

Description of item in the category and/or additional
information included with unit (s).

Item
A long description of the item
Item
A long description of the item
Item
A long description of the item
Item
A long description of the item

Diapers

Description of item in the category and/or additional
information included with unit (s).

Item
A long description of the item
Item
A long description of the item
Item
A long description of the item
Item
A long description of the item

Category Name

Description of item in the category and/or additional
information included with unit (s).

Item
A long description of the item
Item
A long description of the item
Item
A long description of the item
Item
A long description of the item

Category Name

Description of item in the category and/or additional
information included with unit (s).

Item
A long description of the item
Item
A long description of the item
Item
A long description of the item
Item
A long description of the item

Kids Menu

Description of item in the category and/or additional
information included with unit (s).

Item
A long description of the item
Item
A long description of the item
Item
A long description of the item
Item
A long description of the item

Category Name

Description of item in the category and/or additional
information included with unit (s).

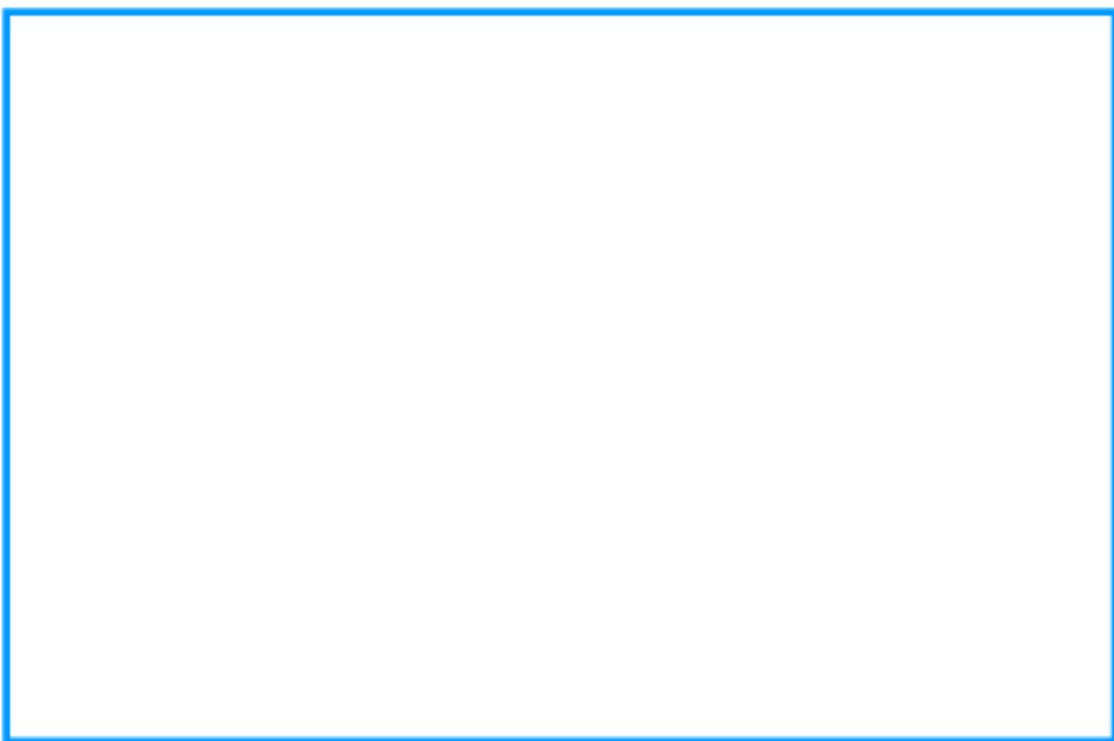
Item
A long description of the item
Item
A long description of the item
Item
A long description of the item
Item
A long description of the item

Hours

We accept all major credit cards.
No personal checks please.

Front

Back





■



List, Check, and Buy!

Another part of a chef's job may include deciding what ingredients are needed to prepare food on the menu. Use the menu you created to list the ingredients needed on the blank list on the next page. You can use this list as a sample. List the ingredients needed for a section of the menu or the whole menu itself. Based on the prices of the menu items you listed and by looking at a newspaper or visiting a grocery store to find out market prices, what items will be most profitable? What items will cost the most to make? What items will be the least profitable? Do you need to change your menu prices based on how much the ingredients cost? Most restaurants order their food in large quantities that allow a discount. If you had a 25% discount on the items you listed on the grocery list, what would be the cost of each item? How much would your profits be then?

Grocery List

Date: _____

Done?	Produce	Quantity	Brand
<input type="checkbox"/>	Oranges		
<input type="checkbox"/>	Apples		
<input type="checkbox"/>	Bananas		
<input type="checkbox"/>	Lettuce		
<input type="checkbox"/>	Tomatoes		
<input type="checkbox"/>	Squash		
<input type="checkbox"/>	Celery		
<input type="checkbox"/>	Cucumber		
<input type="checkbox"/>	Mushrooms		

Done?	Dairy	Quantity	Brand
<input type="checkbox"/>	Milk		
<input type="checkbox"/>	Cheese		
<input type="checkbox"/>	Eggs		
<input type="checkbox"/>	Cottage cheese		
<input type="checkbox"/>	Sour cream		
<input type="checkbox"/>	Yogurt		

Done?	Meat	Quantity	Brand
<input type="checkbox"/>	Beef		
<input type="checkbox"/>	Poultry		
<input type="checkbox"/>	Ham		
<input type="checkbox"/>	Seafood		
<input type="checkbox"/>	Lunch meat		

Done?	Drinks	Quantity	Brand
<input type="checkbox"/>	Soda		
<input type="checkbox"/>	Juice		
<input type="checkbox"/>	Coffee		
<input type="checkbox"/>	Tea		
<input type="checkbox"/>	Water		

Done?	Supplies	Quantity	Brand
<input type="checkbox"/>	Paper plates		
<input type="checkbox"/>	Napkins		
<input type="checkbox"/>	Garbage bags		
<input type="checkbox"/>	Detergent		

Done?	Pasta	Quantity	Brand
<input type="checkbox"/>	Noodles		
<input type="checkbox"/>	Rice		

Done?	Soup	Quantity	Brand
<input type="checkbox"/>	Canned		
<input type="checkbox"/>	Dry mix		

Done?	Bakery	Quantity	Brand
<input type="checkbox"/>	Bread		
<input type="checkbox"/>	Bagels		
<input type="checkbox"/>	Muffins		
<input type="checkbox"/>	Cake		

Done?	Snacks	Quantity	Brand
<input type="checkbox"/>	Potato chips		
<input type="checkbox"/>	Pretzels		
<input type="checkbox"/>	Ice cream		
<input type="checkbox"/>	Cookies		

You can use this Grocery List to help you keep track of the things you need to buy.

Add to or modify the items on the list to personalize it before you go shopping.

Then you can either print the list and check off each item by hand as you purchase it, or you can type the letter **a** in the Done? column of boxes to make a check mark appear.

If you continue to work with this list on your computer, you can use the Autofilter feature of Excel to quickly identify the tasks you have done or that you still need to complete. In the Done? column, click the black triangle to view filtered lists.

To see filtered lists:
To see a list of items that are not completed and still need to be checked off, select (Blanks) in the drop-down menu.

To see a list of items that are checked off, select **a** in the drop-down menu.

To see all the tasks again, select (All) in the drop-down menu.

When you are finished using these instructions, delete this text box by selecting it and pressing the DELETE key.

Learn More!

- Visit a grocery store or interview a chef.
- Visit a culinary school in your area.
- Talk to the manager of a restaurant regarding ordering food.
- Use the blank list on the next page to shop for a family dinner that you plan!
- Keep a weekly list of groceries needed for your family.

Grocery List

Date: _____

Done?	Produce	Quantity	Brand

Done?	Dairy	Quantity	Brand

Done?	Meat	Quantity	Brand

Done?	Drinks	Quantity	Brand

Done?	Supplies	Quantity	Brand

Done?	Pasta	Quantity	Brand

Done?	Soup	Quantity	Brand

Done?	Bakery	Quantity	Brand

Done?	Snacks	Quantity	Brand

Grocery List

Date: _____

Done?	Produce	Quantity	Brand

Done?	Dairy	Quantity	Brand

Done?	Meat	Quantity	Brand

Done?	Drinks	Quantity	Brand

Done?	Supplies	Quantity	Brand

Done?	Pasta	Quantity	Brand

Done?	Soup	Quantity	Brand

Done?	Bakery	Quantity	Brand

Done?	Snacks	Quantity	Brand

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What do you think?



1. Are you interested in this career? Yes No Maybe

2. What do you think is the best thing about this career?

3. What do you think is the worst thing about this career?

4. What is the most important thing this career does for others?

5. What parts of this career match your interests, hobbies, strengths, and or goals?



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Virginia Standards of Learning met by this activity series:

Grade 7:

Mathematics: 7.4, 7.5, 7.6

English: *7.1, *7.2, 7.4, 7.6, 7.7, 7.8, 7.9,

Grade 8:

Mathematics: 8.3, 8.1 1, 8.12

English: *8.1,* 8.2, 8.4, 8.6, 8.7, 8.8,

Grade 9:

English: *9.2, 9.4, 9.6, 9.7, 9.8, 9.9

Other subject areas:

Algebra I: A.1, A.3, *A.4,

Probability and Statistics: PS.2

Computer Technology Grades 6 - 8

C/T 6.8.1, C/T 6-8.3, C/T 6-8.5, C/T 6-8.6, C/T 6-8.7,

Computer Technology Grades 9-12

C/T 9-12.3, C/T 9-12.6, C/T 9-12.7, C/T 9-12.8,

Virginia Standards of Counseling Programs:

Career Development: Grades 6- 8

- MC1. Identify the relationship of course content, educational achievement, and career choices,
- MC2. Identify personal preferences, skills, and interests that influence career choices and success,
- MC3. Understand the effect of career choices on the quality of life,
- MC4. Understand the behaviors such as punctuality, courtesy, proper dress and language, and hard work are essential to success in the job market,
- MC5. Demonstrate understanding of the education and training needed to achieve career goals,
- MC6. Demonstrate employability skills such as individual initiative, teamwork, problem solving, organization, and communication
- MC7. Use skills to locate , evaluate, and interpret career and educational information,

*SOLs are met by "Learn More" activities

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Virginia Standards of Learning met by this activity series: (Std.)

Personal/Social Development:

MP7. Understand how character traits, interests, and abilities, and achievement relate to attaining personal, educational, and career goals.

Career Development: Grades 9-12

- HC1. Understand the value of ethical standards and behaviors in education and the workplace,
- HC2. Understand how changing economic and social needs influence employment trends and future training,
- HC3. Understand how work and leisure interests can help to achieve personal success and satisfaction,
- HC8. Demonstrate skills involved in locating, using, and interpreting a variety of career and educational resources, including the Internet,
- HC10. Demonstrate knowledge of the current job market trends, and
- HC11. Apply decision making skills to career planning.

Personal/ Social Development: Grades 9-12

HP2. Understand when and how to utilize family, peer, school, and/or community resources

History and Social Science Standards of Learning: Civics and Economics:

- CE12. The student will demonstrate knowledge of career opportunities by:
- a) identifying talents, interests, and aspirations that influence career choice;
 - b) identifying attitudes and behaviors that strengthen the individual work ethic and promote career success,
 - c) identifying skills and education that careers require;
 - d) examining the impact of technological change on career opportunities

Learn More and Explore:

1. Interview a chef or cook. What do they like the most about their career? What do they like the least?
2. Visit a restaurant with a chef. Look at the menu, try something different, meet the chef.
3. Volunteer to work at a soup kitchen. Observe all of the planning, people, and products that make the facility work. What improvements can you think of? What surprised you about the facility?
4. Use the Internet, recipe books, or other sources to create the following: A dessert recipe for strawberries, a dessert recipe for blueberries, a seafood dish that includes scallops, an appetizer that includes tortilla chips and fresh vegetables, two side items that include a type of potato dish and a type of carrot dish. An entree that uses beef or chicken. Remember, chefs become famous by their creativity and originality to create and prepare food in new and different ways that tastes good. Make your recipes unique. Then, have each student in the class bring in their favorite recipe creation for a taste testing day. Students vote to award 1st, 2nd, and 3rd place prizes.

*SOLs are met by "Learn More" activities

"Careers in the RealWorld" Virginia Career VIEW www.vaview.org