

Chefs and Head Cooks

SOC: 35-1011 • Career Profile Report

■ Key Facts

\$60,990 Median Salary	197,300 Employment	+7.0% Growth Rate
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■ Requirements & Salary Range

Education: High school diploma

■ Automation Risk Assessment

Low Risk - 18.0% probability of being automated in the next 10-20 years.
This job is relatively safe from automation due to its creative, social, or complex problem-solving requirements.

■ Work-Life Balance

3.2/10 - Challenging work-life balance

■ Personality Fit (RIASEC)

Higher scores indicate better personality fit for this career type.

Realistic	7.0/10	Investigative	3.8/10
Artistic	4.6/10	Social	7.6/10
Enterprising	5.2/10	Conventional	6.0/10

■ Top Skills Required

Business skills, Communication skills, Creativity, Dexterity, Leadership skills, Physical stamina, Sense of taste and smell, Time-management skills

✓ Strengths

- High Demand
- Flexible Work
- Continuous Learning

■ Challenges

- Burnout Risk
- Rapid Technological Change

■ What They Do

Chefs and Head Cooks typically perform the following tasks:

- Monitor sanitation practices to ensure that employees follow standards and regulations.
- Instruct cooks or other workers in the preparation, cooking, garnishing, or presentation of food.
- Supervise or coordinate activities of cooks or workers engaged in food preparation.
- Order or requisition food or other supplies needed to ensure efficient operation.
- Inspect supplies, equipment, or work areas to ensure conformance to established standards.
- Check the quantity and quality of received products.
- Check the quality of raw or cooked food products to ensure that standards are met.
- Estimate amounts and costs of required supplies, such as food and ingredients.
- Coordinate planning, budgeting, or purchasing for all the food operations within establishments such as clubs, hotels, or restaurant chains.
- Analyze recipes to assign prices to menu items, based on food, labor, and overhead costs.
- Plan, direct, or supervise food preparation or cooking activities of multiple kitchens or restaurants in an establishment such as a restaurant chain, hospital, or hotel.
- Determine how food should be presented and create decorative food displays.
- Prepare and cook foods of all types, either on a regular basis or for special guests or functions.
- Determine production schedules and staff requirements necessary to ensure timely delivery of services.
- Meet with customers to discuss menus for special occasions, such as weddings, parties, or banquets.
- Recruit and hire staff, such as cooks and other kitchen workers.
- Record production or operational data on specified forms.
- Meet with sales representatives to negotiate prices or order supplies.
- Arrange for equipment purchases or repairs.
- Demonstrate new cooking techniques or equipment to staff.

*Generated by StartRight • Data from U.S. Bureau of Labor Statistics & O*NET*

Source: <https://www.bls.gov/ooh/food-preparation-and-serving/chefs-and-head-cooks.htm>