

# Cooks

SOC: 35-2010 • Career Profile Report

## ■ Key Facts

<b>\$35,760</b> Median Salary	<b>2,805,100</b> Employment	<b>+5.0%</b> Growth Rate
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## ■ Requirements & Salary Range

**Education:** See Requirements (BLS)

## ■ Automation Risk Assessment

**Low Risk** - 25.0% 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

**4.2/10** - Fair 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

Attention to detail, Dexterity, Physical stamina, Sense of taste and smell

### ✓ Strengths

- High Demand
- Flexible Work
- Continuous Learning

### ■ Challenges

- Burnout Risk
- Rapid Technological Change

## ■ What They Do

Cooks typically perform the following tasks: • Order and take delivery of supplies. • Cook the exact number of items ordered by each customer, working on several different orders simultaneously. • Prepare specialty foods, such as pizzas, fish and chips, sandwiches, or tacos, following specific methods that usually require short preparation time. • Operate large-volume cooking equipment, such as grills, deep-fat fryers, or griddles. • Wash, cut, and prepare foods designated for cooking. • Prepare and serve beverages, such as coffee or fountain drinks. • Clean food preparation areas, cooking surfaces, and utensils. • Read food order slips or receive verbal instructions as to food required by patron, and prepare and cook food according to instructions. • Serve orders to customers at windows, counters, or tables. • Clean, stock, and restock workstations and display cases. • Maintain sanitation, health, and safety standards in work areas. • Cook and package batches of food, such as hamburgers or fried chicken, prepared to order or kept warm until sold. • Prepare dough, following recipe. • Take food and drink orders and receive payment from customers. • Verify that prepared food meets requirements for quality and quantity. • Pre-cook items, such as bacon, to prepare them for later use. • Measure ingredients required for specific food items. • Mix ingredients, such as pancake or waffle batters. • Schedule activities and equipment use with managers, using information about daily menus to help coordinate cooking times. • Take out garbage.

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