



Chefs & Head Cooks

WHAT THEY DO

Directs and participates in the preparation, seasoning, and cooking of soups, meats, fish, vegetables, salads, desserts, or other foods. May plan and price menu items, order supplies, and keep records and accounts. Belongs to the Hospitality and Tourism cluster and Restaurants and Food/Beverage Services pathway.

SKILLS YOU NEED

Basic Skills:

- Reading Comprehension
- Active Listening
- Speaking
- Mathematics
- Critical Thinking
- Active Learning
- Learning Strategies
- Monitoring

Transferable Skills (applicable in other careers): Medium level

- Assigning duties to workers
- Evaluating worker performance
- Hiring and supervising staff
- Measuring ingredients for recipes
- Planning staff work tasks
- Preparing food for customers
- Preparing orders for supplies
- Using food and drink preparation equipment

Workplace Skills:

Medium level

- Complex Problem Solving
- Coordination
- Instructing
- Judgment and Decision Making
- Management of Financial Resources
- Management of Material Resources
- Management of Personnel Resources
- Negotiation
- Persuasion
- Quality Control Analysis
- Service Orientation
- Social Perceptiveness
- Time Management

Additional skills for this occupation may be found at <http://www.iowaworkforcedevelopment.gov/career-exploration-resources>

Source: <https://secure.ihaveaplaniowa.gov/>

IS THIS FOR YOU?

Work Interests are described in the following categories (compatible with Holland's Model) by people who tend to succeed in this career:

- **Artistic**– You are an "creator". You enjoy things like art, music, and books, and express your feelings easily. You don't like rigid rules and structure.
- **Enterprising** – You are a "persuader". You like to sell things or ideas. Prestige and power are important to you. You like to use your language skills to convince other people of your ideas.
- **Realistic** — You are a "doer". You like physical activities and projects. You like to find the answers to problems by doing hands-on work instead of talking about solutions.

Work Values are aspects of work that are satisfying to you. The following work values are generally associated with this career.

- **Recognition** – It's very important to you that your work allows you to make decisions on your own. You want to try out your own ideas and work with little supervision.
- **Independence** – It's very important to you that your work allows you to make decisions on your own. You want to try out your own ideas and work with little supervision.

Aptitudes reflect a person's ability to acquire skills and knowledge. The following aptitudes are important for success in the career:

- **General Learning Ability**
- **Manual Dexterity**

ESTIMATED & PROJECTED EMPLOYMENT

Occupational Title	2012 Estimated Employment	2022 Projected Employment	2012-22 Employment Change	Annual Growth Rate (%)	Total Annual Openings
Total, All Occupations	1,758,205	1,955,480	197,275	1.1	61,665
Food Preparation & Serving Related Occupations	132,020	146,170	14,145	1.1	6,245
Chefs & Head Cooks	730	795	65	0.9	20

Source: <http://www.iowaworkforcedevelopment.gov/occupational-projections-0>

2015 WAGE & SALARY (\$)

Occupational Title	Average Wage	Average Salary	Entry Wage	Entry Salary	Experienced Wage	Experienced Salary
Total, All Occupations	19.77	41,122	9.55	19,858	24.88	51,755
Food Preparation & Serving Related Occupations	9.52	19,800	8.09	16,820	10.24	21,291
Chefs & Head Cooks	17.06	35,475	10.14	21,085	20.51	42,670

Source: <http://www.iowaworkforcedevelopment.gov/occupational-projections-0>

EDUCATION & TRAINING

Education	Work Experience	Job Training
High School Diploma	More than 5 years	None

A growing number of chefs and head cooks receive formal training at community colleges, technical schools, culinary arts schools, and 2-year or 4-year institutions. Students in culinary programs spend most of their time in kitchens practicing their cooking skills. These programs cover all aspects of kitchen work, including menu planning, food sanitation procedures, and purchasing and inventory methods. Most formal training programs also require students to get experience in a commercial kitchen through an internship, apprenticeship, or out-placement program. Source: <http://www.iowaworkforcedevelopment.gov/occupational-projections-0> and <https://secure.ihaveaplaniowa.gov/>

NATIONAL CAREER READINESS CERTIFICATE (NCRC)

Applied Mathematics	4
Locating Information	4
Reading for Information	3



This ACT-developed credential demonstrates achievement and a certain level of workplace employability skills. The greater the score, the greater the skill level (Bronze = 3, Silver = 4, Gold = 5, Platinum = 6).

Source: <http://www.act.org/workkeys/analysis/occup.html>

PRIMARY INDUSTRY SECTORS

(Where are Chef/Head Cooks Employed?)

Food Services
Accommodation
Educational Services
Self Employed
Amusement, Gambling, and Recreation Industries
Food and Beverage Stores
Hospitals

Source: <http://www.iowaworkforcedevelopment.gov/occupational-projections-0>

ADDITIONAL SOURCES:

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