Cooks, Restaurant

Also called: Cook, Grill Cook, Line Cook, Prep Cook (Preparation Cook)

What they do:
Prepare, season, and cook dishes such as soups, meats, vegetables, or desserts in restaurants. May order supplies, keep records and accounts, price items on menu, or plan menu.

On the job, you would:
- Inspect and clean food preparation areas, such as equipment and work surfaces, or serving areas to ensure safe and sanitary food-handling practices.
- Ensure food is stored and cooked at correct temperature by regulating temperature of ovens, broilers, grills, and roasters.
- Ensure freshness of food and ingredients by checking for quality, keeping track of old and new items, and rotating stock.

KNOWLEDGE
Manufactured or Agricultural Goods
- Food production
- Manufacture and distribution of products

Arts and Humanities
- English language

SKILLS
Basic Skills
- Keeping track of how well people and/or groups are doing in order to make improvements
- Listening to others, not interrupting, and asking good questions

Social
- Changing what is done based on other people’s actions

ABILITIES
Hand and Finger Use
- Hold or move items with your hands
- Keep your arms or hand steady

Ideas and Logic
- Notice when problems happen
- Order or arrange things

PERSONALITY
People interested in this work like activities that include practical, hands-on problems and solutions.

They do well at jobs that need:
- Dependability
- Self Control
- Attention to Detail

Cooperation
- Stress Tolerance
- Concern for Others

TECHNOLOGY
You might use software like this on the job:
- Spreadsheet software
  - Microsoft Excel
- Point of sale POS software
  - Point of sale POS restaurant software
- Office suite software
  - Microsoft Office

EDUCATION
High school diploma/GED or no high school diploma/GED usually needed

Get started on your career:
- Find Training
- Find Certifications
- Find Jobs

JOB OUTLOOK
New job opportunities are very likely in the future.

SALARY:
- $24,140
- $18,170 to $35,000

See more details at O*NET OnLine about cooks, restaurant.
O*NET Interest Profiler

Welcome to the O*NET Interest Profiler!

The O*NET Interest Profiler can help you find out what your interests are and how they relate to the world of work. You can find out what you like to do.

The O*NET Interest Profiler helps you decide what kinds of careers you might want to explore.

On each screen, click the Next button at the bottom to continue. You can use the Back button at the bottom to re-read the instructions or change your answers.

The O*NET Interest Profiler has 60 questions about work activities that some people do on their jobs.

Read each question carefully and decide how you would feel about doing each type of work:

- ⚪ = Strongly Dislike
- ⚫ = Dislike
- ▲ = Unsure
- ☆ = Like
- ☀ = Strongly Like

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