

What do you want to do for a living?



"I want to be a ..."



Search careers with key words.

Describe your dream career in a few words:

Examples: doctor, build houses

[Search](#) →

"I'll know it when I see it."



Browse careers by industry.

There are over 900 career options for you to look at. Find yours in one of these industries:

Administration & Support Services ▾

[Browse](#) →

"I'm not really sure."



Tell us what you like to do.

Answer questions about the type of work you might enjoy. We'll suggest careers that match your interests and training.

[Start](#) →

Still not sure? Check out careers in these groups:

[Bright Outlook](#)

[REGISTERED APPRENTICESHIP](#)

[Interests](#)

[Job Prep](#)



Are you a veteran looking for work?

[My Next Move for Veterans](#) helps you find a civilian career similar to your military job.

¿Habla español?

Mi Próximo Paso incluye tareas, aptitudes, información sobre salarios y más de 900 carreras diferentes.





Cooks, Restaurant

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

Print
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to fast food production-

Produced by [CareerOneStop](#)

[show transcript](#)

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 arm 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

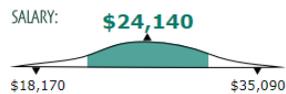
Get started on your career:

- [Find Training](#)
[Find Certifications](#)
[Find Licenses](#)
[REGISTERED APPRENTICESHIP](#)

JOB OUTLOOK



New job opportunities are **very likely** in the future.



- [Check out my state](#)
[Local Salary Info](#)
[Find Jobs](#)

EXPLORE MORE

- [Cooks, Institution & Cafeteria](#)
- [Cooks, Short Order](#)
- [Etchers & Engravers](#)
- [Photographic Process Workers & Processing Machine Operators](#)
- [Print Binding & Finishing Workers](#)

You might like a career in one of these industries:

- [Hotel & Food](#)

[See more details at O*NET OnLine](#) about cooks, restaurant.

O*NET Interest Profiler

O*NET Interest Profiler ?



[User Agreement](#)
[Proper Use](#)

Taken the Interest Profiler before?

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.

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Interests
Results
Job Zones
Careers
Next



O*NET Interest Profiler is sponsored by the U.S. Department of Labor, [Employment & Training Administration](#), and developed by the National Center for O*NET Development.

O*NET Interest Profiler ?

Here's how it works...



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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O*NET Interest Profiler ?



Progress:

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0 of 60 questions

1	<input type="radio"/>	Build kitchen cabinets				
2	<input type="radio"/>	Lay brick or tile				
3	<input type="radio"/>	Develop a new medicine				
4	<input type="radio"/>	Study ways to reduce water pollution				
5	<input type="radio"/>	Write books or plays				
6	<input type="radio"/>	Play a musical instrument				
7	<input type="radio"/>	Teach an individual an exercise routine				
8	<input type="radio"/>	Help people with personal or emotional problems				
9	<input type="radio"/>	Buy and sell stocks and bonds				
10	<input type="radio"/>	Manage a retail store				
11	<input type="radio"/>	Develop a spreadsheet using computer software				
12	<input type="radio"/>	Proofread records or forms				

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