

My Career Project

Chef

The description of a chef is to pretty much run the place. They have to choose other cooks, they pick the menu, they order supplies, and they have to choose what the price is for what dish, and in doing



all of that they have to be creative in what they are cooking. They also have to make many dishes that are of high quality. Chefs have the more difficult cooking duties too, they have to prepare the specialties of the restaurant, and develop their own recipes. High ranked hotels, clubs, and restaurant chains hire an Executive Chef. The Executive Chef coordinates planning, budgeting and the purchases for all the food operations. Cooks and Chefs are on their feet throughout their days work, and during mealtimes must work under a lot of pressure. They face many hazards such as cuts, burns; they might

even be exposed to oily mists, dusts, fumes, and smoke.

The education of chef's or cooks is to have at least a high school diploma to cook. Graduating apprentices are often hired by the restaurant where they have to complete their training. There are college programs available for Cooks and Chefs too. Some community colleges offer an associate degree and certificate program in commercial food preparation and food service operations.

The salary of the lowest 10% earned is less than \$14,690, and the highest 10% earned is more than \$55,040.

The job outlook of a chef are expected to be plentiful because of the continued growth and expansion of food services outlets which is resulting in average employment growth, and because of the large numbers of workers who leave these occupations they need to be replaced. However, those seeking

the highest-paying positions will face eager competition.

If you ever want to be a chef you might have very bad hours. You could work from 3 p.m. to 11 p.m. You also have to be on your feet a lot. Next, two-thirds of all chefs were employed in restaurants, other food services, and drinking places. About 15 percent worked in institutions such as schools, universities, hospitals, and nursing care facilities. Grocery stores, hotels, and gasoline stations with convenience stores employed most of the remainder.

Nutritionists

Nutritionists plan food and nutrition programs, they supervise meal training, and supervise the serving of meals. They prevent and treat illnesses by promoting healthy eating habits and recommending dietary modifications. Most jobs are in hospitals, nursing care facilities, outpatient care centers, and offices of physicians or other health practitioners.

Nutritionist usually requires at least a bachelor's degree in dietetics, foods and nutrition, food service systems management, or a

related area. Graduate degrees are available also. College students in these majors take courses in foods, nutrition, institution management, chemistry, biochemistry, biology, microbiology, and physiology. Other suggested courses include



business, mathematics, statistics, computer science, psychology, sociology, and

economics. High school students interested in becoming a dietitian or nutritionist should take courses in biology, chemistry, mathematics, health, and communications.

The salary for nutritionist median annual earnings of dietitians and nutritionists were \$46,980 in May 2006. The middle 50 percent earned between \$38,430 and \$57,090. The lowest 10 percent earned less than \$29,860, and the highest 10 percent earned more than \$68,330. They help people's lives for a lot of money but in the end it's really good.

Employment of dietitians and nutritionists is expected to increase 9 percent during the 2006-16 projection decade, about as fast as the average for all

occupations. Job growth will result from an increasing emphasis on disease prevention through improved dietary habits. An increasing and aging population will boost demand for nutritional counseling and treatment in hospitals, residential care facilities, schools, prisons, community health programs, and home health care agencies. Public interest in nutrition and increased emphasis on health education and prudent lifestyles also will spur demand, especially in food service management.

Nutritionists are very helpful. For instance they can help you stay healthy after heart attack or some severe problem. They can also help you with staying on a healthy weight.

Dietitians

Dietitians plan food and nutrition programs, they oversee meal preparation, and oversee the serving of meals. They check and take care of illnesses by promoting healthy eating habits and recommending dietary modifications. Dietitians manage food service systems for institutions such as hospitals and

schools, promote sound eating habits through education, and conduct studies. Many dietitians specialize, becoming a clinical dietitian, community dietitian, management dietitian, or consultant.

The education to be a dietitian would usually require at least a bachelor's degree in dietetics, food service systems management, or a related area. Graduate degrees are available also. College students in these majors take courses in foods, nutrition, institution management, chemistry, biochemistry, biology,



microbiology, and physiology. Other suggested courses

include business, mathematics, statistics, computer science, psychology, sociology, and economics. High school students interested in becoming a dietitian should take courses in biology, chemistry, mathematics, health, and communications.

The salary that a dietitian starts at median annual earnings of dietitians were \$46,980 in May 2006. The middle 50% earned between \$38,430 and \$57,090. The lowest 10% earned less than

\$29,860, and the highest 10% earned more than \$68,330.

The average employment growth is projected. Good job opportunities are predictable, especially for dietitians with specialized training, an advanced degree, or certifications beyond the exacting State's minimum condition.

Dietitians help people keep their diet. They help people that need to lose weight too. Dietitians also are very popular they can get jobs pretty much anywhere. Dietitians do a lot of work for many people to stay in great shape.

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