

WORKING TO BE A**Restaurant Cook****What type of education is needed to be a restaurant cook?**

- High school diploma or equivalent is preferred
- Often position can be learned through on the job training
- May go to culinary school to receive more formal training

What licenses or certifications are needed to be a restaurant cook?

- None required

What is the work environment like for a restaurant cook?

- Indoors, the kitchen area may be very warm
- Can be hazardous from grease and spills but using the correct safety precautions can reduce chances of accidents
- Requires long periods of standing, bending, and lifting
- May be full time or part time
- May include nights, weekends, and holidays

What does a restaurant cook do?

- Weighs, measures, and mixes ingredients according to a recipe
- Bakes, broils, roasts, and steams meat, fish, and vegetables as needed
- Seasons and cooks food according to a recipe or personal judgment
- Regulates temperatures of equipment
- Bakes bread, rolls, and pastry
- Keeps work areas and utensils clean and sanitary
- Washes, peels, and prepares fruits and vegetables
- Portions, arranges, and garnishes food
- Plans menu items
- Purchases or orders supplies

What is the normal pay range for a restaurant cook?

- \$6.83–\$12.86 per hour

What Source partners offer training to be a restaurant cook?

- Toledo Public Schools
- Owens Community College

The Source

1301 Monroe Street
Toledo, Ohio 43604
Phone: 419-213-JOBS

Your Source for information to overcome life's barriers and be successful!

How can a restaurant cook grow in their field?

- Can become an executive chef or a head cook
- Can become a personal chef or open their own restaurant
- Through training and experience, can move into a related career in food service