

# Occupations in Culinary Arts

- > Baker
- > Butcher/Meat Cutter
- > Caterer
- > Chef/Head Cook
- > Chocolatier
- > FACS Teacher
- > Food Service Director
- > Food Service Manager
- > Food Stylist
- > Pastry Chef

Becoming a chef is not the only career possibility in the food industry. Photographers and recipe editors are other possible careers.

## Culinary Arts Facts

- During the early 1980s, 5-10 percent of culinary students nationwide were female; by the mid-90s this grew to 35 percent. In 2005, over 50 percent were female.<sup>1</sup>
- Nationwide, 4.5 percent of the people employed as executive chefs are women.<sup>2</sup>
- The Culinary Institute of America (CIA) was founded in 1946 by Frances Roth and Katherine Angell to train male veterans returning home from World War II.<sup>3</sup>
- In 1970, the first full-time woman student was enrolled in the CIA. In the 1980s and 1990s, female enrollment was about 21 percent. Currently, women comprise over 44 percent of the almost 3,000 students at the CIA.<sup>3</sup>
- Julia Child, one of the first American chefs, introduced French cuisine and cooking techniques to the American mainstream through her cookbooks and television show.
- In 2005, Cristeta Comerford became the first woman named as White House Executive Chef.

<sup>1</sup> Nation's Restaurant News, Feb. 21, 2005 by Dina Berta

<sup>2</sup> 2007 CulinaryArtsOnline.com

<sup>3</sup> 2007 The Huffington Post, December 14, 2009, Food for Thought

Break free of the traditions and barriers that limit your choices.  
What's stopping you? Be different! Try something new!  
Is a nontraditional career in your future?

# Culinary Arts

A NONTRADITIONAL CAREER PATH FOR WOMEN



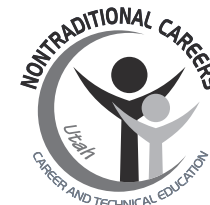
Talk to your school counselor  
about a nontraditional career in culinary arts.

*Break free of the barriers that limit your career choices.*

[www.UtahCTE.org](http://www.UtahCTE.org)



UTAH STATE OFFICE OF EDUCATION  
250 East 500 South P.O. Box 144200 Salt Lake City, UT 84114-4200  
Larry K. Shumway, Ed.D., State Superintendent of Public Instruction  
Mary Shumway, State Director of Career and Technical Education



FAMILY AND CONSUMER SCIENCES EDUCATION

## Nontraditional Careers

Did you know a nontraditional career is any occupation in which women or men comprise 25 percent or less of its total employment?

Women in nontraditional occupations earn more money than those in female-oriented fields.

Choosing a nontraditional career path can mean:

- > Greater job satisfaction.
- > Higher wages and better benefits.
- > Great advancement opportunities.
- > Economic self-sufficiency.
- > Broader job opportunities.
- > Freedom to pursue a career related to your interests and abilities.

**BREAK with tradition and explore a nontraditional career!**

## Culinary Arts as a Career

Not too many years ago, men went to work and earned money while women stayed at home. While at home women took care of the children, cleaned the house and cooked the meals. So it may be surprising that until recently women were not accepted into professional kitchens. Although the entry of women into the culinary arts industry has increased, the number of women is still small.

Chefs, cooks, and food preparation workers prepare, season, and cook a wide range of foods in a variety of restaurants and other food services establishments. Chefs and cooks create recipes and prepare meals, while food preparation workers peel and cut vegetables, trim meat, prepare poultry, and perform other duties.

## CTE Pathways

High school is a great time to try out a wide range of Career Pathways by enrolling in Career and Technical Education (CTE) courses. As an added bonus, you will be developing work-related skills that can be put to immediate and profitable use.

CTE provides courses and Pathways consistent with industry training and certification, thus providing depth and meaning for both visual and hands-on learning and education that can be applied in today's job market.

Through participation in CTE, Family and Consumer Sciences Education can guide you as you take courses in the Food Services and Culinary Arts Pathway.

By taking FACS courses, you will obtain the knowledge and skills that will prepare you for independent living and the workforce, increasing personal and community well-being. You will also gain an important foundation of knowledge and skills necessary for continuing your education in FACS.

## Employment

Nationally, chefs, head cooks, and food preparation and serving supervisors held almost 1.0 million jobs in 2008.<sup>1</sup>

In Utah, an entry-level position for a chef or head cook generally starts at an average hourly wage of \$14.88, or \$30,950 per year.<sup>2</sup> Increases in salary are based upon training, education, and experience.

The wages of chefs, cooks, and food preparation workers vary greatly according to the region of the country and the type of food service establishment.

## Working Conditions

Working conditions vary with the type and quantity of food prepared and the local laws governing food service operations. Workers must usually endure the pressure and strain of standing for hours at a time, lifting heavy pots and kettles, and working near hot ovens and grills. Job hazards include slips, falls, cuts, and burns, but injuries are seldom serious. Work hours in restaurants may include mornings, late evenings, holidays, and weekends.

*17 percent of people employed as chefs and head cooks are women.<sup>3</sup>*

## Outlook

Job openings for chefs, cooks, and food preparation workers are expected to be plentiful through the year 2016; however, competition for jobs in the top kitchens of higher-end restaurants should be keen.

In Utah, the annual growth rate in this occupation is expected to be 2.5 percent through 2016, with employment totaling 680.<sup>2</sup>

## UtahFutures

Log on to UtahFutures.org to learn more about a career in culinary arts. From the home page, click on the "occupations" option to find an occupation that interests you and link to the description for that occupation. (Refer to the sample list of occupations on the back of this page.) Check out employment opportunities, working conditions, outlook, skills and abilities, and wages for your selected occupation.

**Is a nontraditional career in your future?**



<sup>1</sup> U.S. Bureau of Labor Statistics

<sup>2</sup> Utah Department of Workforce Services

<sup>3</sup> Department of Labor, Women's Bureau, Nontraditional Occupations for Women in 2008