

ChooseKindness.com Career Description	
Career	Chef
Your Name	
Business Name	Natural Gourmet Cookery School
Street Address	48 W. 21 st St.
City	New York
State	NY
Zip	10010
Phone	212-645-5170
E-mail Address	admissions@naturalgourmetschool.com
Website Address	www.naturalgourmetschool.com
What training is needed to work in this field?	Culinary training
What is a typical week like or what do you spend most of your time doing in your job?	For restaurant work, you'll spend your time prepping, cooking and plating food. For personal chef work, you'll meet with clients, discuss their dietary needs, plan menus, shop, cook, serve and clean up.
What is the job outlook for this field?	The food industry is full of possibilities. Many restaurants are interested in adding more plant-based options to their menus, and vegetarian-friendly restaurants are opening up in more areas all the time. For personal chefs, job opportunities are more plentiful for those who are flexible about the foods they're willing to prepare. The majority of clients seeking personal chefs request a variety of foods to be included in their daily diets.
What are the benefits of working in this field?	Graduates of the Natural Gourmet have the advantage of understanding the nutritional value of food and how it can be used to promote wellness. This knowledge separates them from chefs who have had conventional culinary training and allows them to have a positive influence on the food their clients and customers consume. In addition, because people are increasingly aware of the impact food has on their health, there's a growing demand for culinary professionals who have the skills to prepare meals that are not only delicious and artistically presented, but also nutritionally sound and health supportive.
What advice or other information do you want to share with someone considering this field?	You must be passionate about food if your goal is to become a restaurant chef. You must also be organized, efficient, highly motivated, have good stamina and get along well with others. Restaurant positions require very long hours, and the pay is low at the entry level, but with perseverance and skill, you can make steady advances within the industry. If your goal is to become a personal chef, it's still a good idea to get some restaurant experience first. The discipline of a restaurant kitchen will make you a better chef and enable you to meet the high expectations of your clients in catering to their dietary needs and preferences.