

SKILLED WORKER: CHEF



What do Chefs do?

- Plan cooking sessions and estimate ingredient amounts.
- Wash, peel, cut and seed vegetables and fruits.
- Clean, cut and grind meats, fish and poultry.
- Weigh, measure and mix ingredients according to recipes.
- Cook food using a range of methods such as baking, broiling, frying, simmering, roasting, grilling and steaming.
- Clean food preparation areas and cooking equipment.
- Portion, plate and present food.
- Store food safely.
- May participate in menu planning and food ordering.
- May prepare food for special diets.
- Adjust recipe quantities.
- Prepare desserts, cakes and pastries.

Chefs prepare, season, cook and plate a wide range of foods such as soups, vegetables, meats, fish, sauces, desserts and snacks. They may also order supplies, plan menus and oversee kitchen activities.



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Where do Chefs Work?

~ restaurants, lodges, cafes, clubs, hotels, pubs, cafeterias, catering businesses, work camps, care facilities, food processing factories, grocery stores, private homes, hospitals, businesses

Skills and Personal Characteristics:

- Enjoy working with food
- Keen sense of taste and smell
- Have creativity and flexibility
- Able to work on a team and follow directions
- A high level of personal hygiene
- Good manual dexterity
- Strong planning and time management skills
- Able to remain calm under pressure
- Good spoken communication skills
- Good basic maths skills

Related Industry Occupations:

- ~ Caterer
- ~ Cook
- ~ Pastry Chef
- ~ Kitchen Assistant
- ~ Baker

What are the Working Conditions?

- Usually work shifts (nights and weekends)
- Standing for long periods of time
- May be noisy
- Heavy lifting
- Heat from stoves, grills and ovens
- Cramped working spaces
- May be very fast paced and stressful
- A uniform or protective clothing required
- Personal Protective Equipment may be used

