

HOTEL CAREERS







A FIRST STEP TOWARDS YOUR FUTURE

The tourism sector includes more than 400 occupations that offer a range of career options.

KITCHEN HELPER

A kitchen helper cleans and sanitizes kitchen equipment, assists in basic food preparation, and assists with receiving and storing products in hotel kitchens or other food service establishments. They have knowledge of general kitchen operations and of general food storage guidelines. This position gives kitchen helpers the opportunity to learn about kitchen and restaurant operations and the opportunity to work with and learn from chefs.

RESPONSIBILITIES

-  Assist in basic food preparation
-  Clean kitchen equipment
-  Load and unload dishwasher
-  Scrub pots and pans
-  Clean food preparation and storage areas
-  Receive and store goods



KNOWLEDGE, SKILLS & ABILITIES

- ✔ Good health condition
- ✔ Ability to lift and carry heavy items properly
- ✔ Demonstrated interest in food preparation and kitchen operations
- ✔ Time management skills
- ✔ Basic food preparation skills
- ✔ Basic cleaning and maintenance skills
- ✔ Knowledge of the products, cooking, sector and industry in general.
- ✔ Secondary school diploma is preferred
- ✔ Courses in first aid, food safety and handling of workplace hazardous materials are assets
- ✔ Knowledge of the National Occupational Standards for Kitchen Helper (and certification where available) is an asset

POSSIBLE FUTURE CAREER PATHS

- Line Cook
- Apprentice
- Kitchen Manager
- Sous Chef, Chef & Executive Chef
- Food and Beverage Manager

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