

Careers in Foods, Nutrition & Wellness

Contributor

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Family and Consumer Sciences Teacher

Are you enjoying this class? Can you imagine yourself doing what your teacher does? Do you enjoy subjects like food, nutrition, apparel, textiles, housing, interior design, management, consumer education, personal development, family living, child development, and family health?

Family and Consumer Sciences teachers use discussions and “hands-on” learning to teach a variety of skills needed by individuals, families, consumers, and employees. Teachers plan, evaluate, and assign lessons. They prepare, administer, and grade tests and other assessments. They record grades, communicate with parents, and maintain classroom discipline.

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6. Name two things that you think would be difficult about this career.

Try It Out!

Assume you are a family and consumer sciences teacher. Plan a mini-lesson on a topic approved by your teacher. Ask your teacher to show you how to make a lesson plan. Include at least one visual aid, one group activity, and one individual activity. Prepare any handouts or visual aids needed for your lesson. Present your lesson to your class. Ask your classmates to use a rating scale to rate your teaching skills.

Fitness Trainer

Do you like to work out? Are health and fitness important to you? Do you work out regularly? Do you take dance, yoga, or exercise classes? Can you imagine teaching these skills to others?

Fitness trainers motivate clients and help them set fitness goals. They teach fat burning

and cardio workout routines. They customize workouts to fit individual needs to burn fat, build muscle, increase strength, improve flexibility, or address other health and fitness needs. They teach exercise classes to groups. They may provide low-fat eating plans to assist clients in weight loss.

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Try It Out!

Assume that you are a fitness trainer. Develop an exercise routine that includes basic stretching, warm-up, strength building, and cardio exercises. Practice the routine until you can do it fluidly. Instruct your classmates in performing each part of the routine. Do the routine with the class. Ask your classmates to use a rating scale to evaluate your skills as a fitness trainer. How can you improve your skills?

Food Historian

What did the pilgrims eat for the first Thanksgiving? Was the Italian Catherine de Medici responsible for French haute cuisine? Is it true that in the past people spiced meat highly to hide the bad taste of spoilage? Are you a history buff who would enjoy digging out the answers to these questions? A food historian researches,

analyzes, and interprets information about what people ate in the past. They use many sources of information including government and institutional records, newspapers, periodicals, photographs, interviews, films, and unpublished manuscripts such as personal diaries and letters. They may even use archeological information.

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Try It Out!

Assume that you are a food historian. Research the history of a food that interests you such as French fries, tamale pie, hominy, or hoppin' John. Use library resources, old cookbooks, and the Internet to locate information about the food, the ingredients, and the preparation. Prepare and/or demonstrate the recipe for this historic food using ingredients and preparation techniques as close to the original as possible. Have samples ready for the class to taste.

Agricultural Manager

Do you know who is responsible for managing the production of the food and fibers we use every day? Who assists farmers and ranchers in maximizing the financial returns on their land by managing day-to-day activities? Who manages the nurseries and greenhouses? Who directs the farm workers involved in crop and fish hatchery production?

The agricultural manager's goal is to oversee a variety of activities involved in livestock farming, crop farming, nurseries and greenhouses, and fish hatcheries. Along with farmers and ranchers, they produce enough food and fiber to meet the needs of the United States plus a surplus for export.

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Try It Out!

Assume that you have been hired as the agricultural manager for a crop farm that grows vegetables. Research the steps in vegetable production. Create a PowerPoint® presentation illustrating factors you can control and those you cannot. Create a timeline showing the decisions you must make from crop planning to harvest and sale of the product. Were you surprised at the number of decisions that must be made?

Foodservice Manager

Do you aspire to be the manager for a foodservice facility? Would you prefer to work in a setting such as a hospital, nursing home, school, or other institution? Would you enjoy the hands-on responsibilities of supervising meal preparation?

traditional duties include selecting and pricing menu items, using food and other supplies efficiently, and achieving quality in food preparation and service. Today's managers are also responsible for a growing number of administrative and human resource tasks.

The daily responsibilities of foodservice managers can be quite complicated. Their

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Try It Out!

Assume you desire to be a foodservice manager. Arrange to shadow a foodservice manager at a local restaurant or hospital for a day. Create a time log showing how the manager spends the day. Assist with a mutually agreed upon task during your visit. After your visit, analyze the log to determine how much time was spent on each of the manager's main duties. What percentage of the manager's time was spent in each category? What do you like and dislike about foodservice management? Write a summary of your shadowing experience.

Cafeteria Cook

How is cooking in a cafeteria different than cooking in a restaurant? Would you enjoy working in a hospital, school, or business cafeteria? Would preparing food in large quantities be a challenge you would enjoy?

The cafeteria cook prepares a large quantity of a limited number of entrees, vegetables, and desserts. The cook plays an important role in building and maintaining the cafeteria's reputation for serving good food.

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Try It Out!

Obtain permission to visit your school cafeteria to job shadow the cooks preparing a meal. Request a copy of the cafeteria cooks' food preparation schedule. How is cooking in quantity different than cooking at home? Why is preparing food for the entire school a big responsibility? If possible, assist one of the cooks with performing a food preparation task for the daily meal.

Food Scientist

Is science one of your favorite subjects? Would you like to apply your love of science to developing better food products? Would you enjoy doing basic research on food? Food scientists help meet consumer demand for food products that are healthful, safe, tasty, and convenient. To do this, they use their knowledge of chemistry, microbiology, and

other sciences to develop new or better ways of preserving, processing, packaging, storing, and delivering foods. Some food scientists do basic research to discover new food sources. They may analyze food content to determine levels of vitamins, fat, sugar, or protein. Others search for substitutes for harmful or undesirable additives, such as nitrites.

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Try It Out!

One of the things a food scientist might do is evaluate how palatable a food product might be to the consumer. Part of this evaluation may be to determine a palatable “mouthfeel” for a certain type of food. To test your ability to distinguish differences in mouthfeel, use four different samples of a certain food, such as low-fat frozen yogurt. Create a chart and rating scale to evaluate consistency, such as graininess and smoothness of the products. Share the results of your investigation with the class.

Dietitian

Is healthy eating important to you? Do you check your friends' trays in the lunch line to see if they're eating right? Do you encourage them to eat their vegetables and choose healthy snacks?

Dietitians promote healthy eating habits by planning healthy meals and snacks. They supervise food preparation and service. They help prevent and treat illnesses by promoting healthy eating habits and suggesting changes to improve health.

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Try It Out!

Assume that you are a dietitian. Choose a dietary problem that interests you such as weight control, high blood pressure, or diabetes. Perhaps someone you know needs to modify his or her diet because of a health issue. Research the role of nutrition in dealing with the problem. Plan a day's menus to meet the needs of a person with this problem. Use a computerized nutrition analysis program to evaluate your menus.

Weight-Loss Counselor

Are you concerned about the number of people today who need to lose weight? Would you like to help them?

Weight-loss counselors perform client nutrition screenings and offer advice on weight loss, exercise, and behavior change. Clinical programs may use very low-calorie diets, physician-prescribed weight-loss drugs,

and surgery as part of their treatment of obese patients. Non-clinical programs often use counselors without medical expertise including former clients as counselors. Weight-loss counselors may work for wellness programs, weight-loss programs, exercise facilities, health-care facilities, or other nutrition-related businesses.

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Try It Out!

Assume that you are a weight-loss counselor who is researching various weight-loss programs for a client. Create a chart showing the pros and cons of each program. What assessments are done? Which programs are based on sound nutritional research? Which include exercise? Which provide behavior counseling? Present your research to your "client" (your class). What components would you recommend in an effective weight-loss program? Why?

Consultant Dietitian

Would you like to be a dietitian, but don't want to work in the same place all the time? Would you like to own your own business? Is it possible to do both?

Consultant dietitians work under contract with health care facilities or in their own businesses. They perform nutrition screenings and help people improve their diets to lose weight or reduce cholesterol levels.

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Try It Out!

Assume that you are a consultant dietitian. You have decided that you want to work for a wellness program, sports team, supermarket, or other nutrition-related business. Plan a program that you would like to offer in that setting. Create a PowerPoint® presentation outlining your plans. Present your plan to the class as if they were the board of directors of the business you chose. Would they buy your program? Why?

Social and Human Service Assistant

Do you want to be of service to others?
Would you like to use your skills to determine people's needs and to help them receive needed services?

Social and human service assistants provide direct and indirect client services.

They assess clients' needs, establish their eligibility for benefits and services, and help clients obtain them. Their responsibilities might include determining whether the client is eligible for food stamps, or transporting or accompany clients to group meal sites, or administering a food bank.

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Try It Out!

Assume that you want to be a social and human service assistant. Part of your job responsibilities will be administering a local food bank. To gain more "job experience," volunteer at a local food bank, food pantry, or to serve meals at a local homeless shelter. Why would it be important for a social and human service assistant to have a working knowledge of all community services? Share your experience with the class.

Food Technologist

Do you enjoy science—especially the laboratory work? Do you wonder what goes into making the food you eat? Would you like to help meet consumer demand for healthy, safe, and convenient food products?

Food technologists generally work in product development. They apply the findings from food science research to

the selection, preservation, processing, packaging, distribution, and use of safe, nutritious, and wholesome food. Food technologists may specialize in a field such as cereal grains. They may also work in marketing and management, production supervision, quality control, or research and development.

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Try It Out!

Assume you are a food technologist. Think of a new food you would like to develop or a food you would like to improve. Develop quality standards for the food’s flavor, color, texture, nutritional value, convenience, or physical, chemical, and microbiological composition. Make an oral presentation about your proposed new or improved product to the class. What would make this product better than similar products already on the market?

Food Writer

Would you like to test recipes or write cookbooks? Would you enjoy writing for a magazine or newspaper? Would you like eating out at different restaurants then writing reviews giving your opinions of the food, atmosphere, and service?

Being a food writer may mean developing and testing recipes or writing cookbooks. It

might mean writing magazine or newspaper articles about food. Some food writers write restaurant reviews. As a food writer you might interview chefs or do historical research. Some food writers are freelancers and work for many publications. Others have full-time jobs with a specific publication or Web site.

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Try It Out!

Assume you are a food writer. Come up with five ideas for food articles for your local newspaper. Pitch your ideas to your teacher who will approve one of them. Conduct research, do interviews, visit restaurants, or attend a food event to gather information for your article. Write the article. Ask your English teacher to review your article and make suggestions for improvement. Revise the article then submit it to your local newspaper for publication.

Caterer

What food service career would allow you to work from home, at a restaurant, hotel, or resort, or at a bakery or specialty food market? In what food service career could you do all of the cooking or none of it? The answer is caterer.

The caterer helps clients plan food for a wide range of events. Planning, preparing, and serving food for such occasions requires careful organization, attention to detail, confidence in the kitchen, and creativity.

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Try It Out!

Assume that you are considering a career as a caterer. Read about catering careers in the library and on the Internet. What employment and entrepreneurial opportunities would be available to you? Where might you work as a caterer? What types of events might you cater? What responsibilities might you have? What types of foods might you serve? What equipment and space might you need especially if you are an entrepreneur? Develop a plan for catering a birthday party for 10 sixteen-year-olds. What foods would you serve? If possible, carry out your plan.

Grocery Store Worker

Would you like to work in a business that provides opportunities for advancement without requiring a college degree? Are you willing to do a variety of tasks? Do you enjoy working with both people and things?

Grocery store workers stock shelves on the sales floor. They assist customers in locating, purchasing, and understanding the content

and uses of various items. Butchers, bakers, and food preparation workers prepare food and other goods. If the store is part of a chain, many important tasks—such as marketing and promotion, inventory control and management, and financing—are done at the corporate headquarters.

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Try It Out!

Assume that you are a grocery store worker. Design a display that would entice customers to buy several related products such as strawberries, shortcakes, and whipped cream. Sketch your design and identify the supplies that would be needed to create the display. Present your idea to the class.

Server

Do you enjoy working with people? Do you like to help serve the food at parties or for special meals at home? Do you enjoy observing the skill of restaurant servers when you eat out?

take customers' orders, serve food and beverages, prepare itemized checks, and sometimes accept payments. Their specific duties vary considerably, depending on the establishment where they work.

Servers, or waiters and waitresses, are the largest group of food service workers. They

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Try It Out!

Assume that you are a server. Research the order-taking procedures typically used in full-service restaurants. Set a table for a restaurant meal. Invite two of your classmates to "act" as guests in a local restaurant. Provide them with menus from the restaurant. Using an order pad, take the "guests" beverage and food orders. Serve the beverage and food (using empty glasses and plates). Present the "guests" with their check and accept their payment. Ask your classmates to evaluate your performance.

Kitchen Designer

Are you interested in interior design? Would you enjoy the challenge of designing a functional, but attractive, kitchen?

Kitchen designers help create a functional and visually pleasing kitchen to complement a home's design and the family's lifestyle. They are responsible for planning cabinetry,

countertops, flooring, appliances, ventilation, and lighting. They draw up the final construction drawings detailing the floor plan, elevations, and design details. These drawings are given to the general contractor and cabinet installers to be used during construction.

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Try It Out!

Assume that you are a kitchen designer. Use computer aided design software to design a kitchen to fit a specific space. Plan design details. Select cabinetry to fit the home's design. Select materials for countertops and flooring. Choose appliances to complement the design. Print the floor plan and elevations for the kitchen. Create a design board to show design details and choices for cabinetry, countertops, flooring, and appliances. Choose several classmates to act as your clients. In a mock presentation for the class, present your kitchen design to your clients.

Cookbook Author

Do you pour over recipes trying to find the perfect one? Do you sometimes combine recipes or create original ones? Do you like to try different combinations of foods and seasonings or different methods of preparation?

Cookbook authors gather recipes, test them, select the ones they want and organize them. They write about food, preparation, and service. They also plan the photographs and illustrations to use in the cookbook.

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Try It Out!

Assume you are a cookbook author. Enlist the help of your classmates in collecting recipes for a cookbook. Select the recipes to include. Organize them in categories by type of food. Add information about food, preparation, and service to make the cookbook more interesting. Choose illustrations or pictures to make the cookbook more appealing. With the help of classmates type the cookbook using a word processing program. Proofread carefully. Add the illustrations or photographs. Create an attractive cover. Print, collate, and bind the cookbook. Sell the cookbooks as a fundraiser for your class.

Product Demonstrator—Food Equipment

Have you ever watched an infomercial during which the product demonstrator convinced you that his or her product was the best one on the market? What elements of the demonstration did you find most convincing? Why?

The product demonstrator’s goal is to help consumers make educated choices about a certain product or group of products. They create public interest in a product by demonstrating it to prospective customers.

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Try It Out!

Assume that you are a product demonstrator of food preparation equipment. Select a piece of equipment and prepare a demonstration to promote the sale of this product. Why will this product benefit consumers? Show how to use the key features of this product. If possible, prepare one or more food items prospective buyers could make with this product. After the demonstration, have your classmates evaluate your demonstration. Would they buy this product based on the key features of this demonstration?

Party Planner

Do you enjoy a good party? Could you spend hours coordinating the theme, decorations, food, music, and activities for a party? Are you especially good with details? Would you enjoy using these skills in a career?

A party planner plans parties, weddings, and special occasion celebrations. Some

party planners specialize in corporate and community functions. They may provide or assist clients in selecting a caterer, band or DJ, photographer or videographer, or floral designer. They take care of the footwork, phone calls, and details for celebrations held in large ballrooms as well as for small parties within the client's budget.

Directions: Use the *Occupational Outlook Handbook* and other Internet resources to complete the following information about this career. Then complete the "Try It Out!" activity below.

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2. **Job Outlook.** On the scale that follows, circle the job outlook for this career as compared to other occupations. (1=slower than average growth; 10=faster than average growth)

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3. **Training.** Briefly describe the minimum training needed for an entry-level job in this career.

4. **Earnings.** What is the median salary or hourly earnings for this career?

5. Name two things that you would enjoy about this career.

6. Name two things that you think would be difficult about this career.

Try It Out!

Assume that you are a party planner. Plan a child's birthday party. Identify the age, gender, and interests of the child. Choose a theme for a party. Select or create invitations, decorations, and favors that coordinate with the theme. Select a menu for the party. Create a design for the birthday cake. Plan music, games, and activities for the party. Develop a party plan outlining your ideas. Based on your plan, create a display to share with your class. If possible, carry out your plan.

Banquet Manager

Who is in charge of feeding the large numbers of people who attend conventions, business meetings, wedding receptions, and other social gatherings? What are the traditional duties of a banquet manager? Why are their administrative and human resource tasks increasing?

Banquet managers are responsible for planning and supervising preparation of meals for large functions. Special events like conventions and business meetings are major sources of revenue for hotels and motels. For that reason, the banquet manager's role is especially important to the financial success of the business.

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Try It Out!

Assume that you are a banquet manager. Plan a luncheon for 500 business people. Develop a menu that includes foods that can be easily prepared in quantity, that would appeal to most people and that can be served quickly. Estimate the cost of the food and supplies needed to serve 500 people. Make a list of questions that must be answered as you prepare for the event. Summarize your work in a written banquet management plan.

Restaurant-Supply Salesperson

Have you been told that you would make a good salesperson? Would you like to help people find solutions to business problems? Would you enjoy working with restaurant owners and managers?

Restaurant-supply salespersons sell restaurant equipment and supplies. They may sell their products on-site or off-site. They may help install new equipment and train employees. They also take orders and resolve any complaints about the merchandise.

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Try It Out!

Assume that you are a restaurant-supply salesperson. Research the sales process. Identify an equipment or supply need that a restaurant owner or manager might have. Select a piece of restaurant equipment or a supply that would meet that need. Plan your presentation of the product using the sales process. In class, conduct a role-play of your sales presentation. Ask your classmates to evaluate your performance.

Agricultural Scientist

How do agricultural scientists apply the principles of biology, chemistry, physics, mathematics, and other sciences to solving problems in agriculture? How can science help improve the quantity and quality of farm animals and crops? How does their research lead to methods of converting raw agricultural commodities into attractive and healthy food products for consumers?

The work of agricultural scientists plays an important part in maintaining our nation's food supply by ensuring agricultural productivity and the safety of the food supply. Agricultural scientists can specialize in food science, plant science, soil science, or animal science.

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Try It Out!

Choose an area of agricultural science to research, such as plant, soil, or animal science. Research a simple experiment that you could perform that is related to the field. For example, you might analyze several soil samples from your area to determine the chemical, physical, biological, and mineralogical composition of the soil as it relates to crop growth. Seek assistance from your local agricultural extension agent or your instructor.

Food Stylist

Do you like to cook, but yearn for variety and adventure as well? Does preparing a picnic full of food for a TV commercial sound like fun? Would you mind being on location at 6 or 7 a.m. for a TV shoot and working on the project until it is finished at 9 p.m. or 2 a.m.?

A food stylist's job is to get food ready to have its picture taken. This involves gathering information, getting organized, shopping for food, preparing the food, and arranging it so it looks good on camera, then keeping it looking good until the photographer has the shot.

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Try It Out!

Assume that you are a food stylist. Choose a picture of food that you especially like. Choose a recipe for the food product, purchase the food, prepare it, and arrange it similar to the food in the picture you chose. Keep the food looking attractive while another student takes its picture in a studio setting complete with backdrop and bright lights. Share your experience with the class. What problems did you encounter keeping the food looking edible? Did the pictures turn out as you expected? Why or why not?

Food Processing Occupations

Would you prefer working with food behind the scenes? Have you seen meat cutters at work? Do you love the smell of fresh-baked bread? Have you wondered how the many processed food products you see in the supermarket are prepared?

Food processing occupations include many different types of workers. These workers are

involved in processing raw food products into finished goods ready for sale by grocers or wholesalers, restaurants, or institutional food services. Workers in these areas include meat, poultry, and fish cutters and trimmers; bakers; and other food processing occupations involved in preparing and cooking food in the manufacture of food products.

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Try It Out!

Assume you are employed in a food processing occupation. Locate a nearby food processing plant and arrange to take a tour. Take notes on the steps in processing the food and the types of workers involved. Choose a type of food and then set up a "mini" processing plant in your classroom. What was involved in processing a food for bulk distribution? Write a summary evaluating your experience.

Food Technician

Would you be interested in working in a laboratory, but prefer a supportive role? Do you like science and food, but don't really want to pursue a high-level science degree? Would an associate's degree be better for you?

Food technicians assist food technologists and food scientists in research and

development, production technology, and quality control. For example, food science technicians may conduct routine tests. They analyze, record, and compile test results; order supplies to maintain laboratory inventory; and clean and sterilize laboratory equipment.

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Try It Out!

Assume you are a food technician. Volunteer to assist the chemistry teacher in preparing for a lab regarding the boiling point of a sugar solution. Assist as the chemistry teacher conducts a demonstration to the class. Help clean up after the demonstration. What protective clothing did you wear? What tasks were you assigned? How did this experience compare to those you researched above? Make an oral report of your experience to your class.

Recipe Developer

Do you like to change or adapt recipes to suit your own tastes? Would you be willing to prepare the same recipe over and over until you perfected it?

Recipe developers create or adapt recipes according to clients' instructions. They pre-

pare the recipe again and again, making adjustments each time, until the desired results are achieved. They evaluate each version to determine what changes, if any, are needed. They standardize recipes so that each user can achieve consistent results.

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Try It Out!

Assume that you are a recipe developer. Select a food you would like to prepare. Study recipes for the food. Combine different versions of the recipe by combining features from each. Prepare the revised recipe several times. Evaluate each version and make any needed adjustments when you prepare the recipe again. Keep records of each change you make and the reason for it. Once you have perfected the recipe, prepare the final version for your classmates to sample. Provide them with copies of the recipe. Ask your teacher to evaluate the results using quality standards for this food product.

Chef

Have you ever thought that wearing a tall white hat and a white jacket sounded glamorous? Do you enjoy watching cooking shows on TV? Do you like to cook? Do you enjoy reading cookbooks? Do you enjoy the compliments you receive for the gourmet foods you prepare? If so, you may be dreaming of becoming a chef.

Although the terms chef and cook are often used interchangeably, chefs tend to be more highly skilled and better trained than most cooks. Personal chefs may prepare food in clients' homes. Other chefs work in such places as restaurants, hotels, resorts, country clubs, or hospitals.

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Try It Out!

Plan a "TV Chef Show" demonstration. Decide what food you will prepare. Gather the food and utensils needed for the demonstration. Create a storyboard plan for your demonstration. Practice your script. Plan to pre-prepare the food at different stages to speed the demonstration. Practice preparing the food you will demonstrate. Arrange for someone to videotape your cooking demonstration. Show the video to your class. How would your classmates rate your potential as a "TV Chef"?

Food Photographer

Do you like to take pictures? Do you think that food would make a fascinating subject? Can you imagine being ready to take the perfect shot of a luscious bowl of ice cream when the scoop on top slides from its perch under the hot studio lights?

A food photographer takes pictures of food for the advertising, commercial, and editorial markets. The pictures are used in a variety of media such as newspapers, books, advertisements, and catalogs. It takes both time and patience to make a picture of food look mouth-watering good.

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Try It Out!

Assume that you are a food photographer. Research food photography to find tips on making food look good and how to keep it fresh looking while you take your photographs. Create a setting for photographing food. Try out some of the tips about which you read. Take several photographs. After the photographs are developed, use them to create a display on food photography for the class. Or, prepare PowerPoint® slides with examples of your creative food photographs.

Baker

Which is the largest group of food processing workers? Would you believe bakers? Did you know that bakers are usually trained on the job? Or that they produce varying quantities of baked products depending on where they are employed?

baked goods. Those employed in grocery stores and specialty shops produce small quantities of baked goods for immediate consumption or to be sold as specialty products. In manufacturing, bakers produce goods in large quantities, using high-volume mixing machines, ovens, and other equipment.

Bakers mix and bake ingredients using recipes to produce breads, pastries, and other

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Try It Out!

Assume that you are a baker. Use a recipe to prepare a baked product such as bread. Bring samples to class to share with your classmates. Create a rating scale to evaluate the quality of the product you baked. Ask your classmates to use the rating scale to rate your baked product. How did your product rate? If the product did not have all of the desired qualities, research what you should do differently next time.

Restaurant Manager

Can you imagine being the person in charge of a popular restaurant? Would you like to own your own restaurant someday? Would you be willing to be among the first to arrive in the morning and the last to leave?

A restaurant manager's responsibilities vary with the size and type of establishment. The

general manager in a full-service restaurant coordinates the activities of the restaurant and oversees several assistant managers. The manager of a quick-service restaurant assumes overall management responsibilities and participates in all activities of the facility.

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Try It Out!

Assume you are a restaurant manager. Create a concept for a new restaurant. Collect pictures of furnishings and décor that you would use in your restaurant. Select the menu items you would serve at your restaurant. Design a menu that depicts the concept for the restaurant. What staff would you need to establish and maintain this operation? How might your work hours change while establishing this new business? Use these items to create a PowerPoint® that depicts your ideas for the new restaurant.

Food Editor

Do you enjoy cooking? Are you familiar with current food trends? Do you have a flair for the written word? Are you a stickler for details? Would you enjoy working for a magazine, newspaper, or a television show?

A food editor for a publisher reviews cookbook proposals and takes an accepted book

from contract to print. Editors also work for magazines, newspapers, and television shows, setting the content and style of their food section or programming. In this field, you'll need strong writing skills, knowledge of culinary principles, and familiarity with current consumer and industry trends.

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Try It Out!

Assume that you are a food editor. Research a current food trend using books, magazines, television shows, Internet sites, and events. Create several ideas for articles about the food trend you researched. Decide what approach the articles should take to appeal to the audience of a particular magazine. What photographs should be included? Write a synopsis of each article.

Pastry Chef

Do you love desserts? Do you find baking relaxing? Do you consider yourself creative? Do you enjoy seeing people smile when they sample your desserts?

Pastry chefs focus on baking, decorating and plating cakes, pastries, frozen desserts, and confectionery showpieces. They must

possess the skills, knowledge and experience to produce numerous baked items. They do confectionery work and undertake many special projects. They must understand the elements of taste and flavors in creating desserts. They should be creative, have a sense of style and a good aesthetic eye.

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Try It Out!

Assume that you are a pastry chef. Select a recipe for a baked product. Purchase the ingredients required and keep track of the costs. Determine the cost per item or serving. What percentage increase would you need to add to the cost per item or serving to make a profit on your baked product? Prepare and decorate the baked product. Display the baked product attractively. Serve samples to your classmates. Ask your teacher to evaluate your product based on quality characteristics for that product.