



v.certs

**taste something
different.**

Discover career options in Food and Cookery.

ncfe.

ready, set, go!

Working in food or cookery requires you to have a passion for food, an interest in and understanding of how it impacts on the body and a wide range of skills depending on your job role and the setting you work in.

Careers linked to food are many and varied. For some the appeal is in hospitality and catering – maybe you would like to work in a busy city centre restaurant or run your own local coffee shop? If you have an interest in health and well-being you might consider becoming a personal trainer working in a leisure centre or perhaps a hospital based dietician advising patients on how to modify their eating patterns. There is also the world of food development and production to consider – you have lots of choices here from research and development technologist in a food firm laboratory to food hygiene officer on the factory floor. You could also combine an interest in business with your interest in food and follow a career pathway into food retail – maybe as an independent baker or as a supermarket manager.

The scope of career choices is almost endless as we all have to eat to live and to stay fit and healthy; we eat at home, school, work, on the go, and as a social activity. These career opportunities could all begin with studying Food and Cookery as part of your Key Stage 4 curriculum, leading to an NCFE Level 2 V Cert. You should be aware that not all careers linked with food actually involve cookery as well so this might be an influence on your choice. Jobs in this field will require you to develop transferable skills such as planning, communication, problem solving and health and safety practices. Many jobs also require the capacity for advanced study of the science of food as well as a good standard of English and mathematics.

For further information on each, just click on the role.

job roles

Hospitality and Catering:

Barista
Catering Manager
Chef
Publican
Restaurant Manager

Health and Well-being:

Dietitian
Environmental Health Officer
Health Promotion Specialist
Nutritionist
Personal Trainer

Food Development and Production:

Consumer Scientist
Food Laboratory Technician
Food Processing Worker
Food Scientist/Technologist

Food Retail:

Baker
Butcher
Food Buyer
Retail Manager
Shopkeeper

where will i work?

The work environment will depend on the job role and the possibilities are varied – here are some examples:

Hospitality and Catering:

hotel, restaurant, fast food outlet, school meals canteen, cruise ship, youth hostel, hospital kitchen, armed forces kitchen.

Health and Well-being:

leisure centre, private gym, client's home, hospital.

Food Development and Production:

laboratory, test kitchen, food manufacturing site.

Food Retail:

independent shops, shops within chains, supermarkets.

www.nationalcareersservice.direct.gov.uk

The National Careers Service offers an overview of many of the job roles linked to food and cookery. It's a generic website that is a great starting point if you're unsure of where your next steps after Key Stage 4 might lead you. It offers initial career planning tools and information about a very wide range of careers and jobs across all sectors.

Searching the internet using search terms such as 'jobs in food development and production' will find you examples of different employment locations and types linked with your interest in food. Lots of people who work in food and cookery write personal blogs. Searching for these can help you to find interesting and informative websites but be aware of the usual warnings about checking out the writers and any links to make sure they are credible and remember to distinguish between fact and personal opinion!



dig a little deeper.

Hospitality and Catering:

www.hospitalityguild.co.uk

The Hospitality Guild is an 'alliance of employers, skills bodies, individuals and training providers dedicated to simplifying and promoting the professions of the hospitality industry'. Their website has pages of information on employment opportunities in the hospitality and catering industry, case studies on people in different roles and settings, an interactive career map, and information on Apprenticeships in this field. It also has advice on job applications and interviews, which you might find useful later.

www.thecaterer.com

The Caterer is a magazine for those working in the hospitality and catering industry. On the website you can find job adverts and career advice specific to this field. They also publish a supplement 'Check into Hospitality Career Guide', which can be downloaded from the site and gives detailed information on a wide range of work in this field.

www.careerscope.uk.net

The Springboard charity 'helps young people achieve their potential; nurtures unemployed people of any age into work; and helps alleviate poverty by supporting disadvantaged and underprivileged people into sustainable employment within hospitality, leisure and tourism'. Their website has a service CareerScope which you can access for information about the catering industry and some tools to help you with applications later on.

Health and Well-being:

www.associationfornutrition.org

The Association for Nutrition maintains the UK voluntary register of nutritionists and was set up 'to protect and benefit the public by defining and advancing standards' in this field. The Association also accredits degree level courses in nutrition. The website has a detailed study and careers section and articles on various careers linked with nutrition.

www.bda.uk.com

The British Dietetic Association is a trade union and professional association for the dietetic workforce. It also accredits degree level courses in dietetics. On the website you'll find information about the work of dieticians in different settings.

www.ihpe.org.uk

The Institute of Health Promotion and Education was set up 'to bring together professional workers on the basis of their common interest in health education and health promotion.' On their website you'll find links to appropriate courses of study and other organisations in this field.

www.nhscareers.nhs.uk

The NHS Careers website covers all career opportunities in the NHS in England and some of these will link with your interest in food and cooking. Have a look here for information about allied health professions such as dietitians and job roles in the wider healthcare team, eg catering supervisors. You'll also find video clips and job leaflets to download.

Food Development and Production:

www.prospects.ac.uk/food_technologist_job_description.htm

Prospects is a service for graduates to help them make contact with employers and find other opportunities in their specific field. The Prospects website gives a description of the work of food technologists, entry requirements, employment and vacancy sources, and case studies of people employed in the field. You could also use the site to find information on other careers relating to food.

Food Retail:

www.totaljobs.com

Total Jobs is one of the UKs leading jobs boards, which aim to put those looking for jobs in touch with employers with vacancies. Their website offers general careers advice and specific job descriptions for various sectors. You might like to look at the Retail Industry - Food Retail job description as well as some other relevant job profiles.

NB Your school Careers and Guidance Adviser/Tutor will also be able to help you to access information about careers related to food and cookery. You may also have a computer based careers resource bank and library of information at school that you can use.

apprenticeships.

Apprenticeships have recently undergone a considerable makeover and are becoming an increasingly popular and credible route into successful careers. They enable young people-like you-to work in paid employment whilst training in a specific job role, gaining qualifications at an appropriate level. Progression through the various levels is possible, with Level 4 being broadly equivalent to a foundation degree. Their strength is in enabling the apprentice to develop practical skills as well as understand the principles underpinning their work. Work contracts are usually for the duration of the Apprenticeship and should be for at least a year.

www.apprenticeships.org.uk

The National Apprenticeship Service gives information about what Apprenticeships are and how they work. The website is particularly useful as a general introduction to help you and your parents/carers understand the opportunities that an Apprenticeship offers. There's also an Apprenticeship vacancy matching service which details all the Apprenticeship vacancies that are available for young people to apply for.

www.allaboutcareers.com/careers-advice/apprenticeships

All About Careers is another generic information site which you'll find useful for information about Apprenticeships. The website has lots of general information about the various types of apprenticeships, what they involve, stereotypes and misconceptions of that sector, and videos of people in the roles discussing their work. You can even take a Career Test to indicate your suitability and sign up for updates. As you are interested in food and cookery try the following sections of the site – Hospitality and Tourism, Retail and Sales and Manufacturing and Production.

www.apprenticeshipguide.co.uk

This web based Apprenticeship Guide covers everything you need to know about Apprenticeships in England. There is lots of information about the different types available and you can access information specific to your local area. You will find the case studies and sections on Choosing an Apprenticeship useful – follow the links by Choosing By School Subject (food technology should equally apply to food and cookery) and Industry sectors – try Manufacturing and Logistics, Sport and Fitness, Hospitality and Travel, and Health and Care.

www.notgoingtouni.co.uk

The Not Going to Uni website offers a full range of options to young people who may feel that university is not the route for them. It has a useful section on Apprenticeships and examples of Apprenticeships available in various areas of the country. You will find that the use of the search facility with your preferred job roles in food and cookery is helpful.

NB Your school Careers and Guidance Adviser/Tutor will also be able to help you to access information about Apprenticeships in your local area.

next steps.

V Certs form part of a comprehensive portfolio of qualifications to support you to progress to a broad range of academic and vocational qualifications post-16.

On completion of your Level 2 V Cert in Food and Cookery you could go on to study the following Level 3 qualifications:

AS/A Levels:

HOME ECONOMICS (FOOD, NUTRITION AND HEALTH)

DESIGN AND TECHNOLOGY

Other qualifications:

DIPLOMA IN ADVANCED PROFESSIONAL COOKERY (PREPARATION AND COOKING)

CERTIFICATE IN HOSPITALITY AND CATERING PRINCIPLES

PROFESSIONAL COOKERY STUDIES

NB For careers in catering, most colleges and Apprenticeship programmes will require you to take Level 2 Diploma in Professional Cookery as this is of industry standard. You can then progress to the Level 3 Diploma in Professional Cookery once you have industry experience. Your Level 2 V Cert in Food and Cookery will give you an excellent grounding for professional studies and will demonstrate your interest and enthusiasm for working with food.

Alternatively, here's a list of Level 3 courses that'll help demonstrate readiness and skills in preparation for the world of work:

NCFE LEVEL 3 CERTIFICATE IN ACHIEVING EXCELLENCE IN A VOCATIONAL SKILL

NCFE LEVEL 3 AWARD IN ACHIEVING EXCELLENCE IN A VOCATIONAL SKILL

You can browse the NCFE portfolio of qualifications by using the qualification search tool at [ncfe.org.uk](https://www.ncfe.org.uk)