

Cooks

Cooks prepare, season and cook food in dining and catering establishments.

Job title examples

- Cook

Other jobs in this field of work

What cooks do

- examine foodstuffs to ensure quality
- regulate temperatures of ovens, grills and other cooking equipment
- prepare and cook food
- season food during cooking
- portion food, placing it on plates, and add gravies, sauces and garnishes
- store food in temperature controlled facilities
- prepare food to meet special dietary requirements
- may plan menus and estimate food requirements
- may train other kitchen staff and apprentices

Main employing industries

- Healthcare and social assistance
- Accommodation and food services

Qualifications

The following government subsidised qualifications are available in NSW:

Certificate III in Commercial Cookery available as an apprenticeship or qualification

Certificate III in Catering Operations available as a traineeship or qualification

Certificate III in Asian Cookery available as an apprenticeship or qualification

Course fees: You may be eligible for government subsidised training under Smart and Skilled. Go to the [Course Finder](#) to find training in your area, estimate your fee and find a training provider.

Job prospects and pay



- There are around 10,817 cooks working in NSW.
- Over the next four years, employment in this occupation is expected to remain stable in NSW.

Average weekly full time earnings (before tax):

- Cooks: \$788
- All occupations: \$1,200

Related jobs



- Chef
- Bakers and pastrycook
- Food trades assistant
- Kitchenhand
- Fast food cook

To find out more about other jobs, visit the [Job Guides Homepage](#).

Information sources

Occupations: Australian Bureau of Statistics, Australian and New Zealand Standard Classification of Occupations, 1220.0

Employment: Australian Bureau of Statistics, Labour Force, Australia, Detailed, Quarterly, 6291.0.55.003

Skills shortages: Department of Employment, Skill Shortage List NSW 2015-16

Job prospects: Centre of Policy Studies (CoPS), Victoria University, Employment Forecast Data for NSW 2015/16 to 2022/23

Earnings: Department of Employment, joboutlook.gov.au, based on ABS Characteristics of Employment Survey, August 2014