The popularity of cooking shows on television has boosted careers for many chefs and cooks.

But along with the popularity of culinary skills comes advantages and disadvantages to working in the food service industry.
There are many advantages to working in the food industry. Listed above are a few.

Can you think of any others?
Careers in the food industry are stressful and physically demanding.

The hours are long and may extend even after the restaurant has closed.

A chef has to work fast to prepare food in large quantities.

Can you name any other disadvantages to a career in the food industry?
• Adult – We have to grow up!
• Employee – This role will require that you be at work on time and perform your job well
• Citizen – This role will require you to be informed about current events and vote
• Spouse and parent - These roles add responsibility for relating to and taking care of others
• Community member and neighbor – These roles may include responsibilities of organizing and participating in community activities
• Other – These roles may include being a member of an athletic club, music group or other special interest groups
The function of families are:
• meeting the basic needs of family members such as food, shelter, clothing and education
• giving emotional control such as helping each other during difficult times
• teaching values such as right from wrong and what is most important in life
• passing on culture and traditions such as teaching children how to get along with other people and about their family heritage

Who are your family members?
Click on hyperlink to view video:

**Families Struggling for Work-Life Balance**

A new study released from the Pew Research Center found 37% of mothers say they want to work fulltime, due, in large part, to the recession and financial insecurity.

Time and Energy Management
Take advantage of these tips to make time work for you.
Understanding when we perform our best and what affects our energy can help us with our work.
Leisure time is the time you have free from work and other duties.

This time can include:
- Hobbies
  - building
  - crafting
  - drawing
  - reading
- Vacations
  - visiting family in other cities
  - visiting amusement parks
- Community activities
  - participating in festivals, concerts or other local activities
- Reflection
  - taking time for yourself by yourself

What is your favorite leisure activity?
Questions?
References and Resources

Article:
- The Pro & Cons of the Culinary Arts
  Becoming a chef isn’t just about slicing and dicing; it takes hard work, determination and skill.

Images:
- Microsoft Office Clip Art: Used with permission from Microsoft.

Video(s):
- Families Struggling for Work-Life Balance
  A new study released from the Pew Research Center found 37% of mothers say they want to work full-time, due, in large part, to the recession and financial insecurity.