



Clean Things

# Kitchen Helper

## Other names for this job

Dishwasher, Kitchen Helper and Food Assembler

## What do kitchen helpers do?

Kitchen helpers work in restaurants, hospitals, schools and other places. Kitchen helpers clean kitchens and prepare food. A cook gives them **instructions**. Kitchen helpers often work part time.

- He loads dishwashers.
- He washes large pots and pans.
- He puts away clean dishes and cutlery (knives, forks and spoons)
- He cleans counters and cutting boards.
- He sweeps and mops the floor.

Sometimes the kitchen is very busy. The cook asks Ken to prepare some food. For example, Ken cuts vegetables and slices meat.

### tip

Do you see words in **bold**?  
 You can look up these words at  
[alis.alberta.ca/ERdictionary](http://alis.alberta.ca/ERdictionary).

## Meet a kitchen helper

Ken is a kitchen helper. He works in the kitchen of a large restaurant.

Here are things that Ken does:

- He takes out garbage. He puts it in the garbage bins.
- He cleans kitchen **equipment**. For example, mixers, meat slicers, sinks, stoves and fridges.





### What is Ken's work like?

Ken works an 8-hour **shift**. He works from 11 a.m. to 7 p.m. He often has to work on weekends and holidays. Ken works with a team of people in the kitchen.

Ken has to stand while he works. He also has to carry trays of dishes and bags of garbage. These things can weigh up to 20 kilograms (about 45 pounds).

Ken sometimes has to work very quickly. He has to be careful. Clean dishes in the dishwasher can be hot. Ken uses sharp knives. He doesn't want to cut himself with a knife. Sometimes the floor is slippery and wet. He doesn't want to fall.

The kitchen can be very noisy.

### Do you want to be a kitchen helper?

- You need to be healthy.
- You need to be very clean. For example, your hands and fingernails must be clean. Your hair must be clean and tidy.
- You must be able to understand instructions. For example, a cook may tell you what to do. A cook may give you a list of things to do.
- You have to work well with a team.

### What education do kitchen helpers need?

- Kitchen helpers learn on the job. They don't need a high school **diploma**.
- It is good to have training in food safety. People can take food safety courses at some **post-secondary schools** and other places.

You can ask your **career advisor** or tutor about working as a kitchen helper. You can ask about training, too.

### What can kitchen helpers do in the future?

Some kitchen helpers with **experience** become assistant cooks or **supervisors**. Supervisors may need a high school diploma.



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### How much does a kitchen helper make?

A kitchen helper usually makes between \$15.00 and \$18.04 per hour.

### Other jobs to think about

**Food assemblers** often work on a **production line**. For example, they make trays of food for hospitals, cafeterias and airlines. They put food on plates. They add cutlery and napkins to trays. Sometimes they deliver food trays.

**Food preparers** get food ready to cook. For example, they wash and slice vegetables. Sometimes they package takeout orders. They pass food orders to other workers.

### Sandwich, salad and dessert makers

may work in restaurants or cafeterias. For example, they make sandwich fillings. They prepare ice cream and fruit desserts. Sometimes they wrap food or put it on plates.

### Do you want more information?

You can find the information below at [alis.alberta.ca/occinfo](http://alis.alberta.ca/occinfo). Or you can ask your career advisor or tutor.

- [OCCinfo profile: Kitchen Helper and Food Assembler](#)
- [Easy Reading Dictionary](#)

You can also ask your career advisor or tutor about jobs that are like Kitchen Helper. 

