

Eat **GOOD**
Work **BETTER**
Feel **BEST**





Source: <http://www.macleans.ca>

It is a fact that nowadays jobs in the food industry are becoming more and more popular as modern life is getting more and more demanding, leaving us with less time to dedicate to cooking. Therefore more jobs in the industry have been created. Such jobs include various types of chefs, kitchen assistants, restaurant managers, nutritionists, food technologists, food scientists etc.

For starters, chefs play an important role in the preparation and serving of food. At the top of the kitchen management there is an executive chef or restaurant manager has primarily a management role and they are responsible for the proper operation of the whole kitchen department. The head chef also takes care of the staff, deals with suppliers, creates the menus and examines the presentation the meals.

Kitchen assistants help chefs in the preparation of food, maintaining a clean working environment and storing food. Food safety inspectors ensure the quality of the food. Food scientists and technologists deal with production, tests and development of new types of foods or flavors. Last but not least, nutritionists compose diet plans and give advice about good eating and cooking habits for individuals, mass catering and eating establishments.

Consequently, as the food industry is growing universally there is a need of professionals who understand food production, processing, storage, recipes, food chemistry and the effect that food has on our bodies and health. Therefore, it is vital for the culinary industry to employ professionals in the aforementioned field to ensure proper safety and quality of food as well as innovations in the field.

I have asked a lot of people if they know what is important to have in your CV. Many of them answered that they do not know. So here is my opinion of how to do it.

First, it may seem obvious to say, but the “Personal details” section of your CV is your first opportunity to introduce yourself to your potential employer. If you get the basic part of it wrong, you can wave goodbye to your chances of getting an interview for that job.

Your name should be with a large font, taking the whole line of the page. This means that whatever you are reading on the page, you will relate with your name. It is your best chance to stand out.

The date of birth can be omitted as it is no longer necessary since the equality act of 2010. Moreover, if you are young or facing retirement, you can easily become a victim of discrimination as you, unless you speak 5 languages and have 6 years of work experience which probably makes you a genius (or just someone who is lying).

Unless you are applying for a governmental job, you should not write your nationality for the same reason of discrimination.



About the contact details – you should make an official email address for job applications of other important events. As you may imagine, seeing an email similar to “prettyanny96@abv.bg” will only make getting that job you want a lot harder.



Source: <https://akispetretzikis.com/>

Akis Petretzikis, born at March 4th, 1984 in Thessaloniki, Greece was the first winner of MasterChef Greece. At the age of 18 he left Thessaloniki for Athens to become an accountant, but he realized that his true calling in life was to become a chef. So he finished to degrees – a culinary and accounting. After that he worked at many restaurants and hotels in Greece and went to England to learn the art of international cooking. In 2010 he competed on the debut season of MasterChef, Greece and becoming the first person to win the title. At present he has his own cooking show at Mega channel. He is also a food consultant for many restaurants spread across the world. He also authored cookbooks – “Menu” and “You should try this”.



Source: <http://www.gustotv.com>

Jamie Oliver, born in May 27th, 1975 in Essex, United Kingdom, has cooking in his blood. His parents ran their own pub – The Cricketers, where young Jamie used to help in the kitchen. He quit school at the age of 16 and joined Westminster Catering College. His first culinary engagement is at Antonio Carluccio's Neal Street restaurant as a pastry chef. When he moved to serve as a sous chef at the River Café, he was noticed by the BBC and in 1999 debuted his first TV show – The Naked Chef. In 2010 he wrote his first cookbook – Jamie's 30 Minute Meals, which went to sell a million copies. He has written more than 20 cookbooks since then.



Source: <http://www.spotlifeasia.com>

Vikas Khanna, born November 14th, 1971 in Amristar, India is known to develop his own recipes from a very young age. He often shares that it was his grandmother who became his first guide in the world of culinary arts. He is a graduate from Welcomegroup Graduate School of Hotel Administration. Also pursued courses at Culinary Institute of America, Cornell University as well as New York University. At the tender age of 17, he opened his first venture – Lawrence Gardens Banquets. In 2009 he opened his restaurant “Junoon” in Manhattan for which he earned a Michelin star in 2012, 2013, 2014. He has also written 19 cookbooks.



Source: <http://www.ketosisdietuk.co.uk/>

Nowadays we are keen on being healthy but what is actually involved in maintaining a healthy lifestyle? To my mind there are two main components – sport and diet. In my view, sport is often neglected but it is the more important part for being **in good health. But let's see how an unhealthy diet affects our body.**

First, too much junk food leads to fat piling up in your body and also bad cholesterol building up in your blood vessels. Therefore sport is needed to maintain a good calories balance of the body and also burn unneeded fat. We all like being **couch potatoes from time to time, but even with today's busy** day schedules, you can always find some time to excise two or three times a week. And after all, sport has also a social element that is very good for our psychological well-being.

The second important part is eating sensibly. When it comes to diet, a lot of people do not care enough about their food. As a result they eat too much carbohydrates or bad types of fats leading to various health problems. Therefore it is important not to forget incorporating food and vegetables in our diets on a daily basis for the much needed minerals and fiber that they contain. We should not forget fish which is an excellent source of vitamins and nutrients for our bodies.

To sum up, we have everything to gain by doing sports and having a reasonable diet related to the needs of our bodies. As the old saying goes – **“prevention is better than trying to cure the symptoms”** and **exercise and reasonable eating** are the best forms of prevention I know. Our bodies are not waste bags, we should realise this and change our lifestyles.

Word Search

S	R	E	V	N	V	E	J	N	U	H	E	A	L	T	H	Y	N
P	E	A	O	X	Z	E	U	L	C	V	X	Y	G	B	X	O	U
O	S	T	W	R	D	L	G	J	K	H	X	E	Q	R	Q	P	T
R	T	I	E	C	H	E	I	E	S	N	E	D	I	E	T	S	R
T	A	N	X	N	U	Z	L	F	T	X	F	F	L	R	H	P	I
W	U	G	E	O	H	L	I	I	E	A	O	R	S	D	Y	B	T
R	R	P	R	W	M	A	I	V	C	S	B	A	U	Q	A	S	I
I	A	I	C	V	G	H	B	N	I	I	T	L	R	I	F	Y	O
R	N	P	I	C	R	E	V	I	A	L	O	Y	E	U	T	I	N
S	T	U	S	A	O	A	F	F	T	R	J	U	L	S	N	S	U
D	P	L	E	F	O	O	D	R	Y	S	Y	X	S	E	T	A	E
V	B	F	R	O	R	G	A	N	I	C	C	O	C	L	K	V	E

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

CHEF
CULINARY
DELICIOUS
DIETS
EATING
EXERCISE

FOOD
FRUITS
HABITS
HEALTHY
LIFESTYLE
NUTRITION

ORGANIC
RESTAURANT
SPORT
VEGETABLES