

JOB LISTING

Cooking Lab Assistant (Part-Time)

Master of Science in Nutrition and Integrative Health

Position Available: January 2014
Post Date: 12/20/2014
End Date: Open Until Filled

Maryland University of Integrative Health (formerly Tai Sophia Institute) is the leading academic institution for integrative health in the nation. For nearly 40 years, MUIH has educated and informed leaders in health and wellness through transformative and relationship-centered programs that draw from contemporary science and traditional wisdom. MUIH offers graduate degrees and certificates in a wide range of wellness fields, as well as programs for professional and personal development. MUIH's on-site Natural Care Center offers compassionate and affordable healthcare from student interns and professional practitioners.

Maryland University of Integrative Health is seeking a Cooking Lab Assistant. The Nutrition and Integrative Health programs are unique, viewing nutrition from a holistic perspective and providing practical application of nutrition theory in whole foods cooking labs. The Cooking Lab Assistant (CLA) assists the Lead Faculty (LF) and the Cooking Lab Coordinator (CLC) in facilitating coordinated, efficient, enjoyable Whole Foods Cooking Lab classes for the students. The CLA interfaces with students to teach specific culinary skill sets and ensures students competency and satisfaction.

Responsibilities/Duties

Responsibilities/duties include, but are not limited to:

- Attending debriefing session prior to the start of the lab
- Getting familiar with the venue and layout of the workstations
- Ensuring proper sanitation procedures during the whole lab time
- Ensuring all workstations are clean and sanitized
- Taking inventory of all perishable and nonperishable items
- Ensuring all perishable items are properly stored
- Assisting students in becoming familiar with their lab assignments

- Helping students to develop a plan of action – prioritizing preparations i.e. cooking beans requires longer time than sautéing greens

- Helping students pull their mise en place “everything ready”
 - Assembling all tools required

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- Washing, trimming, cutting, preparing and measuring all raw materials according to instructions
- Preparing equipment (pre-heat oven, line baking sheets, turn on stove...)
- Maintaining the shared items table during the lab
- Maintaining positive energy and have solutions for any unforeseen challenges that arise, asking for help when in doubt
- Coaching students, share small techniques of which you are proud, any tips that you find useful in your practice (i.e. peeling ginger with the back of the spoon, crush garlic before chopping)
- Helping students with the finishing touches of their recipe, encourage creative ways to present their prepared dishes
- Ensuring that all students clean all their dishes and equipment
- Taking inventory with the students of all their equipment and double check that all totes are properly stored and transported
- Communicating any feedback from the in-class tasks and other assignments with LF and CLC
- Performing other duties as assigned

Qualifications

- Advanced culinary student and/or experience guiding students in culinary skills
- Serv Safe certified or equivalent
- Good interpersonal skills
- Attention to detail
- Reliability

Interested candidates should forward their resume and a letter of interest to our Office of Human Enrichment at jobs@muih.edu, referencing "Cooking Lab Assistant" in the subject line of the email.

Applicants are considered on the basis of individual merit without regard to race, color, national or ethnic origin, gender, gender identity, sexual orientation, marital status, pregnancy, age, religion, disability, genetic information, or any other characteristic protected by law. Maryland University of Integrative Health is committed to acting, communicating, and educating in ways that recognize and honor the full range of human diversity. EOE.