

CAREER EXPLORATION LESSON

Executive Sous Chef

Teacher lesson guide + printable student worksheet

GRADES	LESSON TIME	VIDEO LENGTH	FORMAT
7-12	15-20 minutes	2:25	Teacher-led / printable

VIDEO

Rise Up Challenge 2024: Killington ResortVideo length: 2:25 [A Day in the Life as a Sous Chef - Killington Resort](#)

LEARNING OBJECTIVES

- Describe the daily responsibilities of an executive sous chef at a mountain resort.
- Identify the teamwork, preparation, and leadership skills required in a busy kitchen.
- Explain how resort food and beverage careers can offer varied work settings and opportunities for growth.
- Connect workplace support, flexibility, and continuous learning with career success.

MATERIALS

- Teacher computer and classroom display (student videos with headphones, optional)
- One printed worksheet per student (page 3)
- Pens or pencils

LESSON AT A GLANCE

STEP	TEACHER DIRECTION	TIME
1 INTRODUCE	Tell students they will meet an executive sous chef and learn what it takes to operate a restaurant at the top of a ski mountain.	2 min
2 PREVIEW	Ask: "What has to happen in a restaurant kitchen before the first guest is served?"	2 min
3 WATCH	Play the video. Students complete questions 1-5 while viewing. Replay if needed.	3-4 min
4 REFLECT	Students complete questions 6-8 independently or in pairs, then discuss selected responses.	8-10 min

CAREER EXPLORATION LESSON

Discussion + Answer Key

TEACHER DISCUSSION PROMPTS

- What surprised you about working in a restaurant located at the top of a mountain?
- Why is preparation before service so important in a busy resort kitchen?
- How does Zachary describe the role of a manager during the workday?
- What opportunities does Killington offer chefs who want to continue learning and growing?
- Which skills from this video would transfer to careers outside food and beverage?

SUGGESTED RESPONSES / ANSWER KEY

#	SUGGESTED RESPONSE
1	He is the executive sous chef at the Peak Lodge at Killington Resort.
2	Examples include varied food, careful presentation, people from around the world, and high-quality tools and equipment.
3	The team arrives around 7:00 a.m., rides the gondola to the lodge, stages the lines, prepares low items, and gets ready for service at 10:30 a.m.
4	Managers restock items, cover breaks, provide backup, and help the team wherever needed.
5	Chefs can work in different settings, including a mountaintop lodge and outdoor evening dining. Each outlet offers new experiences and room to grow.
6	Responses will vary. Look for communication, shared responsibility, organization, flexibility, and helping coworkers.
7	Responses will vary. Students may mention learning new skills, exploring different roles, gaining experience, and advancing.
8	Responses will vary. Encourage students to use details from the video and their own interests.

OPTIONAL EXTENSION

Ask students to identify one entry-level and one advanced food and beverage role at a ski area near them.

**ABOUT THE PIPELINE PROJECT**

The Pipeline Project is helping students discover the diverse careers that power the ski industry - from lift maintenance and snowmaking to marketing, hospitality, finance, and leadership. Through classroom resources, career exploration experiences, and industry partnerships, we're helping build the next generation of mountain professionals.

Learn more and explore additional Career Trail Guides at: thepipelineproject.ski/learn

CAREER EXPLORATION WORKSHEET

Executive Sous Chef

Video: Rise Up Challenge 2024 - Killington Resort

Name: _____ Class: _____ Date: _____

WHILE YOU WATCH

1. What is Zachary Beaudine's position at Killington Resort?

2. What are two things he enjoys about working in food and beverage at Killington?

3. What happens before the restaurant begins service each morning?

4. Besides cooking, how do Zachary and the management team support employees during service?

5. What makes working as a chef at Killington unique?

THINK ABOUT THE CAREER

6. Why is teamwork important in a busy restaurant or lodge kitchen?

7. Zachary describes opportunities to move between different food outlets and roles. Why can that be valuable for career growth?

8. Would you be interested in working in a mountain restaurant or lodge? Explain why or why not.

9. Which part of this career interests you the most? Why?

10. What is the name of your local Career & Technical Education (CTE) Center or program? *Hint: Read the Career Connections section below to learn what CTE is.*

CAREER CONNECTIONS

What is CTE?

Career & Technical Education (CTE) programs prepare students for college, careers, apprenticeships, and the workforce through hands-on learning, industry certifications, and real-world experiences while in high school.

CTE Program Alignment: Culinary Arts • Hospitality & Tourism • Restaurant & Food Service Management

Possible Career Path: Line Cook → Sous Chef → Executive Sous Chef → Executive Chef

Key Workplace Skills: Teamwork • Leadership • Organization • Communication

Interested in this career? Talk with your school counselor or CTE coordinator to learn about related courses and opportunities in your area.

EXPLORE CAREERS. BUILD SKILLS. START YOUR PIPELINE.