The meaning of 'worker' in EU law is to be found in the following...

The TFEU.

National legislation.

Case law of the Court of Justice.

Well done!   
The TFEU does not define 'worker' and the Court of Justice has emphasized that the term may not be defined by national law but has a Union meaning. Clarification was provided in Lawrie-Blum, in which the Court of Justice stated that the 'essential feature of an employment relationship ...is that for a certain period of time a person performs services for and under the direction of another person in return for remuneration'. The Court of Justice has interpreted 'worker' broadly, including within its scope part-time work (Levin, Kempf), persons on fixed-term contracts (Ninni-Orasche). Jobseekers also have rights, Union citizens being entitled to enter and remain in another Member State to seek work (Directive 2004/38, Article 14).

Directive 2004/38.