

# Skills Canada Intermediate Challenge



## CAKE DESIGN CHALLENGE

### 17th Annual Intermediate Challenge

Contest Date: Saturday, November 23, 2019

Contest Location: College of the North Atlantic, Prince Philip Drive

Level: Intermediate

2019 Skills Canada Intermediate  
 Challenge Contest Description  
 College of the North Atlantic, Prince  
 Philip Drive  
 Saturday, November 23, 2019

<b>EVENT:</b> Cake Design Challenge		<b>LEVEL:</b> Grade 7, 8 & 9	
<b>DURATION:</b> 1.5hrs students will participate either morning or afternoon)		<b>LOCATION:</b> CNA-PPD Campus	
<b>COMPETITION SCHEDULE:</b>			
Early MORNING SESSION		Late Morning SESSION	
<b>ORIENTATION</b>	8:30 AM		10:45 AM
<b>Chef Demo and COMPETITION</b>	8:45 AM		11:00 AM
<b>PRESENTATION OF FOOD</b>	10:00 AM		12:15 PM
<b>Judge Feedback</b>	10:15 AM		12:30 PM

**GENERAL DESCRIPTION**

The Intermediate Baking Challenge introduces students to the spirit of a professional cooking environment in a fun and interactive way. Grade 7, 8 & 9 students will design, decorate and present 4 identical chocolate cupcakes and 1 cake. Before and after their participation, students are invited to take part in hands-on activities/ demonstrations in skilled trades such as carpentry, electrical installations, ROV etc. This Skills Canada Newfoundland and Labrador competition is an opportunity for students to learn more about careers in the trades and technologies and increase their motivation to participate in future Skills Canada Competitions.

Skills and Knowledge to be developed:

- Ability to follow instructions for safety and sanitization
- Professional etiquette of working in a kitchen
- Preparation and presentation of food items
- Decorating skills
- Being comfortable cooking in a public environment
- Decoration of a cake and 4 cupcakes based upon Theme, a variety of common ingredients, as well as mystery ingredients

**PROJECT DESCRIPTION**

Each team of 2 competitors will use their own creativity in designing and decorating. They will be given 1 round cake and 4 cupcakes. Using creativity and design skills students will create a cake with matching cupcakes which follow the theme **NATURE**

### **Details to keep in mind:**

- The competitors will find all ingredients on the common table and will be responsible for measuring out what they need, then returning them to the table.
- All ingredients will be taken from the list of common table items (attached), and bonus points will be allotted to those competitors that incorporate the mystery items.
- The presentation is entirely up to the competitors. There will be a variety of plates and bowls present, and they can choose to serve the cakes however they choose.

### **Tips**

- Practice preparing details of design within the designated timeframe.
- A time for presentation will be given to you on the day of the competition.
- Explore cooking websites for tips on presentation and garnishes.
- Remember to keep your workplace clean and safe.
- Be adventurous and have fun with your creativity but remember to make sure your flavors complement each other.

## **EQUIPMENT & MATERIALS**

### **Equipment and Materials Competitors Must Supply:**

All necessary competition equipment, materials and food will be supplied by College of the North Atlantic Cooking Program. Students are permitted to bring outside tools but no outside food. Part of the challenge will be the student's ability to adapt to a new environment, with different supplies and equipment

### **Equipment and Materials Supplied by the Committee:**

- Each competitor may have the use of stove, oven, sink, worktable, and refrigerator.
- All the food supplies will be provided
- Additional foods as per the common table list
- All the kitchen tools required will be provided
- Small plates, Large Plates, and Bowls
- Dish detergent & dish cloths for cleaning

## **SAFETY**

The health, safety and welfare of all individuals involved with Skills Canada Newfoundland and Labrador are of vital importance. Safety is a condition of participation with Skills Canada Newfoundland and Labrador and shall not be sacrificed for the sake of expediency. At the discretion of the judges and technical committees, any competitor can be denied the right to participate should they not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others.

**Clothing Requirements:**

- Competitors are required to wear shoes that cover the entire foot and need to be slip proof.
- Competitors will be required to wear long pants.
- Competitors will be issued a bib type apron to wear along with a hair net and chef hat to cover their head and hair.
- Long hair must be tucked.

**JUDGING CRITERIA**

- The competitor's skills of cutting, slicing, dicing and presenting food items will be judged.
- The taste and how appealing it looks will be judged.
- Creativity and plating
- The competitor's safety and sanitization during cooking
- The competitors use of kitchen etiquette
- The incorporation of the mystery ingredients

**Competitor will be marked on the following criteria, and scored as indicated:**

- Did the competitor wash their hands before work began (2 points)
- Did the competitor use safe skills (5 points)
- Did the competitor wear a hat, hairnet, and gloves as needed (2 points)
- Did the competitor incorporate nutrition learnings (Ex. Making sure the cupcakes included a fruit?) (2 points)
- Were the products garnished & presented to look appealing (5 points)
- Did the cupcake flavors taste good together (10)
- Did the flavors in both recipes complement each other? (5 points)
- Was the garnish appropriate, correct portions (5 points)
- Was the competitor creative with the design and decoration (10 points)
- Did the competitor clean as they went (5 points)
- Was the competitor mindful of the other people working in the kitchen, sharing tools and ingredients as needed (2 points)

\*Each competitor will be debriefed by the judges to prepare them for future competitions and cooking experiences.

**ADDITIONAL INFORMATION**

Participating students will receive a certificate following the competition.

**COMMITTEE MEMBERS**

Chef's Roger Andrews, Angie Ryan & Deanne Cress

# Common Table Ingredients

## Dairy:

Butter  
Margarine  
Sour Cream  
Heavy Cream  
Milk

## Icings

Cream Cheese Icing  
Richs Vanilla On top  
Fondant, White  
Vanilla Buttercream

## Dried and Canned Goods:

- **Sugar:**

- Honey
- Icing sugar
- Molasses
- Granulated Sugar
- Isomalt

- **Fruit**

- Candied Cherries
- Maraschino cherries
- Dates
- raisins
- dry apricot
- canned mango pulp
- canned Pineapple

- **Fats**

- Pan Spray
- Olive oil

- **Spices:**

- nutmeg
- vanilla bean
- ground clove
- allspice

## Non- Food Items:

- Plastic wrap
- Aluminum foil
- Parchment paper
- Disposable gloves
- Paper towels
- Piping bags
- Piping tips-if you need any specialty tips please bring

## Nuts and Misc

White chocolate  
Dark Chocolate  
Milk chocolate  
Pistachio  
Coconut, Sweetened  
Peanut Butter  
Food colourings  
Various Extracts  
Sliced almond

## Produce:

- Granny smith Apple
- Pineapple
- Strawberry
- Oranges
- Raspberry
- Lemon
- Frozen blueberry

