

Contest Date April 4, 3:30 pm – April 9, 4:30 pm	Contest Area: Cooking
Contest # 32	Level Secondary level
Duration Submission based contest	Location School or home kitchen

1 THE SKILLS FOR SUCCESS FOR CAREERS IN THE SKILLED TRADES AND TECHNOLOGY

In response to the evolving labour market and changing skill needs, the Government of Canada has launched the new Skills for Success (*former Essential Skills*) model defining nine key skills needed by Canadians to participate in work, in education and training, and in modern society more broadly. SCC is currently working with Employment and Social Development Canada (ESDC) to bring awareness of the importance of these skills that are absolutely crucial for success in Trade and Technology careers. Part of this ongoing initiative requires the integration and identification of the Skills for Success in contest descriptions, projects, and project documents.

The following 9 skills have been identified and validated as key skills for success for the workplace in the legend below:

¹Numeracy, ²Communication, ³Collaboration, ⁴Adaptability, ⁵Reading, ⁶Writing, ⁷Problem Solving, ⁸Creativity and Innovation, ⁹Digital

These Skills for Success have been identified in section 2.3 and/or 3.2 of your Contest Description and if applicable, in your Project and supporting documents.

2 CONTEST INTRODUCTION

2.1 Description of the associated work role(s) or occupation(s)

https://www.skillscompetencescanada.com/en/skill_area/cooking/

2.2 Purpose of the Challenge

Evaluating professional culinary skills of competitors by having them cook hot and cold dishes in accordance with established trade rules and standards. Showcasing the trade of cook through competition allows the public a snapshot into the trade of cook while demonstrating new culinary trends and techniques.

2.3 Duration of contest

During the SCPC 2022, the secondary category will be hosted virtually. The competition for your skill will consist of a maximum 6 hours.

A detailed schedule will be reviewed during competitor orientation prior to competition, schools will be informed of orientation date and time in late March.

TASKS TO BE PERFORMED

- Each team will submit a **series of photos** of the cooking process.
- Plus, a **series short video clips** of the process from prep to finished plate.
- All photos and videos must be in **color**.

Competitors must submit their photos on **Saturday, April 9, 6:00pm** to the shared Google Drive, Cooking Secondary Folder that will be shared with your given email address.

2.4 Skills and Knowledge to be tested.

- Two (2) Course Menu (Appetizer, & Main Course)

3 CONTEST DESCRIPTION

3.1 List of documents produced and timeline for when competitors have access to the documents on SCNL website

DOCUMENT	DATE OF DISTRIBUTION
Project	January 2022
Common Food Table	January 2022

Skills – ¹Numeracy ⁷Thinking (Problem Solving, Job Task Planning & Organizing), ⁸Document Use

4 EQUIPMENT, MATERIAL, CLOTHING

4.1 Equipment & Material: competitors are limited to use the following equipment or material:

- All food for the contest.
- 1 electric stove with an oven (4 burners)
- 1 electrical outlet
- Display area for finished plates.
- Sink access with hot and cold water
- Garbage, Recycling and Organics/Compost bins
- All sanitizing equipment (spray bottle, dish soap, sanitizer).
- Cleaning supplies – Nylon scour pads, paper towels and shop towels.
- Disposable foil pans 4" deep (half and full)
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Allowed items

- Counter-top stand mixer (bowl, whip, paddle, dough hook)
- Microwave
- Food processor with bowl and cutter blade
- Kitchen blender

- Spice grinder
- Plastic-wrap
- Aluminum foil
- Butcher's twine
- Cheesecloth
- Re-sealable bags
- Parchment paper

4.2 Other Equipment and materials provided by the competitor:

Examples of equipment that may be used are:

- Knives
- Ladles
- Whips
- Spatulas
- Piping bag and tips
- Rolling pin
- Pots and pans,

- Bowls
- Strainer
- Scale
- Kitchen towels and dishtowels
- Side towels or oven mitts
- Recipes and reference books.
- CSA approved extension cord and/or power bar that must be properly secured to meet health and safety requirements.

4.3 Required clothing provided by the competitor

- Non-slip, closed toe, closed heel, water and oil resistant shoes (non-permeable)
- Side Towels
- Hands must be washed; nails must be trimmed, clean and free of polish while working with food.
- Hair must be restrained during the competition
- Beards must be neat and trimmed or restrained with a beard net
- Any article of jewelry that poses a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area.

5 HEALTH AND SAFETY

5.1 Safety program

SCC has implemented a comprehensive safety program as health and safety is an integral part of our competitions. Our safety program includes guidelines and procedures to make the work environment in each skill area safer.

5.1.1 Safety

During the competition, Competitors will be expected to work and maintain a safe working area during the competition

5.2 List of required personal protective equipment (PPE) provided by the competitor and/or host facility

- See “required clothing required by the competitor” under section 4.3 for PPE requirement

6 ASSESSMENT

6.1 Point breakdown

Note: This list is subject to change.

TASKS	/100
Sanitation Proper and professional clothes Personal hygiene and cleanliness Workstation, floor and fridge cleanliness Cutting board hygiene Proper food storage methods	15
Organization & Product Utilization Professional use of tools and equipment Food wastage – full utilization of food taken Energy and water – efficient utilization Proper planning and execution of tasks Menu to be submitted at proper time as outlined in the contest project	12
Preparation and Technical Skill Proper use of the tools and equipment Application of correct cooking techniques and methods	25
Presentation Portion size in accordance with the test project Clean plates Harmonious colours Appetizing and artistic presentation of food Appropriate and complementary garnishes	14
Taste and Required Menu Components Proper textures of foods Correct degree of doneness Food served at proper temperatures as specified in the test project and in accordance with industry standards Respect timetable regarding serving times All required elements outlined in the test project and the competitor's menu appear on the plate.	34

7 CONTEST SPECIFIC RULES

Contest specific rules cannot contradict or take priority over the Competition Rules. They do provide specific details and clarity in areas that may vary from contest to contest. Any additional contest rules will be reviewed during the competitor orientation.

TOPIC/TASK	CONTEST SPECIFIC RULE
Menu and Work plan Submission	<ul style="list-style-type: none"> • Competitors must submit copy of their menu, and menu elements for the competition. These documents can be carefully handwritten or printed. • Competitors must use the menu, and menu element templates provided, using appropriate terminology and descriptors of the cooking methods and the ingredients used. • Cooking methodologies used throughout the contest must follow those prescribed in the Test Project. Recipes may be consulted throughout the competition.
Professional Conduct	<ul style="list-style-type: none"> • It is the primary intent of the PTC to provide a fair, equitable and transparent contest. • Please adhere to all safety and knowledge of kitchen equipment and tools. Be mindful of your environment at all times.

8 ADDITIONAL INFORMATION

8.1 Ties

- Tiebreaker #1: The competitor with the highest score in Prep & Technical skills will be declared the winner.
- Tiebreaker #2: The competitor with the highest score in Presentation will be declared the winner

8.2 YouTube Link

Link to Competition advice from our technical members.

<https://youtu.be/j-1w32XJkDw>

