



2021 SKILLS CANADA VIRTUAL **NATIONAL** COMPETITION

CONTEST DESCRIPTION

Cooking

POST-SECONDARY

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

SCC is currently working with Employment and Social Development Canada (ESDC) in order to bring awareness to the importance of Essential Skills that are absolutely crucial for success in the workforce. Part of this ongoing initiative requires the integration and identification of Essential Skills in contest descriptions, projects, and project documents. The next phase and very important aspect of our Essential Skills (ES) initiative is to provide an ES report card to each competitor at the Skills Canada National Competition. The purpose of the ES report card is to inform the competitor about their current level of essential skills based on their competition scores. With this knowledge, the competitor will be made aware which essential skill may require improvement. Full implementation is expected in the next Skills Canada National Competition.

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

¹Numeracy, ²Oral Communication, ³Working with Others, ⁴Continuous Learning, ⁵Reading Text, ⁶Writing, ⁷Thinking, ⁸Document Use, ⁹Digital

These essential skills have been identified in section 2.4 and/or 3.2 of your Contest Description and if applicable, in your Project and all other supporting project documents.

2 CONTEST INTRODUCTION

2.1 Description of the associated work role(s) or occupations(s).

<http://skillscompetencescanada.com/en/careers/services/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

- Two days of 4 ½ hour modules with a ½ hour mandatory lunch break 10 hours Total
 - Day 1
 - Module A: 11:00 am to 5:00 pm (including mandatory 30 minute lunch break)
 - Day 2
 - Module B: 11:00 am to 5:00 pm (including mandatory 30 minute lunch break)

2.4 Skills and Knowledge to be tested

- Day 1
 - Module A: Competencies⁷, Recipe Costing Exercise¹, and Egg Cookery
- Day 2
 - Module B: Three (3) Course Menu⁸ (Appetizer, Main Course & Dessert)

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

3 CONTEST DESCRIPTION

3.1 List of contest documents produced and timeline for release.

- All competition documents will be posted as they are ready for distribution
- Assessment Procedure
- Project
- Menu Template Document
- Common Food Table

4 EQUIPMENT, MATERIAL, CLOTHING

4.1 Competitors are limited to use the following equipment or material that is provided by the host site:

- All food for the contest (see common table)
- 1 stove (4 burners maximum) and an oven
- 1 electrical outlet with GFI
- 1 6 feet worktable
- Display area for finished plates
- Access to refrigerator and freezer
- Sink with hot and cold water
- One rolling rack per competitor with:
- Baking sheets - full - 4 per station
- Baking sheets - 1/2 - 4 per station
- Nylon cutting boards – 2 per station
- Garbage, Recycling and Organics/Compost bins
- All sanitizing equipment (spray bottle, dish soap, sanitizer).
- Cleaning supplies – Nylon scour pads, paper towels and shop towels.
- Kitchen blender
- Food Processor
- Spice grinder or mortar & pestle
- Plastic-wrap
- Aluminum foil

- Butcher's twine
- Cheesecloth
- Poly bags
- Parchment paper
- All service ware (china) Please see test project for details.

4.2 Equipment and/or material provided by the competitor and/or the host facility

- We suggest that you work with the host site to accommodate the use of specific equipment and materials. Examples of equipment that may be required 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.
 - All equipment should be marked clearly for easy identification.
- Competitors are limited to 1 pieces of electrical equipment (battery or power operated) for the entire duration of the contest (not including the shared equipment). The proctor will be inspecting workstations and kits; any additional items will be removed from the contest site. Choose your equipment wisely!!
- Any competitor that will be using deep fat frying as part of their project must follow the following Safety Guidelines:
 - A thermostatically controlled self-contained deep fat fryer, or a
 - A heavy pot (with lid) and a dedicated deep fat frying thermometer that is attached to the pot.
- It is not permitted to bring any foodstuffs into the contest, including colouring agents, transfer sheets, wood for smoking, canned oil sprays, dry ice, liquid nitrogen or any other consumable products. **Only the food provided can be used (no substitutions permitted).**
- Outside service wear, like skewers, shot glasses, ramekins etc. are not permitted for presentation on the judged plates.
- It is the competitor's responsibility to ensure that all items used during food preparation are made with food grade material. Items such as black ABS drain

pipe, 3D printed molds, etc. are not food safe and therefore not permitted. The NTC reserves the right to inspect materials and prohibit its use.

- Use of Precision Controlled Equipment
 - This contest is intended to showcase the comprehensive skillsets necessary to be a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods. Precision temperature controlled equipment (any equipment capable of controlling temperature to a high degree of accuracy will be considered as precision. - e.g. Immersion Circulators, Thermal Mixers) must be limited to no more than one application over the two-day contest.
 - Persons using Sous Vide techniques in their cooking must have recognized time/temperature guidelines for food safety as part of their submitted work plan.
- All equipment that is needed for the module must be unpacked and stored on the competitor's station.
- Once in the contest area no equipment may be added.
- Any equipment that is not on the station at the start of the competition will not be allowed onto the contest site.

4.3 Required clothing provided by the competitor

- Non-slip, closed toe, closed heel, water and oil resistant shoes (non-permeable)
- Dark or checked professional chef trousers.
- Double breasted, white chef jacket
- White Apron
- Side Towels
- Professional chef's hat
- Uniform Notes:
- Competitors need uniforms for 2 working days
- Uniforms can have embroidery to identify the competitor, province or sponsors, but it must be done professionally and in good taste.
- It is important that competitors present a professional image and appearance. Throughout the contest, competitors are required to maintain their grooming and uniform to professional standards in a manner that is neat and meets or exceeds sanitation and safety guidelines.
- Hands must be washed; nails must be trimmed, clean and free of polish while working with food. **False nails are not permitted in the contest area.**
- 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. In the event of non-removable jewelry such as semi-

permanent body piercings, etc, it must be evaluated for safety/sanitation compliance by the National Technical Committee (NTC), and resolution may be directed at that time. The NTC's resolution is final, and non-compliance will result in point deductions, or removal from the contest. Any grievances must be directed immediately to a NTC member.

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 in order to make the work environment in each skill area safer.

5.1.1 Safety manual

As part of our program a safety manual has been created in order to monitor and document health and safety within each skill area. It includes a definite plan of action designed to prevent accidents. The safety manual will be provided for every skill and these instructions must be followed and respected by all participants and officials at the SCNC.

5.1.2 Safety workshop

During orientation, Competitors will participate in a Safety workshop and they will be expected to work and maintain a safe working area during the competition. Any Competitor breaking any health, safety and environmental rules, may be required to undertake a second safety workshop, this will not affect the Competitor's competition time.

5.2 List of required personal protective equipment (PPE) provided by competitors

- Full Chef's Uniform. See section 4.4

5.3 COVID-19 Protocol

The final COVID-19 guidelines will be shared with participants closer to the event.

The COVID guidelines already in place within the participants' jurisdiction would take precedence to the below protocol.

The following are suggested COVID-19 protocols that might be in place for the duration of the competition. It is the responsibility of the participants (Competitor, Proctors, NTC members, and anyone onsite during the competition) to ensure that the COVID guidelines are respected.

- Participants to complete and sign electronically a self-screening form at the beginning of each day of the competition. If a competitor is showing any symptoms, they might not be allowed to participate in the competition.

- Participants will be assigned a workspace in which they must remain at for the duration of the competition.
- Participants to ensure a minimum of 2m physical distancing from others at all times.
- Participants entering the competition space must use hand sanitizer provided at each entrance/exit.
- Participants to wipe work surfaces (e.g. desks, tables, and chairs) and objects (e.g. headsets, keyboards, equipment) with antibacterial wipes before and after use.
- Face covering as per the local health authority requirement.

6 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's orientation.

TOPIC/TASK	CONTEST SPECIFIC RULE
Common-Table	<ul style="list-style-type: none"> • Food items that are available to carry out the test project will include all necessary proteins, dairy and produce items. Common dry goods, herbs, alcohol, spices, and stocks will also be available. Common table items and quantities will be specifically outlined in the common table document. • The National Technical Committee reserves the right to change or limit food items <u>without notice</u>, depending on availability and quality. You will be marked accordingly for over-use, or waste of products. ONLY the foods provided by host site are permitted for use. Absolutely no outside food products are to be brought into the contest.
Menu and Work plan Submission	<ul style="list-style-type: none"> • Competitors must write and submit a copy of their menu, and menu elements for each day of the competition. These documents can be carefully handwritten, or printed on the template provided. • 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 NTC to provide a fair, equitable and transparent contest. • Therefore, during the contest, all, and any, communication between candidates and people outside the competition site are not permitted. This includes verbal, non-verbal, written and electronic forms of communication. • The use of cellular phones is prohibited; with the exception to necessary videos & pictures outlined in the proctor document. • Any competitor engaging in these activities will be penalized. Penalties will be administered by the NTC, and can range from point deduction, up to full disqualification from the contest. • If a candidate must leave the site, the site proctor must be advised prior to leaving the competition site
Sustainability	<ul style="list-style-type: none"> • Handling of recycling, organic waste and garbage will be discussed at orientation and follow the guidelines set out by the NTC. • Competitors will be judged on their usage of power and water during the competition, set-up and clean up. Points will be deducted if the competitors are being wasteful in their use of power and/or water

7 ADDITIONAL INFORMATION

7.1 Interpreter

If a competitor requires the help of an interpreter during the competition, the Skills/Compétences Canada Provincial/Territorial offices must advise Skills/Compétences Canada National Secretariat a minimum of 1 month prior to the competition or this service might not be guaranteed.

7.2 Ties

- Tiebreaker #1: The competitor with the highest score in Presentation will be declared the winner.
- Tiebreaker #2: The competitor with the highest score in Prep & Technical skills will be declared the winner.
- Tiebreaker #3: The competitor with the highest score in Required Elements and quality of the Technical Production will be declared the winner.

7.3 Competition rules

Refer to the competition rules of the Skills Canada National Competition which can be found on our website.

8 NATIONAL TECHNICAL COMMITTEE MEMBERS

Member Organization	Name
Nova Scotia	Sean Kettley
Prince Edward Island	Andrew Nicholson
New Brunswick	Darren Dorcas
Québec – Chair	Éric Archambault
Ontario	Steve Benns
Manitoba	Raymond Czayka
Saskatchewan	Curtis Hack
Alberta	Jason St. Laurent
British Columbia – Co-Chair	Phillip Lie
Nunavut	Colleen Neily
Northwest Territories	Travis Stewart
Yukon	Ryan Cumming
Newfoundland and Labrador	Danial Flight

Contact the Skills/Compétences Canada national secretariat for any questions or concerns: Nathalie Maisonneuve (nathaliem@skillscanada.com).