



CONTEST DESCRIPTION

## **Cooking**

POST-SECONDARY

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## 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 next phase and very important aspect of our Skills for Success (SfS) initiative is to provide a *Skills Report Card* to each competitor at the Skills Canada National Competition. The purpose of the report card is to inform the competitor about their current level of nine identified Skills for Success based on their competition scores. With this knowledge, the competitor will be made aware which 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 skills for success for the workplace in the legend below:

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

These Skills for Success have been identified in section 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/](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

12 hours of competition time + 4 hours set-up, lunch break & tear-down  
16 hours in total for day 1 and day 2 of competition.

Skills and Knowledge to be tested.

- Day 1 - Module 1: Competencies, Pressure Test, Bouchée Appetizer Platter and Mise en Place for Day 2
- Day 2 - Module 2: Three (3) Course Menu (Plated Appetizer, Lamb Loin Main Course & Plated Dessert)

**3 CONTEST DESCRIPTION**

3.1 List of documents produced and timeline for when competitors have access to the documents on the Skills/Compétences Canada website

DOCUMENT	DATE OF DISTRIBUTION
Project	January 2022
Menu Template Document	January 2022
Common Food Table	January 2022

*Skills for Success -<sup>1</sup>Numeracy, <sup>5</sup>Reading, <sup>7</sup>Problem Solving*

**4 EQUIPMENT, MATERIAL, CLOTHING**

4.1 Equipment and material provided by Skills/Compétences Canada

- All food for the contest.
- 1 electric stove with an oven (4 burners)
- 1 electrical outlet per workstation with GFI
- 2 each 6-foot worktables
- Display area for finished plates.
- Shared refrigerator with freezer (on top) per station
- Shared sink with hot and cold water
- One rolling rack per station with:
  - Baking sheets - full - 4 per station
  - Baking sheets - 1/2 - 4 per station
  - Nylon cutting boards (1/2" thick - 12" x 24" minimum) – 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.
- Disposable foil pans 4" deep (half and full)
- Shared items between all competitors:
  - Counter-top stand mixer (bowl, whip, paddle, dough hook)
  - Microwave
  - Food processor with bowl and cutter blade
  - Kitchen blender
  - Spice grinder

- Torch (propane or butane)
- Plastic-wrap
- Whippet cartridges (for ISI whipper)
- Aluminum foil
- Butcher's twine
- Cheesecloth
- Re-sealable bags
- Parchment paper
- Shared equipment must be used, cleaned and returned as soon as possible for other competitors. Items that are designated as shared equipment must be used if required (no substitutes of personal equipment).
- All service ware (china) will be provided by the committee. Please see test project for details.

### **New This Year**

- *Pots and Pans will be supplied by Meyer Canada. Competitors will be able to take home the pots and pans at the end of the competition. **Competitors are responsible to get their pots and pans home, plan accordingly***
- *The set will include:*
  - Meyer Accolade Stainless Steel Cookware Set (11 piece set)  
<https://meyercanada.ca/collections/meyer/products/11pc-meyer-accolade-cookware-set>
  - Meyer Accolade Stainless Steel 20cm/8" Non-Stick Fry Pan Skillet (1 each). <https://meyercanada.ca/collections/meyer/products/20cm-8-accolade-granite-non-stick-fry-pan>
  - Meyer Accolade Stainless Steel 24cm/9.5" Non-Stick Fry Pan Skillet (1 each). <https://meyercanada.ca/collections/meyer/products/24cm-9-5-meyer-accolade-granite-non-stick-fry-pan>
  - Meyer Accolade Stainless Steel 28cm/11" Non-Stick Fry Pan Skillet (1 each). <https://meyercanada.ca/collections/meyer/products/28cm-11-meyer-accolade-granite-non-stick-fry-pan>
  - Meyer Cast Iron 26cm Skillet  
<https://meyercanada.ca/collections/meyer/products/meyer-cast-iron-26cm-skillet>
  - Meyer Accolade Stainless Steel 9L Stock Pot with cover, Made in Canada  
<https://meyercanada.ca/collections/meyer/products/9l-meyer-accolade-stock-pot-with-cover>

**COMPETITORS WILL BE REQUIRED TO USE THE MATERIAL AND EQUIPMENT PROVIDED BY SCC. ALL OTHER MATERIAL AND EQUIPMENT WILL BE REMOVED FROM THE SKILL AREA.**

**4.2** Equipment and material provided by the competitor

Competitors may bring any tool and/or equipment that is not provided on the shared equipment list (any competitor bringing “shared equipment items” to the contest site will have their equipment removed from the contest site). Examples of equipment that may be required are:

- Knives
- Ladles
- Whips
- Spatulas
- Piping bag and tips
- Rolling pin
- 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.

**Notes: Competitors are limited to 1 piece of electrical equipment (battery or power operated) for the entire duration of the contest (not including the shared equipment and a heat lamp (if the competitor chooses to bring one)). The NTC will be inspecting workstations and kits; any additional items will be removed the contest site. Choose your equipment wisely!!**

- Domestic electric stoves will be used on contest site. Please bring trays and pans that will fit into the oven.
- No outside sanitizing products may be brought onto the contest site. Any concerns must be directed to the competition chair prior to the competition.
- 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 drainpipe, 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.
  - Totes must be stored in the equipment storage area.
  - Totes are not accessible during the module (competitors may access totes between modules).
  - 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.

#### 4.2.1 Toolboxes Guidelines

One of the objectives of SCC is the sustainability of the Competition. As a result, the toolboxes brought by Competitors will be restricted to the following maximum specifications.

The Competitor toolbox must not exceed 0.6 meters<sup>3</sup> in volume. It can be multiple toolboxes, but the total of all toolboxes must not exceed the maximum volume indicated. There is no exception to this rule. If the Competitor toolbox is larger than what is indicated, the Competitor with the guidance of the NTC, will need to remove items from the toolbox and those items will not be used during the competition. All tools must fit inside one or more toolboxes. Tools outside of a toolbox will not be permitted.

### 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

## 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 manual

As part of our program a safety manual has been created 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 COVID-19 Protocol

The COVID-19 guidelines will be shared as soon as they are available. The COVID-19 guidelines will be subject to change based on the BC COVID-19 guidelines in place at the time of the competition.

Under safe food handling practices ready to eat food should be plated using gloves. With COVID protocols this is imperative.

### 5.3 List of required personal protective equipment (PPE) provided by Skills/Compétences Canada

- N/A

### 5.4 List of required personal protective equipment (PPE) provided by the competitor

- See "required clothing required by the competitor" under section 4.3 for PPE requirements

**Note:** Competitors who do not have the required protective equipment will not be allowed to participate in the competition

## 6 ASSESSMENT

### 6.1 Point breakdown

**Note:** This list is subject to change.

TASKS	/100
Sanitation Proper and professional clothes, personal hygiene and cleanliness	15

<ul style="list-style-type: none"> <li>• Workstation, floor and fridge cleanliness</li> </ul>	
Cutting board hygiene, proper food storage methods	
<p>Organization &amp; Product Utilization</p> <ul style="list-style-type: none"> <li>• Professional use of tools and equipment</li> <li>• Food wastage – full utilization of food taken</li> <li>• Energy and water – efficient utilization</li> <li>• Time Management - posted work plan</li> <li>• Proper planning and execution of tasks</li> </ul> <p>Menu to be submitted at proper time as outlined in the contest project</p>	12
<p>Preparation and Technical Skill</p> <ul style="list-style-type: none"> <li>• Proper use of the tools and equipment</li> </ul>	25
Application of correct cooking techniques and methods	
<p>Presentation</p> <ul style="list-style-type: none"> <li>• Portion size in accordance with the test project</li> <li>• Clean plates</li> <li>• Harmonious colours</li> <li>• Appetizing and artistic presentation of food</li> </ul> <p>Appropriate and complementary garnishes</p>	14
<p>Taste and Required Menu Components</p> <ul style="list-style-type: none"> <li>• Proper textures of foods</li> <li>• Correct degree of doneness</li> <li>• Balanced taste and seasonings</li> <li>• Flavours match the menu specifications &amp; descriptions</li> <li>• Food served at proper temperatures as specified in the test project and in accordance with industry standards</li> </ul> <p>Respect timetable regarding serving times. All required elements outlined in the test project and the competitor's menu appear on the plate.</p>	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
Recipes Usage	<ul style="list-style-type: none"> <li>Competitors are free to bring recipes that display ingredients and amounts only. Competitors cannot have procedures and/or directions at their stations.</li> </ul>
Common-Table	<ul style="list-style-type: none"> <li>Food items that are available to carry out the test project will include all necessary proteins, dairy and produce items. Common dry goods, herbs, alcohols, spices, and stocks will also be available. Common table items will be specifically outlined in the common table document.</li> <li>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. <b>ONLY</b> the foods provided by Skills Canada are permitted for use. Absolutely no outside food products are to be brought into the contest.</li> </ul>
Menu and Work plan Submission	<ul style="list-style-type: none"> <li>Competitors must write and submit two (2) copies of menus, and menu elements for each day of the competition. These documents can be carefully handwritten or printed.</li> <li>Competitors must use the menu, and menu element templates provided, using appropriate terminology and descriptors of the cooking methods and the ingredients used.</li> <li>Competitors must have two (2) copies of a workplan at their station – one for use by the competitor and one for use by judges.</li> <li>Do <u>not</u> include your name or your province/territory on the menu.</li> <li>Cooking methodologies used throughout the contest must follow those prescribed in the Test</li> </ul>

	Project. Recipes may be consulted throughout the competition.
Professional Conduct	<ul style="list-style-type: none"> <li>• It is the primary intent of the NTC to provide a fair, equitable and transparent contest.</li> <li>• Therefore, during the contest, all, and any, communication between candidates and persons outside the site are not permitted. This includes verbal, non-verbal, written and electronic forms of communication.</li> <li>• All use of personal electronic devices (cell phones, tablets, laptops, smart watches, earphones are prohibited.</li> <li>• 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.</li> <li>• If a candidate must leave the site, an NTC member must be advised prior to leaving the contest site</li> </ul>
Sustainability	<ul style="list-style-type: none"> <li>• Handling of recycling, organic waste and garbage will be discussed at orientation and follow the guidelines set out by the host city.</li> <li>• 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</li> </ul>

## 8 ADDITIONAL INFORMATION

### 8.1 Interpreter

If a competitor requires the help of an interpreter once onsite 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 may not be guaranteed.

### 8.2 Ties

No ties are allowed at SCNC. The following 3 judging criteria will be used to determine the final ranking in the event that competitors have the same mark:

- Tiebreaker #1: The competitor with the highest score in Taste and Required Menu Components 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 Presentation will be declared the winner

### 8.3 Test Project change at the Competition

Where the Test Project has been circulated to Competitors in advance, NTC shall change a maximum of 30% of the work content. Please refer to the Competition Rules.

### 8.4 Competition rules

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

## 9 NATIONAL TECHNICAL COMMITTEE MEMBERS

MEMBER ORGANIZATION	NAME
Newfoundland and Labrador	Danial Flight
Prince Edward Island	Andrew Nicholson
Nova Scotia	Sean Kettley
New Brunswick	Darren Dorcas
Quebec	Éric Archambault
Ontario	Steve Bennis – Co-Chair
Saskatchewan	Curtis Hack
Alberta	Jason St-Laurent
British Columbia	Phillip Lie – Chair
Yukon	Ryan Cumming
Northwest Territory	Travis Stewart
Nunavut	Colleen Neily
Manitoba	Curtis Bayne

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