

## Cooking

TEAM CANADA

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## 1 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>Readingt, <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 2.3 and/or 3.2 of your Contest Description and if applicable, in your Project and supporting documents.

### 1.1 Goal of the competition

In a two-day competition, the selection of WorldSkills Team Canada 2022 will be based on the application of international best practices, skills for success and industry performance standards. The goal is to ensure that the WorldSkills competitor representing Canada has the skills, knowledge and confidence to compete successfully on the world stage in Shanghai.

## 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 Duration of contest

## **14 hours Total Competition Time (Maximum)**

- Day 1 – Module A: 8:00 am to 3:00 pm (6.0 hour contest time, plus orientation, lunch break, and clean-up time) (See Test Project document for details)
- Day 2 – Module B: 8:00 am to 3:00 pm (6.0 hour contest time, plus orientation, lunch break, and clean-up time) (See Test Project document for details)

### **2.3 Skills and Knowledge to be tested.**

Following WorldSkills standards, the WSTC Selection Event will test the competitor's technical skills of cooking – including sanitation practices, precise knife skills and fabrication of proteins, and the preparation and cooking of menu items using varied techniques. Doneness and flavour are of paramount importance, as is the attractive & modern presentation of savoury and sweet dishes. As is the reality of the culinary industry, it will also assess competitor's ability to organize and plan, and to adapt to changes and challenges presented.

Please see the Test Project document for specifics regarding the contest activities and requirements.

## **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 Templates	Distributed at Contest
Infrastructure List	January 2022
Common Ingredients List	January 2022

### **3.2 Tasks that may be performed during the contest**

#### **Organization and Management**

The individual needs to be able to demonstrate the following skills and/or knowledge:

- The importance of effective teamwork and collaboration with regard to shared space and items<sup>3</sup>
- The use and care of speciality tools used in gastronomy. Operate all commercial kitchen equipment and technologies properly and safely

- To produce menus and dishes in a business environment that reflect innovation and current trends and fashions within culinary arts<sup>8</sup>
- Determine cost and appropriate selling price of menu items<sup>1</sup>
- Maintain quality standards throughout production, even when under pressure
- Prepare work plans, prioritize and coordinate activities for the preparation of a menu.
- Be flexible and adapt to changes presented with the aim of service to our clients<sup>4</sup>
- Apply sustainable energy saving practices when using cooking equipment
- Demonstrate a thorough understanding of ingredients and be able to create or adapt dishes without recipes<sup>7</sup>
- Judge personal performance abilities and avoid unnecessary stress. Set goals independently and achieve them

### **Customer service and communications**

The individual needs to know and understand:

- The importance of the menu as a sales and communication tool<sup>5</sup>
- The importance of following directions in order to meet guest expectations
- The importance of appearance when on public view and dealing with customers
- The importance of effective communication within the team, with customers and contractors, and place customer service at the heart of decision-making and activities<sup>2</sup>

## **Food Safety and Hygiene**

The individual needs to be able to demonstrate the following skills and/or knowledge:

- Understand quality indicators for fresh and preserved foods
- Work hygienically and practise hygienic food testing and tasting procedures
- Maintain clean, neat, and tidy workstation, storage, and waste areas
- Prevent cross-contamination and practise food safety at all times during storage, preparation, cooking, and service
- Store all food items – contained, covered, labelled, and dated
- Store all non-food commodities, tools, and equipment safely and hygienically
- Ensure all equipment and work areas are cleaned to the highest standards
- Work safely and mindful of accident prevention
- Use all tools and equipment safely and according to the manufacturer's instructions
- Promote health, safety, and environment and food hygiene within the working environment

## **Food Production**

The individual needs to be able to demonstrate the following skills and/or knowledge:

- Make sustainable choices and have a thorough understanding of the ingredients with regard to meat, poultry, game, offal, seafood, eggs, dairy, fruit, and vegetables currently in season.
- Order and prepare only what is needed for producing sufficient output for a menu
- Calculate, measure, and weigh correct amounts of products<sup>1</sup>
- Apply excellent knife skills and common cutting techniques
- Debone and trim, and portion meat, poultry and/or game cuts and prepare for further processing
- Make use of any wastage and trimmings<sup>8</sup>
- Prepare whole fish or shellfish for further processing and cooking – shell or scale, remove entrails, fillet, and re-use any wastage and trimmings • Prepare accepted portions of fish for further processing and cooking
- Prepare and use eggs



- Prepare and use dairy products
- Prepare fruits, salad ingredients, and vegetables
- Prepare stocks, soups, sauces, marinades, accompaniments, and dressings
- Plan and assemble the mise en place for the menu in its entirety with minimal wastage<sup>6</sup>
- Make preparations for the production of pastry, bakery products, and desserts
- Produce a variety of pastas, grains or other farinaceous products

### **Application of Cooking and Baking Processes**

The individual needs to be able to demonstrate the following skills and/or knowledge:

- Select the appropriate cooking equipment for each cooking method
- Apply correct and varied cooking methods for each ingredient and dish<sup>7</sup>
- Apply a full range of cookery methods, maximizing the freshness, flavour, and nutritional value of ingredients<sup>8</sup>
- Monitor cooking times and temperatures so as not to maximize quality and desired results<sup>1</sup>
- Adapt recipes as necessary, and calculate ingredients based on production required<sup>1,7</sup>
- Combine ingredients and assemble dishes to achieve the required result for hot and cold savoury food presentations as well as desserts
- Prepare and cook complex dishes combining ingredients to produce interesting and innovative dishes with varied flavours and textures (including hot, cold, crisp, soft, moist, dry)<sup>8</sup>
- Prepare and cook various ingredients to the required point of doneness
- Produce a wide range of dishes including:
  - Soups and sauces (either hot and/or cold); • Starters (either hot and/or cold); • Salads and hors d'oeuvres; • Fish and shellfish dishes; • Meat, poultry, game and offal dishes; • Vegetable and vegetarian dishes; • Speciality and international dishes; • Rice, pasta and farinaceous dishes; • Egg dishes • Pastry, bakery products, sweets, and desserts
- Apply modern technologies and methodologies in food production, cooking, and presentation<sup>8</sup>

- Produce harmony of ingredients, colours, preparation methods and plating techniques
- Display complex techniques and technical skills in the dish presentation
- Prepare acceptable edible garnishes and use them for the effective presentation of dishes
- Adjust preparation and cooking to achieve desired results. Taste dishes and apply seasonings, herbs, and spices to achieve a balanced flavour of taste and aroma<sup>1</sup>
- Present food attractively to enhance the meal experience and customer appreciation of the food<sup>8</sup>

*Skills for Success – <sup>1</sup>Numeracy, <sup>2</sup>Communication, <sup>3</sup>Collaboration, <sup>5</sup>Reading, <sup>6</sup>Writing, <sup>7</sup>Problem Solving, <sup>8</sup>Creativity & Innovation*

## **4 EQUIPMENT, MATERIAL, CLOTHING**

### **4.1 Equipment and material provided by Skills/Compétences Canada**

- All food required 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, for the competitors to keep. 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 not provided by Skills/Compétences Canada that they deem necessary that will fit in the toolbox guidelines provided in 4.2.1

**Note** – designated shared items that are provided **must** be used by the competitors. For example, if a food processor is provided then competitors cannot bring their own.

Examples of equipment that may be required (but not limited to) are:

- Knives
- Ladles, whips, graters, spatulas and tongs
- Food thermometers
- Immersion blenders
- Thermal circulators
- Food molds and rings
- Specialty pans and trays
- Piping bag and tips
- Rolling pin
- Bowls, sieves, and strainers
- Scale
- Kitchen towels and oven mitts

All personal equipment should be marked clearly for easy identification.

#### **Notes:**

- 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. If used, they will be removed before judging.
- It is the competitor's responsibility to ensure that all items used during food preparation are made with food grade material. Item's such as black ABS drain pipe, 3D printed molds, etc. are not food safe and therefore not permitted. The Expert 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 maximum amount of personal equipment a Competitor may bring to the competition (such as personal knives, moulds, utensils etc) must be able to fit inside a single full 1/1 Gastronorm 150 mm container/pan with the lid on. The dimensions of the 1/1 Gastronorm is 150 mm (H) x 530 mm (W) x 325 mm (D), and an example graphic is found here:

<https://www.nisbets.co.uk/vogue-clear-polycarbonate-full-size-gastronormcontainer-150mm/u226>.

#### 4.3 Required clothing - provided by the competitor

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.

- White, long sleeve chef's jacket only – colored jackets or short sleeves are not permitted. Uniforms can have embroidery to identify the competitor, province or sponsors, but it must be done professionally and in good taste.
- Plain black, or black/white checkered chef's trousers
- Shoes must be certified non-slip and made from black or white non-porous material. Shoes can not have an open toe or back – no clogs or sandals permitted.
- Professional white chef's toque -10"
- Aprons
  - Black apron (may only be used during Mise-en-Place)
  - White apron (can be used during Mise-en-Place and **must** be used during plating and service)
- Kitchen towels - must not be worn on the apron

- 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. Hairnets may be required.
- 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.

#### 4.4 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.

##### 4.4.1 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.

##### 4.4.2 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.

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

- The use of gloves, cape and smock is respected during the preparation, application, and rinsing of coloring products.<sup>7</sup> Mask and safety glasses optional.
- Proper footwear as per section 4.3.

#### 4.6 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.

### 5 SAFETY REQUIREMENTS

#### 5.1 Safety workshop

Upon arrival at the Skill area, 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 Skills/Compétences Canada

- N/A

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

- White, long sleeve chef's jacket only – colored jackets or short sleeves are not permitted.
- Shoes in the contest area must be certified non-slip and made from black or white non-porous material. Shoes can not have an open toe or back – no clogs or sandals permitted.

**Note:** Contestants who do not have the required protective gear will not be allowed to participate in the contest

## 6 ASSESSMENT

### 6.1 Point breakdown

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

POINT BREAKDOWN	/100
<b>Sanitation</b> <ul style="list-style-type: none"> <li>Professional attire meets stated standard</li> <li>Maintains personal hygiene and cleanliness</li> <li>Maintains safe and sanitary Work Station, floor and fridge spaces</li> <li>Cutting board and work surface hygiene</li> <li>Monitors safe food temperatures and uses appropriate food holding and storage methods</li> </ul>	15
<b>Organization &amp; Product Utilization</b> <ul style="list-style-type: none"> <li>Professional use and maintenance of tools and equipment</li> <li>Food wastage – full utilization of food taken</li> <li>Energy and water – efficient utilization</li> <li>Waste and recycling protocols followed</li> <li>Time Management – utilization of posted work plan</li> <li>Proper planning and execution of tasks</li> <li>Menu submitted at proper time as outlined in the test project document</li> </ul>	12
<b>Preparation and Technical Skill</b> <ul style="list-style-type: none"> <li>Proper use of tools and equipment</li> <li>Demonstrates precise manual knife skills</li> <li>Fabrication techniques reflect best usage of products</li> <li>Demonstrates correct cooking techniques and methods</li> </ul>	25
<b>Presentation</b> <ul style="list-style-type: none"> <li>Portion sizes are in accordance with the test project</li> <li>Clean service wares</li> <li>Harmonious colours</li> <li>Appetizing and artistic presentation of food</li> </ul>	14



<ul style="list-style-type: none"> <li>• Appropriate and complementary garnishes</li> </ul>	
<p><b>Taste and Service of Items</b></p> <ul style="list-style-type: none"> <li>• Proper textures of foods</li> <li>• Correct degree of doneness</li> <li>• Ensures correct service temperatures for hot and cold items</li> <li>• Balanced taste and seasonings</li> <li>• Flavours match the menu specifications &amp; descriptions</li> <li>• Respect timetable in regards to serving times</li> <li>• All required elements outlined in the test project and the competitors menu appear on the plate.</li> </ul>	34

## 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
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. ONLY the foods provided by Skills Canada are permitted for use. Absolutely no outside food</li> </ul>

	products are to be brought into the contest.
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. <b>These documents will be carefully hand written by the competitor on site at the beginning of the contest</b></li> <li>Competitors must use the menu, and elements 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. You will be identified by competitor number only.</li> <li>Cooking methodologies used throughout the contest must follow those prescribed in the Test Project.</li> </ul> <p><b>NOTE: Amounts of ingredients for recipes may be consulted throughout the competition, however no written directions are permitted to be consulted</b></p>
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, <b>all, and any, communication between candidates and persons outside the</b></li> </ul>

	<p><b>site are not permitted.</b> This includes verbal, non-verbal, written and electronic forms of communication.</p> <ul style="list-style-type: none"> <li>• The use of cellular phones is 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>

## ADDITIONAL INFORMATION

### 6.2 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 might not be guaranteed.

### 6.3 Ties

There will be no ties permitted. In the unlikely event that the contest results in a tied score, the following tiebreakers will be applied in order:

- Tiebreaker #1: **Taste and Service of Items**
- Tiebreaker #2: **Preparation and Technical Skill**
- Tiebreaker #3: **Sanitation**

#### **6.4 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.

#### **6.5 Competition rules**

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

### **7 TEAM CANADA EXPERT**

Sean Kettley – Nova Scotia Sean.Kettley@nsc.ca
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Contact the Skills/Compétences Canada national secretariat for any questions or concerns: Sophie Courchene at [sophiecc@skillscanada.com](mailto:sophiecc@skillscanada.com)