Skills Compétences Canada











CONTEST DESCRIPTION

Cooking

SECONDARY / POST-SECONDARY

SkillsCompétences Canada
Calgary2027

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

The Government of Canada has updated the previous Essential Skills framework to the new Skills for Success model in response to the evolving labour market and changing skill requirements. This model outlines nine fundamental skills Canadians need to thrive in work, education, training, and daily life.

Skills/Compétences Canada aims to highlight the importance of these skills, vital for success in trade and technology careers. Competitors can see how Skills for Success are integrated into contest descriptions, projects, and project documents. Recognizing these skills during the competition helps competitors match tasks with specific skills necessary for success and understand how these skills apply within their trade or technology programs and future careers.

The nine key Skills for Success, validated for workplace success, are:

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

These Skills for Success are detailed in sections 2.4 and/or 3.2 (to be completed by SCC) of your Contest Description and, if relevant, 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

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

2.3 Duration of contest

<u>Secondary</u> – 1-day contest only

- **Day 1** – 8.5 hours of competition time.
  - Station setup, culinary math, and menu writing – 30 minutes
  - Cooking time – 6.5 hours
  - Clean-up - 30 minutes
  - Lunch - 1 hour – 11:30 a.m. to 12:30 p.m.

<u>Post-Secondary</u> – 2-day contest

- **Day 1** – 3 hours of competition time.
  - Menu Writing, Menu Elements, Work Plan and Culinary Math
  - Lunch – 1 hour – 11:30 a.m. to 12:30 p.m.
- **Day 2 –** 8.5 hours of competition time.
  - Station setup – 30 minutes
  - Cooking time – 6.5 hours
  - Clean-up - 30 minutes,
  - Lunch - 1 hour – 11:30 a.m. to 12:30 p.m.

2.4 Skills and Knowledge to be tested.

<u>Secondary</u>:

- Day 1 - Module 1: Competencies, Culinary Math Exercise, and Mise en Place for Module 2: [1, 6, 7, 8]
- Day 1 - Module 2: Three (3) Course Menu (Appetizer, Main Course & Dessert) [4, 7, 8]

<u>Post-Secondary</u>:

- Day 1 - Module 1: Menu Writing, Culinary Math Exercise, [1, 6, 7, 8]
- Day 2 - Module 2: Competencies, Pressure Test, and Mise en Place for Module 3, [4, 7, 8]
- Day 2 - Module 3: Three (3) Course Menu (Appetizer, Main Course & Dessert) [4, 7, 8]

Skills for Success – [1]Numeracy, [4]Adaptability [6]Writing, [7]Problem Solving, [8]Creativity & Innovation

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	December 2026
Menu Template Document	December 2026
Common Food Table	December 2026
Sous Vide CCP Log	December 2026
Appendix	December 2026

3.2 Tasks that may be performed during the contest.

** Please refer to 2.4.

4 EQUIPMENT, MATERIAL, CLOTHING

4.1 Equipment and material provided by Skills/Compétences Canada

- All food for the contest
- Electric stove with an oven (4 ceramic burners)
- One electrical outlet per workstation with GFI (2 plugs)
- Two (2) 6-foot worktables
- Display area for finished plates
- Refrigerator
- Shared freezer
- Sink with hot and cold water
- One (1) rolling rack per station
- Baking sheets - full – four (4) per station
- Baking sheets - ½ - eight (8) per station
- Cutting Board: Each station will have one (1) Profboard Pro-Series 270 cutting board (32.5 cm x 53 cm (12.5” x 20”)). Please see “Appendix #1 – Profboard Cutting Board” for the full list of HACCP coloured sheets provided.
- AMT pots & pans; each station will be equipped with pots, pans, and silicone tools designed for these pots. Please see “Appendix #2 – AMT Pots & Pans” for the full list of what is provided.
- Garbage, Recycling, and Organics/Compost bins; containers will be provided for waste.
- All sanitizing equipment (spray bottle, dish soap, hand soap, sanitizer)
- Cleaning supplies – Nylon scour pads, paper towels and shop towels
- Countertop stand mixer (bowl, whip, paddle, dough hook)

- Food processor with bowl and cutter blade
-

Shared items between all competitors:

  - Microwave
  - Kitchen blender
  - Immersion Blender
  - Spice grinder
  - Torch *(either propane or butane*) with gas
  - Vacuum sealer with Cryovac bags, small, medium, and large
  - Cartridges (for ISI whipper)
  - Whipped Cream Dispenser (ISI Whipper)
  - Plastic wrap
  - Aluminum foil
  - Butcher's twine
  - Cheesecloth
  - Re-sealable bags
  - Parchment paper
  - Paper Portion Cups
  - Reusable Deli Containers – 250 ml, 500 ml, 1000 ml with lids *(ten (10) each **maximum** per competitor)*.

Shared equipment must be used, cleaned, and returned as soon as possible for use by other competitors, or point deductions will occur. Items that are designated as shared equipment must be used if required **(no substitutes of personal equipment)**. The committee will provide all service ware (China). Please see the test project for more details.

COMPETITORS WILL BE REQUIRED TO USE THE MATERIAL AND EQUIPMENT PROVIDED BY SCC. ANY MATERIAL AND EQUIPMENT THAT IS ON THE ABOVE LIST WILL BE REMOVED FROM THE COMPETITORS' STATION, AND A POINT DEDUCTION WILL OCCUR.

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 in section 4.1 (Equipment and materials provided by SCC). Any competitor bringing "equipment" (listed in section 4.1) to the contest site will have their equipment removed from their station.

Examples of equipment **that may be** required are:

- Knives
- Ladles
- Whips
- Spatulas
- Piping bag and tips
- Rolling pin
- Bowls
- Strainer
- Scale
- Timer
- Thermometer
- Kitchen towels and dishtowels, side/oven towels
- Recipes and reference books.
- CSA-approved extension cord and/or power bar that must be properly secured to meet health and safety requirements.

Exceptions:

- Cutting Boards: Competitors may choose to bring **one (1)** nylon cutting board no larger than 30 cm x 45 cm (12" x 18")
- Pots and pans: Competitors may choose to bring **two (2)** pots or pans of their choice.

Mark all equipment clearly for easy identification.

Note: Cell phones, tablets, and communication devices are not permitted on the contest floor and cannot be used as timers, calculators, or communication devices.

Domestic electric stoves will be used on the contest site. Please ensure that trays and pans will fit into the domestic oven; interior height - 19 3/4", width - 24 3/8", depth – 19 1/8".

No outside sanitizing products may be brought onto the contest site. Direct any concerns to the competition chair before 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
- 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 coloring 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 ware, like skewers, shot glasses, ramekins, etc., is not permitted for presentation on the judged plates. Competitors are responsible for ensuring that all items used during food preparation are made of 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.

All equipment that is needed for the modules must be unpacked and stored on the bottom **half of the Rack n' Roll** provided. The top half can be used for Mise en place. Store toolboxes in the equipment storage area. Toolboxes are not accessible during the modules or breaks. Any equipment that is not on the station at the start of the competition will not be allowed onto the contest site. Once in the contest area, no equipment may be added.

Competitors are **limited to one (1) piece of electrical equipment** *(battery- or power-operated)* for the entire duration of the contest (that is not present in the shared equipment list). The NTC will be inspecting workstations; any additional items will be removed from the contest site. Choose your equipment wisely! Thermometers, scales, and timers are exempt from the one (1) piece of power equipment stipulation above.

Use of Precision Controlled Equipment:
This contest is intended to showcase the comprehensive skill sets 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** during the entire contest.

Persons using Sous Vide techniques in their cooking must complete a Sous Vide CCP Log (Appendix with log sheet and reference document will be posted to the Skills Canada website under competition documents).

4.2.1 Toolboxes Guidelines

One of SCC's objectives is competition sustainability. As a result, Competitors' toolboxes will be restricted to the following maximum specifications.

The Competitor toolbox must not exceed **____0.06_ meters^3 (60 Liters)** in volume. It may consist of multiple toolboxes, but the total volume must not exceed the maximum 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)
- Plain black professional chef trousers. No jeans, no leggings
- Double-breasted, white chef jacket

- White Apron
- Professional chef's hat (no baseball caps!)
- Side towels/oven cloths
- 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.
    - **Secondary** - Competitors need a uniform for one (1) working day.
    - **Post-Secondary** - Competitors need uniforms for two (2) working days.
- 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 are integral to our competitions. Our safety program includes guidelines and procedures to make the work environment safer in each skill area.

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 all participants and officials at the SCNC must follow and respect these instructions.

5.1.2 Safety workshop

During orientation, Competitors will participate in a Safety workshop and are 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

*** See "required clothing provided 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
Safety and Sanitation	15
Organization & Product Utilization of the contest project	10
Preparation and Technical Skill	25
Presentation	15
Taste and Required Menu Components	35

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's orientation.

TOPIC/TASK	CONTEST SPECIFIC RULE
Recipes Usage	• Competitors are free to bring recipes that display ingredients and amounts only. Competitors cannot have procedures and/or directions at their stations.
Common-Table	• 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. • Common Table will be closed once the window opens for the main course. • 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 overuse or waste of products. ONLY the foods provided by Skills Canada are permitted for use. Absolutely no outside food products are to be brought into the contest.
Menu and Work plan Submission	• Competitors must write and submit two (2) copies of their menu and menu elements for their three (3) course menu ○ **<u>Secondary</u>** - Module 2, ○ **<u>Post-Secondary</u>** – Module 3 These documents **must** be handwritten from memory. • Competitors must use the menu and menu element templates provided, using appropriate terminology and descriptors of the cooking methods and the ingredients used • Competitors must have two (2) copies of a work plan at their station – one for use by the competitor and one for use by judges. • Do <u>not</u> include your name or your province/territory on the menu. • Cooking methodologies used throughout the contest must follow those prescribed in the Test Project.
Professional Conduct	• 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 persons outside the site is not permitted. This includes verbal, non-verbal, written, and electronic forms of communication. • All use of personal electronic devices (cell phones, tablets, laptops, smart watches, earphones) is prohibited.

	• Any competitor engaging in these activities will be penalized. The NTC will administer penalties, which can range from point deductions to full disqualification from the contest. • If a candidate must leave the site, an NTC member must be advised prior to leaving the contest site.
Sustainability	• Handling of recycling, organic waste, and garbage will be discussed at orientation and will follow the guidelines set out by the host city. • 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

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 one (1) month prior to the competition, or this service may not be guaranteed.

8.2 Ties

- 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	Gil Bromley
Prince Edward Island	Andrew Nicholson – Chair
Nova Scotia	Caitlin Kettley
New Brunswick	Christian Sirois - Co-Chair
Quebec	Dominic Bilodeau
Ontario	Steve Benns
Manitoba	Kristen Chemerika-Lew
Saskatchewan	Robert Harrison
Alberta	Andrew Springett
British Columbia	Phillip Lie
Yukon	Bell Laosomboon

Contact the Skills/Compétences Canada national secretariat for any questions or concerns: Olga Malvine Rwemera (olgamr@skillscanada.com).