

# 2020 PROVINCIAL SKILLS CANADA COMPETITION



## Contest Description

Edmonton Expo Centre, Edmonton

May 6 to May 7, 2020

<b>EVENT:</b> Jr High Culinary Arts Challenge	<b>LEVEL:</b> Grade 9
<b>DURATION:</b> 1.5hrs (45 minutes cooking time) (students will participate on either May 6 or May 7)	<b>LOCATION:</b> Hall B, Edmonton EXPO Centre, Edmonton
<b>COMPETITION SCHEDULE:</b>	
<b>May 6:</b>	<b>May 7:</b>
<i>ORIENTATION</i>	10:00 AM
COMPETITION	10:15 AM
PRESENTATION OF FOOD	11:00 AM
JUDGE FEEDBACK & CERTIFICATE PRESENTATION	11:30 AM
<i>ORIENTATION</i>	1:00 PM
COMPETITION	1:15 PM
PRESENTATION OF FOOD	2:00 PM
JUDGE FEEDBACK & CERTIFICATE PRESENTATION	2:30 PM

## GENERAL DESCRIPTION

The Junior High Culinary Arts Challenge introduces students to the spirit of a professional cooking environment, in a fun and interactive way. Grade 9 students will prepare and present cooked chicken breasts and use the ingredients provided to present their menu item. Before and after their participation in the Jr High Challenge, students will be inspired by watching competing senior high and post-secondary student chefs and bakers. The competitors may tour the Provincial Skills Canada Competition to learn more about careers in the trades and technologies and increase their motivation to participate in future Skills Canada Competitions.

**Important Note:** Without exception any competitor missing the start of the orientation will not be permitted to participate in the competition. Our safety and time schedule may not be compromised.

## Skills and Knowledge to be Developed:

- Ability to follow instructions for safety, sanitization and cooking recipes
- Professional etiquette of working in a kitchen
- Preparation and presentation of food items
- Using equipment skills
- Being comfortable cooking in a public environment
- Preparation of Chicken Breast and Pre-Cooked Rice.

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## **PROJECT DESCRIPTION**

Each competitor will produce 2 chicken portions one will be judged by a panel of chefs while the remainder may be eaten by the competitor after cleanup and at the end of judging. The competitor will have a 45 minute time frame to complete the project.

### **Chicken Breast Yield (2) Portions**

All hand tools and cooking equipment and ingredients will be supplied for each participant.

#### **Ingredients:**

2 x piece of chicken breast app 4oz per portion  
1 x Cup Pre-Cooked White Long Grain Rice  
2 x Cup Shredded Head lettuce  
1x Tomato  
2 x Taco Wraps, 10 inch, plain  
1 x Mystery item (must be utilized in cooking)  
6 x T Canola Oil  
Salt, Pepper

A common breading station containing flour, egg wash, breadcrumbs  
4 x T of sour cream as an option

Mystery item/s to be utilized as you wish but they must form part of your product for the judges to evaluate. These ingredients will be portioned out for you.

#### **Method and presentation:**

1. The competitor may design the finished product to display their culinary skills while utilizing all the ingredients.
2. The breading station will be available and may be used if desired.

#### **Cooking and Presentation Instructions**

1. The competitor will be cooking on an electric stove top using a frying pan supplied as the only cooking utensil.
2. The chicken must be thoroughly cooked. The remaining ingredients may be used as the competitor desires but must be included on the plate.
3. The competitor will present 2 identical entrees for judging on the plates supplied.
4. The entrée is required to be described on a menu which may be neatly handwritten or typed.
5. The judges' plate will be taken to the judging area by a kitchen helper when the time up is announced and as soon as the competitor raises their hand to indicate that their products are ready for judging.  
Do not eat the product in the second plate as the judges will need to check that 2 identical items were produced.

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During the presentation and judging of the food the student will be required to continue with the thorough cleanup of their work area as this is an important judging criteria.

## **Details to keep in mind:**

- Use accurate measurements.
- Control the heat from the stove top going onto the pan (you will be using electric stove tops)
- You will have to think on your feet in order to utilize the mystery ingredient/s
- The recipe will have to be followed as described on your menu, the exception being the use of the mystery ingredient

## **Tips**

- Don't cook your products too soon so that they remain fresh and appetizing for the judges to evaluate.
- Practice preparing the chicken and rice and the use of the tomato and lettuce multiple times before the competition keeping within the designated time frame. Your parents/guardians and siblings will love you for this!
- A time for presentation will be given to you on the day of the competition.
- Explore cooking websites for tips on cooking ideas and presentation.
- Remember we eat with our eyes first, make your presentation eye appealing.
- Be adventurous and have fun with your creativity.

## **EQUIPMENT & MATERIALS**

### **Equipment and Materials Competitors Must Supply:**

All necessary competition equipment and materials will be supplied by Skills Canada Alberta. Students may not bring outside material or food. Part of the challenge will be the students' ability to adapt to a new environment, with different supplies, equipment and tools. Please remember your handwritten or typed menu.

### **Equipment and Materials Supplied by the Committee:**

- Each competitor will have the use of their own electric stove, sink, worktable, and refrigerator. (use of the oven is not permitted)
- All the food supplies will be provided for the production of the 2 chicken portions.
- All the kitchen tools required to produce the chicken portions will be present:
- Cutting board, French knife, turner spatula, fork, small bowl, oven mitts,
- 2, Disposable 6 x 6 inch Sugar Cane Bio-Degradable Presentation plates, 1 disposable plate for managing raw materials, 1 take out container for the competitors use to remove any food they wish to eat after the competition.
- Dish detergent & dish cloths for cleaning.

## **SAFETY**

The health, safety and welfare of all individuals involved with Skills Canada Alberta are of vital importance. Safety is a condition of participation with Skills Canada Alberta and shall not be sacrificed for the sake of expediency. At the discretion of the judges and technical committees, any competitor can be denied the right to participate should they

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not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others.

## **Clothing Requirement Supplied by the Competitor**

- Competitors are required to wear shoes that cover the entire foot and need to be slip proof.
- Competitors will be required to wear long pants or in the case of religious concerns have their legs covered for safety reasons if a dress is worn.
- Competitors are requested to wear the Skills Canada Alberta tee-shirt that will be supplied when you check in at the main event.
- Competitors will be issued a bib type apron to wear along with a hair net and chef hat to cover their head and hair. Long hair must be tucked.
- The competitors Skills Canada Alberta competitor ID must be present during the competition.

## **JUDGING CRITERIA**

- The judges will look to see if the written menu has been followed, including use of mystery ingredient.
- The competitors cooking skills of cutting, slicing, dicing, mixing, forming, seasoning, cooking and presenting food items will be judged.
- The taste and tenderness of the products and how appealing they look will be judged.
- The competitor's safety and sanitization procedures will be judged.

## **How you will be marked**

- Each competitor will be marked out of 5 for each of the following criteria:
  - Did the competitor wash their hands before work began?
  - Did the competitor use safe work skills around the stovetop?
  - Were all the correct ingredients used?
  - Were correct temperatures used for cooking of the product?
  - Was each product cooked to the required standard?
  - Was cold food stored in a sanitary manner before being plated for service?
  - Were the products presented to look appealing?
  - Did the competitor clean as they went?

## **Orientation:**

At the orientation the head judge or a designate will go over the requirements for the competitors, the competitors will have a short safety instruction and they will be required to sign the safety book attesting that the safety check was done. The competitors will be issued their commemorative aprons and hats and hairnets to wear. Questions will be asked for and answered by the person conducting the orientation. Final instructions will be given, and the mystery item will be announced, day 1 and day 2 will have different mystery ingredients.

**Parents, teachers, coaches, friends,** it is ok to cheer on your competitor **in this competition only** just don't shout instructions please. After the competition we will have presentations on the centre stage.

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## Outcome:

It is the committee's hope that each student will have gained experience and fun cooking and gained public demonstration skills, the experience will also have strengthened or added to the student's portfolio as part of a career and life management skill. The student will have a lifelong good experience to look back on. Each competitor will be given a review by the judges to prepare them for future competitions and work experiences. **THE JUDGES WILL BE AVAILABLE AFTER THE CENTRE STAGE PRESENTATION FOR THE COMPETITORS TO RECEIVE FEEDBACK.**

## ADDITIONAL INFO

### Skills Canada Alberta Regional and Provincial Rules and Regulations

[Regional and Provincial Rules and Regulations](#)

### Competitor Registration

Registration for regionalized events will open online at <https://portal.skillsalberta.com/> on January 15, 2020 @ 8:30 AM. Please refer to the following links for additional registration information: [Tips for High School Teachers](#) and [Road to Provincials](#)

High School Competitor Information is [available here](#).

### Lunch

Lunch for accredited competitors will be provided by Skills Canada Alberta. Teacher accreditation can be purchased online at: <https://skillsalberta.com/hospitality-access-pass>

Parking & Venue Maps: <http://edmontonexpocentre.com/attend/parking/>

### Opening Ceremonies / Competitor Registration

Opening Ceremonies for the PSCC will take place on Tuesday May 5, 2020 at 6:00 pm in Hall D of the Edmonton EXPO Centre. Admission is free, and everyone is welcome to attend. It is important to note that competitor registration will open immediately following the Opening Ceremony.

## COMMITTEE MEMBERS

Matthew Stinson	Helmut Schoderbock	Peter Keith	Debbie Poulin
Jason St. Laurent	Jeff Lerouge	Andrew Springett	Colleen Erker
Ian Campbell	Kelly Marie Hobbs	Garnett Schoettler	Jennifer Steele-Watts
Mallory Bowes	Micheline Woods	Christopher Bunter	Herb Hess