

2021 PROVINCIAL SKILLS CANADA COMPETITION



Junior High Culinary Challenge

CONTEST DESCRIPTION

WEBEX TECH CHECK:
MONDAY, APRIL 12, 2021 – 11:00 AM TO 12:00 PM

**LOCATION: COMPETITOR'S SCHOOL. SEE
COMPETITION FORMAT INFORMATION BELOW**

COMPETITION DATE: MONDAY, APRIL 19, 2021
COMPETITION SCHEDULE:

Station Set Up	9:15 AM to 9:45 AM
Registration	9:45 AM
Orientation	10:00 AM
Competition	10:30 AM to 12:00 PM
Presentation	12:00 PM to 12:15 PM

COMPETITION FORMAT: (VIRTUAL/ IN SCHOOL)

All grade 9 competitors will be competing with in their school environment and must arrange in advance with a teacher for a safe competition location, according to their school's Covid-19 safety policies. They will need to prepare their competition space with all of the required tools, equipment, materials, and technology (as listed below) that will be needed to complete the competition. Teachers and competitors will need to work together to ensure the competitor is ready for success on their competition day.

Each competitor must have a teacher/ supervisor available throughout the day, in case of incident. (Teacher/Supervisor must be present at the competition orientation.)

Competitors and Teachers should be prepared to receive additional information about the competition projects, livestreams, shipping, etc. prior to the competition. Please ensure you are double checking for emails from Skills, including checking junk mail.

WEBEX LIVESTREAMS:

Tech Check: A "Tech Check" will take place prior to the competition with the purpose of giving the competitor an opportunity to ensure they have all of the necessary technology in place to join in their virtual orientation meeting the morning of their competition. On the competition day, there will be no time to work out technology issues. This is the opportunity work out any unforeseen issues and to start your competition day off prepared. There may also be an opportunity to ask questions regarding the competition day if time allows. An email with the WebEx link will be sent out in advance of the competition.

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Live Streamed Orientation:

The competition will begin with a virtual orientation. Competitors will join the assigned videoconference link that will be emailed to all registered competitors for the competition orientation. Cameras MUST be on and competitors visible on the camera, as well as mics working.

Live Streamed Competition:

Camera's MUST be on and competitors visible on the camera during the competition. Competitors must consider their camera angle and lighting in advance of the competition. It is the competitor's responsibility to ensure they are prepared to livestream. **Competitors must film their workspace throughout the entire challenge.** Please ensure you are on a strong and reliable network. If video communication is lost for an extended period, the competitor may have to forfeit the competition. This will be at the discretion of the PTC and Skills Alberta.

Camera & Video Requirements:

Camera shot must be within 3-4 ft of competitor work area with competitor number clearly visible. Angle should be unobstructed; competitor and workstation should be clearly visible. Avoid bright light behind the competitor.

Honesty & Integrity:

It is the goal of Skills Alberta and the PTC to conduct a fair and equitable competition for all parties involved. A virtual competition relies on competitor and coach conducting themselves honestly & professionally at all times. A competitor should not be talking to anyone outside of camera view during the competition. We understand that during presentation coaches/teachers can assist with photos and submissions. If a competitor is seen talking to people off camera during the competition, they will face point deductions and potential disqualification.

PROJECT SUBMISSION DEADLINE: APRIL 19TH 30 minutes after presentation (12:45 PM)

PROJECT SUBMISSION LINK:

- <https://form.jotform.com/SkillsAB/2021PSCC>
- Multiple files can be uploaded at once, each file has a maximum size of 1G. If file sizes are larger than 1G, please follow alternate instructions through the submission link.

ACCEPTED FILE TYPE: pdf, doc, docx, xls, xlsx, csv, txt, rtf, html, zip, mp3, wma, mpg, flv, avi, jpg, jpeg, png, gif. If you would like to submit a different type of file, please place it in a zip folder.

To create a zip folder – Select all the files that you would like to submit and right-click your mouse, a menu will open, select Send To, and then click on Compressed (zipped) folder. A zip file will then be created containing your submission documents.

Submissions will be due within **30 minutes** of the end of competition time. Please note: Late submissions sent after the date and time specified above will not be accepted.

SAFETY:

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

Safety Checklist: It is the responsibility of each competitor and teacher to review the Safety Checklist (<https://skillsalberta.com/additional-2021-competition-resources/>) in advance of the competition and ensure they are able to meet all safety requirements. During the orientation, the safety checklist will be formally reviewed.

AWARDS CEREMONY INFORMATION: Please join us for a live virtual awards ceremony on May 13th at 6:30 PM.

Please note: This document is subject to change as competition information is updated. Competitors are responsible for staying up to date with the most recent information. Check the footer for last updated date. Changes will be highlighted in yellow.

CONTEST INTRODUCTION

The purpose of the competition is to let grade nine students participate in the fun and learning experiences offered by our Skills Canada Alberta community. We would like grade nine students to use this format to improve their educational experiences while having fun in the kitchen cooking under competition standards. If you as a grade nine student are reading this, know that you will grow from this experience and hopefully become a future High School competitor in the many disciplines offered by Skills Canada Alberta. Today you will be in the kitchen and we have planned a neat competition for you which we know you can all have a good time with. First of all, thank you all for having the courage to participate and a big thank you to your teacher or coach.

SKILLS AND KNOWLEDGE TO BE TESTED

You will be tested on various aspects of food science or CTF Food Studies which will consist of:

- Preparing and present two identical plates of freshly cooked food on the day of the competition following the instructions provided.
- Submitting a portfolio presentation to include:
 1. A work plan for the day you are cooking online in the competition.
 2. A menu using ingredients as described in the project description
 3. Recipes used

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4. Photo images as described in the project description; photos must be taken the day of the competition.
5. A description of how you cooked and seasoned the food, added flavor, color or texture to the finished food and, also describe how the plates were constructed, how you placed the food on the plate and explain why you plated the food this way.

The portfolio contents will be electronically sent to the judging panel of professional chefs or CTS Food Studies teachers. The portfolio will be a project that can be worked on and perfected prior to competition day.

PROJECT DESCRIPTION

In a **90-minute** period the competitor will prepare and cook **2 identical presentation plates of Chicken Breast** using the ingredients provided in the ingredients list. The competitor may also use any of the items on the par stock list. It would be good if the plate presentation was displaying a modern plating style with each ingredient providing an accent to the flavors and visual presentation of the finished plates.

The student will also submit (through the Jotform link listed above) a completed **Portfolio** for the judge's inspection as outlined in Skills and Knowledge to be Tested.

The Portfolio Requirements

- The competitor will submit the following photos (the plates must show the competitor number assigned by Skills Alberta):
 - You will submit a total of 7 photos
 - **ONE** side-by-side image of both finished plates numbered 1 & 2 to show consistency of plating (photo #1)
 - **ONE** photo from directly above of **EACH** numbered plate 1 & 2 (photos #2 and #3)
 - **FOUR** photos from each side of one plate (either 1 or 2) → North, South, East, West (photos #4, #5, #6, #7)
 - Place the **SEVEN** images in your portfolio and describe them as **Food Images**.
- **After the presentation photos have been taken, the teacher is asked cut into both chicken breasts and confirm that the chicken was fully cooked. Please take a close up photo of the cut chicken breasts and submit it confirming the chicken was cooked with the portfolio marked Food Safety Check.**
- The competitor will present an efficient work plan being used for their food preparation. This will be placed in the portfolio and marked **Work Plan**.

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- The competitor will supply the judge with written recipes that are clear precise and easy to follow. This will be placed in the portfolio and marked **Recipes**.
- The competitor will describe their presented plates in a menu form. See example. This will be placed in the portfolio and marked **Menu**.
- The competitor will supply a description of how the competitor cooked and seasoned the food, added flavor, color or texture to the finished food and how the plate was constructed. This will be placed in the portfolio and marked **Cooking Description**.
- **Example Menu:**
- A Poached Salmon Steak with a Warm Dill Sauce served with Duchesse Potato & a Tomato Pumpkin Seed Salad.

For the competitor to share with your teacher/coach:

Please prepare your competitor for success at the grade 9 level. The time frame is extended for this online competition to 90 minutes. At the provincial competition the Grade 9 Culinary Challenge is generally a 45-minute competition which happens very fast. This competition is different due to the nature of the restrictions imposed for judges.

The competitor as part of their work experience and judging will present a **work plan, recipes used a menu** and a **description** of how they seasoned the food or added flavor or color or texture to the finished food and how the plate was constructed.

The work plan may be made well in advance as used during a practice and improved upon as required. The work plan should include timing for the food being prepared and presented or sanitation taking place.

The menu may be composed well in advance and presentation will be evaluated on how the menu describes the food being presented as well as appropriate embellishment of the menu page.

Description of how the competitor cooked and seasoned the food, added flavor, colour or texture to the finished food and how the plate was constructed.

Example: Using the sample Salmon menu.

I poached the salmon 14 minutes before the presentation time to keep the salmon fresh and warm and I removed the back-bone for presentation. The salmon was poached in fish stock with a tablespoon of white wine added along with a bay leaf and a snip of clove to add interest to the flavor. I piped the mashed potato which was tempered with an egg and butter and a little warmed milk onto the plate in an oval fashion so that I could place the salmon in the centre of the oval; I browned the Duchesse under the broiler just to give a little color and crisp texture to the creaminess of the potato

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The fish was placed on the plate and the skin removed and I spooned the dill sauce on one half of the salmon being mindful to reveal a good amount of pink flesh to provide color and eye appeal. To complete the dill sauce, I added enough fresh cream to enhance the sauce which was seasoned with white pepper and salt. I skinned the tomato and toasted the pumpkin seeds until they just became tanned. I seasoned the tomato with cracked black pepper, a touch of salt and basil and then I chilled the tomato which I placed around the oval but not touching the potato I carefully placed the toasted pumpkin seeds amid the tomato, this gave a nice crunch and complemented the soft tomato and the mild heat of the cracked pepper. The plate flowed well and looked interesting with subtle colors.

For the Competitor: The judges will look at all your presented items, your images and descriptions should be sufficient for them to come to good conclusions. At the same time if you complete all these procedures well you will have grown as a cook and gained a lot of experience and hopefully had fun doing so. We are proud to be working with you and I look forward to watching your cooking methods on the interactive platform. Keep on cooking and having fun in the kitchen. I hope to see some of you at our Skills Alberta Canada competitions in 2022.

Ingredients - the dish prepared must feature or highlight boneless, skinless chicken breast:

2 x Raw, Boneless, Skinless Chicken Breasts (approximately 170 g each)

The competitor may use all or part of the following ingredients:

2 x Whole Potatoes

2 x Whole Green Peppers

2 x Whole Roma Tomatoes

2 x Whole Carrots

1 x Purple Onion

1 pound of unsalted butter

The competitor will prepare 2 identical presentation plates using the ingredients provided, it would be good if the plate presentation was displaying a modern plating style with each ingredient providing an accent to the flavours and presentation of the finished plates. Students will present their chicken dish on two 9-inch white plates.

The par stock or common ingredient table will consist of the following ingredients only. Competitors may not use any other ingredient to be found in most kitchens. The competitor is not bound to use any or all of the ingredients on the Par Stock. Use of any of these ingredients may help to develop a more rewarding presentation.

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all-purpose flour

¼ cup pumpkin seeds

6 x whole eggs

1 L of milk

canned mushrooms

fresh garlic

salt, white pepper, black pepper, paprika

aluminum foil, parchment paper, plastic wrap, cooking spray

Tools and Equipment

The competitor may work with **hand tools only**; electrical appliances may not be used other than cooking food on the stove top or in the oven.

Students may not use the following:

- microwave ovens
- pressure cookers
- air fryers
- torch flames
- BBQs

The student will be judged on how they work in a controlled safe and sanitary manner during the cooking process. All COVID-19 procedures need to be scrupulously followed. Masking is required at all times and when tasting food, the proper care and procedures must be practiced. Handwashing and sanitization of the working area when required must be practiced.

EQUIPMENT & MATERIALS

School/Competitor Provided Tools, Materials, and Equipment*

Stove top & oven	Sanitation items	General kitchen hand tools
Par stock items	Tools from kitchen station	All ingredients
2 x 9-inch white plates		

*Competitors and schools will need to work together to arrange for the tools, equipment, and materials provided by the competitor. If a competitor and/or school is not able to procure a certain item, please contact mikes@skillsalberta.com to inquire if additional arrangements can be made.

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VIRTUAL COMPETITION RESOURCE SUPPORT FORM

A \$40 competition resource subsidy is available to all competitors. It is intended for items that were purchased to support competitors (e.g. food supplies, materials, technical equipment, tools, etc.). The form can be accessed at the following link: <https://skillsalberta.com/additional-2021-competition-resources/>

JUDGING CRITERIA

The competitor will be judged on the following. Each area will be weighed equally:

1. Cooking skills and methods employed
2. Safety and sanitization
3. Dress Code
4. Portfolio Completion and contents
5. Identical plate presentation

TIE BREAKING PROCESS

A tie will be broken based on the highest score for plate presentation.

CLOTHING REQUIREMENT

The student is required to have closed non -slip shoes, have legs covered, wear an apron, have a head covering to cover hair. Appropriate work clothing must be worn to compete. All clothing must be neat and clean, and free of rips and tears. Casual wear such as shorts and open toed shoes/sandals will not be permitted. No loose-fitting clothes or jewelry.

ADDITIONAL INFORMATION

Skills Canada Alberta Regional and Provincial Rules and Regulations
[Regional and Provincial Rules and Regulations](#)

Competitor Registration

Competition Registration will open online at <https://portal.skillsalberta.com/> on January 12, 2021 at 8:30AM for the Regional Skills Canada Competition and on January 14, 2021 at 8:30 AM for the Provincial Skills Canada Competition (PSCC)

Virtual Awards Ceremony

The Virtual Awards Ceremony will take place **Thursday, May 13th at 6:30PM**. A link will be made available on the website with additional information.

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Ethical Conduct

We recognize that participants will be competing individually in their own unique environments. We expect all competitors to compete fairly, respecting and abiding by the established rules in the true spirit of Skills Canada Alberta.

Letter of Participation

Competitors who participate in the 2021 Provincial Skills Canada Competition are eligible for a Letter of Participation that can be downloaded on the Registration Portal after the competition ends.

COMMITTEE MEMBERS

Matthew Stinson	Chris Bunter
Jeff Lerouge	Jason St. Laurent