



Contest Description

Edmonton Expo Centre, Edmonton

May 9, 2024

EVENT: Jr High Culinary Arts Challenge	LEVEL: Grade 9
DURATION: 1.5hrs (45 minutes cooking time)	LOCATION: Hall B, Edmonton EXPO Centre, Edmonton
COMPETITION SCHEDULE:	
Group A	Group B
GROUP A ORIENTATION	10:00 AM
COMPETITION	10:15 AM
PRESENTATION OF FOOD	11:00 AM
JUDGE FEEDBACK & CERTIFICATE PRESENTATION	11:30 AM
GROUP B ORIENTATION	1:00 PM
COMPETITION	1:15 PM
PRESENTATION OF FOOD	2:00 PM
JUDGE FEEDBACK & CERTIFICATE PRESENTATION	2:30 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.

COMPETITION GROUP ASSIGNMENTS

Students will participate on Thursday, May 9th in the morning or afternoon. Competitors will be assigned to Group A or Group B in advance. They only need to attend their scheduled competition time.

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 2 identical Chicken Breast Meals and use the ingredients provided in the ingredients list 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 their group orientation will not be permitted to participate in the competition in order that our competition safety and time schedule may not be compromised.





PROJECT DESCRIPTION: "Fun With Chicken"

Prior to the competition:

The competitor will have to supply the judge with a presentable menu describing a Chicken Dish which they will be serving as well as send a photo of your practice plate.

The menu and photo will be required to be e-mailed to our judge on or before Tuesday April 30th, 2024.

Please take time to make a classy menu, we would like a copy to place by our Junior high culinary challenge entrance for the public to read. The menu will be an integral part of the evaluation process and used for marks. E-mail a copy of the menu and a photo of your practice plate to m2stin@syban.net and bring the original menu to the competition to be placed on your worktable.

Ingredients:

2 x Portions of Chicken Breast (1x large breast cut into 2 portions for each competitor)

1x Whole Orange

1x Whole Sweet Red Pepper

2 x Cups of Cooked Long Grain Rice (Boiled Plain)

1x Portion of Bernie's Best Herb Mix. (For schools with students registered in the Grade 9 challenge we will supply a sample of Bernie's Best Mix to your school if requested)

The student /competitor will:

- Have some license within this scope to create 2 x identical chicken meals on 5-inch square dinner plates in one 45 Minute period.
- **Present a chicken dish other than a Stir Fry Chicken Meal.**
- Make use of all the ingredients listed above in the ingredients list.
- Also be supplied with a par stock list (or common table) of other ingredients which they are free to choose to use or not. The student / competitor will have to become familiar with the appearance and use of these items during their practice/s.
- Have access to a common breading station composed of flour, egg wash, breadcrumbs which the student does not necessarily have to use.
- Be supplied with one mystery ingredient which absolutely must be incorporated into both presentations.



Par Stock List: We will place salt, pepper, Bernie's Best Seasoning Mix, Canola Oil, Butter, Dried Chili Peppers, Paprika portions, on each student's worktable. The rest of the par stock will be on a common table if the student wishes to use any.

Par Stock List: (Common Table)

Salt, Pepper, Brown Sugar, White Sugar, Canola Oil, White Vinegar, Dried Chili Peppers, Paprika, Fresh Curly Parsley, Cilantro, Fresh Lemon Wedges. Purple Onion. Raisins. Butter. *Chicken Stock (*PC brand in a 1lt box). Whole Eggs. Tin Foil, Parchment Paper, Non-Stick Cooking Spray, Red and Green Food Colour. AP Flour.

Equipment Supplied:

Sauté Pan, Large Mixing Bowl, Liquid measuring Jug, 2 x Cup Bowl, Oven proof 6 x 6 tin foil tray, Fish Slice, French Knife, Turning Knife, Cutting Board, Cup Measures, Spoon Measures, Dinner Fork, Tongs, Oven Gloves, wiping towels, dish washing soap, sanitizer. Garbage Can, Organic Matter Can. 2 x Pressed Leaf 5-inch square dinner plates, 1 Biodegradable Cardboard Takeout Box containing a wooden knife and fork & paper napkin.

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 and cooking of 2 identical Chicken Breast Dishes.
- Collaborative skills
- Communication Skills Using Technology.
- Menu presentation and photo of practice plate (e-mailed no later than Tuesday April 30th ,2024)

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 into the competition area. Part of the challenge will be the students' ability to adapt to a new environment, with different supplies, equipment and tools.

Equipment and Materials Supplied by the Committee:

- Each competitor will have the use of their own electric oven, sink, worktable, and refrigerator.
- All the food supplies will be provided to produce the Chicken Breast dishes.
- All the kitchen tools required to produce the Chicken Breast portions will be present:
- Cutting board, Portion Containers, French knife, fork, small bowl, oven mitts, Common measuring tools.
- Disposable Bio-Degradable Square Presentation plates, 1 takeout container for the competitor to remove any food they wish to eat after the competition.
- Dish detergent & dish cloths for cleaning.



Note for competitor:

- One of your chicken plates will be taken to a judging table for the judges to taste and evaluate.
- The second identical plate needs to be left intact for the judges to review.
- This second plate will be yours to put into a takeout box once the judging is completed.
- The Professional Technical Committee responsible for your competition can change any of the contents of the competition if circumstances call for any such changes.

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 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 and can be placed on the competitor's workstation beside their table number.

JUDGING CRITERIA

- The judges will look to see if the recipe has been followed, including use of the mystery ingredient.
- The competitors cooking skills of measuring, mixing, forming, seasoning, and presenting a chicken dish will be judged.
- How the competitor followed all the instructions.
- 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.
- Final cleanup will be thoroughly evaluated, and no one may aid you in this task, ask for a judge to check off your cleanup which will include them checking your bins for proper use or wastage.

How you will be marked

- Each competitor will be marked out of 10 for each of the following criteria:
 - Did the competitor wash their hands before work began and during work as required?
 - Did the competitor use safe work skills while in their work area?



- Were all the correct ingredients used?
- Were correct temperatures used for cooking of the product?
- Was each product cooked to the required standard?
- Were instructions followed?
- Was the finished meal stored in a sanitary manner before being plated for service?
- Were the portions presented to look appealing?
- Did the competitor clean as they went and leave a clean work area?
- Was the menu present at the competition and was one e-mailed to Chef Stinson.

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.

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 outside the kitchen area.

Outcome:

It is the committee's hope that each student will have gained experience and fun while practicing at school or elsewhere and cooking at the competition while gaining 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 RESULTS PRESENTATION FOR THE COMPETITORS TO RECEIVE FEEDBACK.**

ADDITIONAL INFORMATION

Skills Canada Alberta Regional and Provincial Rules and Regulations

[Regional and Provincial Rules and Regulations](#)

Competitor Registration

Registration for Provincial Skills Canada Competition (PSCC) will open online on January 17, 2024 @ 8:30 AM. Please refer to this competitions event page for additional registration and competition information:

<https://skillsalberta.com/competition/>

Lunch

Lunch for accredited competitors will be provided by Skills Canada Alberta.

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



Parking is FREE for all attendees.

Opening Ceremonies / Competitor Registration

Opening Ceremonies for the PSCC will take place on Thursday May 8, 2024, 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 Ceremonies.

Questions?

Please contact Whitney Koop at whitneyk@skillsalberta.com if you have any questions regarding the Contest Description.

COMMITTEE MEMBERS

Matthew Stinson	Helmut Schoderbock	Peter Keith	Sabrina DelBen
Jason St. Laurent	Jeff Lerouge	Andrew Springett	Stephen Klassen
Ian Campbell	Jamie Williams	Garnett Schoettler	Jennifer Steele-Watts
Carmen Wasylynuik	Rob Champ	Christopher Bunter	