



Contest Description

Edmonton Expo Centre, Edmonton

May 7, 2026

EVENT: Jr High Culinary Arts Challenge		LEVEL: Grade 9	
DURATION: 1.5hrs (60 minutes cooking time) Competitors will participate on Thursday May 7 th AM or PM. Your time slot will be provided to competitors prior to the PSCC.		LOCATION: Hall B, Edmonton EXPO Centre, Edmonton	
COMPETITION SCHEDULE:			
Group 1		Group 2	
Orientation	9:45am-10:00am	Orientation	1:00pm-1:15pm
Competition	10:00am-11:00am	Competition	1:15pm-2:15pm
Presentation of Food	11:00am	Presentation of Food	2.15pm
Clean-up/Kitchen Check	11:00am-11:15am	Clean-up/Kitchen Check	2:15pm-2:30 PM
Judge Feedback & Certificate Presentation	11.30am	Judge Feedback & Certificate Presentation	2.45 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 menu items and use the ingredients provided to present their menu items. 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.

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 breaded fish and potato starch as described in this Contest Description.
- Competitors will be presented with a mystery item which must be cooked and presented as part of each finished product.

PROJECT DESCRIPTION

Pre-Competition Requirements

Each competitor **MUST**:

- Design a personal signed menu describing the competitor's finished food items and provide a clear photograph of the competitor's practice presentation plate.
- The menu and the photograph must be submitted via this link <https://skillsalberta.jotform.com/253135391322955> by **4:00pm on April 24th, 2026**. (this is part of the competitor's evaluation).
- It is preferred that the menu and the presentation plate be combined onto the same photo.
- The original menu and a photo also needs to be brought to the competition for the judges to see and evaluate.
- **NOTE:** The photos must be sent in a **.jpg format only**.

Cooking Skills to be Tested:

- Recipe to be used for the Gr 9 Junior High Culinary Challenge will be a breaded fish with a potato starch, and a mystery ingredient.
- Each student will present 2 identical 10 Inch x 10-inch plates for judging.

Recipe Ingredients:

- 2 x Standard size raw whole boned and skinned fillets of Pollock Fish (photo of product to be used has been supplied at the end of this document for training purposes).
- 1x Whole precooked Russet potato skin on.
- ½ C. Canola Oil
- 1x Mystery Ingredient

A common breading station consisting off 3 parts:

1. AP Flour
2. Egg wash consisting of Mixed Buttermilk, Egg, Canola Oil, Salt, Black Pepper.
3. A hotel pan containing a light mixed breadcrumb of combined breads.

Recipe Method:

- Prepare the fish by cutting in any manner that you would prefer.
- Bread the cut fish.
- Sauté or Fry or Bake the breaded fish until they are cooked to your satisfaction.
- The potato may be cooked and served warm in any way the student choses.
- The mystery ingredient must be cooked and be obvious or visible on the finished plates.

Par Stock:

A par stock table of ingredients that the competitors may use.

Chilli peppers	Curley Parsley	Fresh Lemon
Green Onion	Butter	Canned Pineapple pieces
Mayonnaise	Fresh Cream	Vegetable non-stick spray
Tomato Ketchup	Fresh Basil	Parchment paper
White Onion	Curry Powder	

EQUIPMENT & MATERIALS**Equipment and Materials Competitors Must Supply:**

- All necessary competition equipment and materials will be supplied by Skills Canada Alberta or a sponsor.
- Competitors may not bring outside material or food into the competition area.
- Part of the challenge will be the competitor's ability to adapt to a new environment, with different supplies, equipment and tools.

Equipment and Materials Supplied by the Committee:

- Each competitor will have use of their own electric oven and stove top, wash sink, worktable, and refrigerator.
- All the food supplies will be provided to produce the menu items.
- All the kitchen tools required to produce the menu items will be present:
 - Cutting board, Portion Containers, French knife, fork, small bowl, oven mitts, Common measuring tools.
- 12" x 10" foil pan
- Disposable Bio-Degradable 10" x 10" Presentation plates
- 1 take-out container for the competitors use to remove any food they wish to take after the competition.
- Dish detergent, sanitizer & 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 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, if a dress must be worn, the competitor must have their legs covered for safety reasons.
- Competitors are requested to wear the Skills Canada Alberta tee-shirt that will be supplied upon event registration.
- 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 competitor's Skills Canada Alberta competitor ID is required during the competition and can be placed on the competitor's workstation beside their table number.

NOTE: If a competitor has an additional clothing requirement that is not listed above, please email MikeS@SkillsAlberta.com to make further accommodations prior to arriving at the competition.

JUDGING CRITERIA

Each competitor will be marked based on the following criteria:

- Did the competitor wash their hands before work began and during work as required, did they use disposable gloves when required and was sanitizer used to maintain a sanitary work area.?
- 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 the instructions on the recipes followed?
- Was the finished product stored in a sanitary manner before being plated for service?
- Were the cooked items presented to look and taste appealing?
- Did the competitor clean as they went and leave a clean work area?
- The pre- presentation of a menu and a photo of the finished plate will be evaluated by Chef Stinson and evaluated again by the judges on the day of the competition.

Orientation:

- The orientation will be 15 minutes prior to the cooking time.
- Final instructions will be given, and the mystery item will be announced, shift 1 and shift 2 will have different mystery ingredients.
- The head judge or a designate will go over all competition requirements for the competitors.
- Competitors will participate in a safety orientation, after which they must sign a confirmation form indicating that the safety briefing was completed.



Provincial Skills Canada Competition

- The competitors will be issued their commemorative aprons, hats, and hairnets to wear during the competition.
- The competitors will be issued their workstation numbers.
- Competitors will be able to ask questions with answers provided by the person conducting the orientation.

Important Note: Without exception, any competitor missing the start of the orientation will not be permitted to participate in the competition. This is to ensure that the competition's safety and schedule is not compromised.

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 the results presentation at an area to be announced.

Outcome:

It is the committee's hope that each competitor will have gained experience and fun while competing and gained public demonstration skills, the experience will also have strengthened or added to the competitor's portfolio as part of a career and life management skill. Each competitor will be given an overall review by the judges to prepare them for future competitions and work experiences.

Each competitor will receive a Report Card after the competition.

ADDITIONAL INFORMATION

Skills Canada Alberta Regional and Provincial Rules and Regulations

[Regional and Provincial Rules and Regulations](#)

Competitor Registration

Registration for the Provincial Skills Canada Competition (PSCC) will open online on January 14, 2026 @ 3:30 PM. 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

Parking is FREE for all attendees.

Attendees **MUST** register for FREE parking by clicking the below link. Attendees can pre-register their vehicle at anytime prior to the PSCC or register onsite at the PSCC.

<https://www.offstreet.io/events/CBLHM7U1>

<http://edmontonexpocentre.com/attend/parking/>

Opening Ceremonies / Competitor Registration

Opening Ceremonies for the PSCC will take place on Tuesday May 5, 2026, 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.

COMMITTEE MEMBERS

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

COMPETITION EQUIPMENT

10"X10" PRESENTATION PLATE



POLLOCK FISH PRODUCT



12"X10" FOIL PAN