

SkillsUSA Florida Championships 2021

PREPARING FOR THE CONTEST

Introductory Information

This document serves as a supplement to the official SkillsUSA Technical Standards found online at absorb.skillsusa.org to be used to prepare for state-level virtual competitions. State-level contests will follow the "Standards and Competencies" outlined in the official SkillsUSA Technical Standards (Virtual). Contestants and instructors should review the contest's Technical Standards as a first step in preparing for a competitive event.

Any information contained in this document applies to state-level competitive events only. Download and review the State Virtual General Regulations at skillsusafl.org/state-conference for more information regarding virtual contests. The list of supplies and materials outlined below is subject to change; updates will be posted to our website on the contest updates page.

SkillsUSA Professional Members (advisors and teachers) can access the standards through SkillsUSA Absorb (absorb.skillsusa.org). To join as a Professional Member visit bit.ly/skillsusa-prof.

Clothing Requirements

Because of the nature of virtual competitions, official SkillsUSA competition clothing is not required, but is encouraged. Students may also compete in trade-appropriate attire if official contest attire is not available, competitors may dress in business attire. See State Virtual General Regulations for more information.

Class G: Culinary/Commercial Baking Attire

- White or black work pants or black-and-white checkered chef's pants
- White chef's jacket (no identifying logos may be present)
- White or black leather work shoes (non-slip)
- White apron
- White neckerchief
- Side towels
- Hairnet
- White skull cap or toque

Gather Materials

Contestants will need the following for the contest:

- 1:1 device for each contestant with camera, microphone and internet connection of at least 2 Mbps up/down
- Filming Device
A device to complete a video recording. This may be a laptop, phone or other device with support devices like a tripod, microphone, etc. Preferred file format is MP4.
- 1-page resume for each team member in PDF format
- All necessary food items, paper goods and smallwares

- All necessary platters, plates, dishes and china for presentations
- Knife kit and cook's tools as desired from the list below
 - Chef's knife
 - Paring knife
 - Vegetable peeler
 - Honing steel
 - Boning knife
 - Cook's fork
 - Slicing knife (meat)
 - Serrated slicing knife
 - Fillet knife
 - Utility knife
 - Offset spatula
 - Cook's tongs (8-12")
 - Pocket thermometer (digital preferred)
 - Microplane
 - Piping bags and tips
 - Molds or timbals
 - Silpat
 - Battery-powered timer or clock
 - Small mesh strainer
 - Oven thermometer
 - Hairnet
 - Cheesecloth
 - Whisk
 - Kitchen spoons
 - Stainless steel mixing bowls, various sizes
 - Food mill or ricer
 - Salad spinner
 - Measuring cups and spoons
 - Mise en place containers
 - Plastic squeeze bottles
 - Under counter equipment rack (must fit under table)
 - Bench scraper
 - Cutting boards
 - Garnish kit:
 - Citrus zester
 - Channel knife
 - Parisienne scoop
 - Apple corer
 - Tournier knife
 - Canape or biscuit cutters
- Additional supplies and materials may be required. Contest supply and materials lists will be posted on the Contest Updates page by March 1.

Note: No electrical devices, pasta machines, pots, pans, baking trays, or large equipment is allowed. No equipment outside of the list above is permitted.

SkillsUSA Florida will provide the following for the contest:

- Contest prompt and information
- Contest Prep Box, with materials needed for the contest like stopwatch, measuring tape, and large face digital clock that must be used in pre-recorded videos
- Meeting links and upload information

Local Proctor Information

A local contest proctor (non-advisor/program instructor) must be present for the recording of the contest. The proctor should review the technical standard, this document and the state contest which will include an integrity statement containing additional information for the proctor.

Once the contest is complete, the contestants, chapter advisor and onsite proctor will sign-off on the integrity statement. Additional contest proctor information can be found on our website.

Advisor Information

An advisor or instructor must be present for the duration of the competition to ensure safety and conduct standards are upheld. Advisors will not participate in judging or interfere in the contest, except in the event of safety or conduct violations, or equipment malfunction. Any communication between students and their advisors during the contest will result in disqualification.

CONTEST INFORMATION

Knowledge Performance

This contest includes two multiple choice knowledge assessments. Instructions and credentials to complete these assessments will be provided when the contest window opens. These assessments should be completed under the supervision of the contest proctor.

- **Culinary Arts Assessment** –
Based on the standards and competencies outlined in the Technical Standards.
- **Professional Development Career Readiness Assessment** –
Assesses preparedness to enter the workforce as defined by the SkillsUSA Framework which identifies skills that are essential for success in the workplace and life.

Skill Performance

The contest will include the actual preparation of food and arrangement of food on plates or platters.

Contest Guidelines

This contest will require that contestants create and submit two recipes based on a list of ingredients; then, prepare and present the recipes through two video recordings and one live interview. Contestants will receive state contest including the ingredients list, required skills components, and two entrée outlines.

Contestants will submit detailed recipes used in the creation of their menu. This recipe should include an ingredients section and detailed instruction for the creation of the menu items. Submit this as a PDF file format.

Contestants will submit two recordings. All sanitation, safety and health practices must be followed.

1. Overview Recording

Setup a recording device to record the contestant and their entire work area while they prepare the recipes they created. The recording must be continuous (one shot) and the large-face digital clock must be visible in the background.

2. Knife Cutting Skills

Contestants will record themselves demonstrating the knife cutting skills outlined in the state contest released by April 1.

In addition, students will present their dish to a panel of judges live via Zoom. Presentation should be no longer than 5 minutes. Contestants should explain their menu, plating and presentation. This is an opportunity for the contestant to explain the proper execution of classical culinary techniques according to specifications. Following the presentation, the judges will ask questions of the contestants.

A contest proctor will be required for each recording and live session. Recordings must be setup, started, monitored and stopped by the contest proctor. The camera must be setup in such a way as to show all materials and a clear workspace. The contestant and large face digital clock should be always visible in the recording. The recording must be unedited (continuous) to ensure no outside help was provided.

Additional files may be required to be submitted. These requirements will be outlined in the state contest prompt.

The contestant will not mention their name, school, city or state. Basic safety practices related to the skill performed must be followed.

At the completion of the event, the contestant, chapter advisor and proctor will sign-off on the integrity statement. This integrity statement will need to be submitted with the entry.

SUBMISSION REQUIREMENTS

The following needs to be uploaded by the deadline. No late submissions will be accepted.

- Statement of Assurances: PDF file (*Upload by April 1)
- Resume: PDF file (*Upload by April 1)
- Integrity Statement: PDF file
- Recipe Notebook: PDF file
- Contest Submission Video(s): MP4 files



Individual

Culinary Arts

Hospitality and Tourism

Virtual Contest Guide