



Cystadleuaeth Sgiliau Cymru
Skills Competition Wales

Competition Brief – for virtual competition 2022

Competition Title - Inclusive Skills: Food Preparation

Competition Overview

A food preparation assistant plays a vital role in a restaurant kitchen; they are the backbone of a smooth kitchen operation. They support the chefs and ensure the kitchen workplace and equipment are maintained to the highest standards.

In this competition, competitors will be assessed on their knowledge and skills in the following areas: Health and safety, hygiene, knife skills, use of equipment, presentation skills and knowledge of flavour combinations.

Entry Criteria

The competition is for those training for a career in the Hospitality Industry and studying at working towards Entry Level 3. Competitors can be registered on Entry Level 3 but not yet achieved their Level 3. Entry level 1 and 2 may enter.

Please ensure your entrants have the skills and competences to complete the task.

Entry capacity restrictions by organisation

Maximum of up to 2 per location.

This is the maximum number of entries permitted by an organisation for this competition.

'Organisation' refers to the competitors' training provider/employer. 'Location' refers to a site where the competitor studies / is employed.

Please note due to the current COVID-19 restrictions this competition will be run remotely. Competitors will need to be filmed at their place of study completing each of the below tasks, the video/s should be uploaded to the designated Google Classroom by **Midnight on Friday 4th February**. Any videos uploaded after this time will not be judged.

Our recommendation if possible is to record the competition using a meeting platform (Google Hangouts / Teams / Zoom etc), this way the file is compressed and the upload to Google Classroom is more simple.

Note - Using a GoPro the files are often very large and can take a long time to upload.

Brief [Read this document in full before you begin the tasks!](#)

The following **3** tasks are to be completed in **1 hour**.

Please state your start time to the camera before beginning the task.

Task 1: Starter Salad - A rainbow theme

Competitors will be required to make a rainbow theme starter salad utilising as many colourful ingredients as possible. Presentation is entirely up to competitors and they must ensure they have suitable display equipment such as plates etc.

Guidance notes:

- A Rainbow theme.
- Utilise as many colourful ingredients as possible, such as; lettuce, tomatoes, various colours of peppers/beetroots, cucumber, olives, carrot, spring onions, avocado, heritage tomatoes, Competitors can bring other ingredients if they would like to.
- Presentation of competitors own choice.

Task 2: Sandwich

For this task competitors will be required to make a cheese and onion sandwich on sliced brown bread (not a roll).

Presentation is entirely up to competitors. To show knife and grating skills the bread should be buttered, cheese should be grated and onion to be cut/sliced, during the competition.

- Presentation is to the competitors own choice.

Task 3: Eton Mess

Competitors will be required to make Eton Mess using pre-prepared meringue. To show whisking skills the cream should be whipped during the competition. To show knife skills the strawberries should be cut during the competition.

Presentation is entirely up to competitors

- To show whisking skills the cream should be whipped during the competition.
- To show knife skills the strawberries should be cut during the competition.
- Presentation is entirely up to competitors

Resources required

Please ensure you have the correct resources to complete the task above before starting your competition submission.

Competition Rules

For full terms and conditions of entry and competition rules visit

www.skillscompetitionwales.ac.uk/terms-and-conditions

Competition specific rules:

- Competitors will start, and finish work as instructed by your tutor/mentor.
- Competitors must provide their own uniform and PPE. Support staff accompanying in the competition area will also be required to adhere to PPE requirements.
- A Statement of Support outlining any individual needs of the learner within the competition - ie, support with communication etc, will need to be completed and submitted with your video.
- If there is a power stoppage, breakdown of equipment or accident, the competitors must act accordingly to the instruction of the organiser.
- If during the competition a competitor feels they must leave their work (eg. medical reasons, toilet break), please state this to the camera and this will be recorded as a 'time out' by judges.
- No mobile telephones are allowed in the competition room.
- The judges' decision is final.
- Competitors must only receive support that is outlined in their support statement. Support deemed to be outside that given in the support statement could result in the competitor being disqualified from the competition.

Generic competition rules

- Listening to music via headphones is not permitted during competition activity.
- Any questions during competition activity should be addressed to your tutor/mentor in front of the camera.
- Competitors should not communicate with other competitors during competition activity.
- It is the responsibility of each competitor to work within the allocated time. No additional time will be allowed.
- Technical failure of your equipment should be reported immediately to the judging panel. Additional time will be allocated if the fault is beyond the control of the competitor.

Marking and Assessment

Marking and judging of this competition will be done by a team of experts from Industry, Further Education or Training Provider, using a marking criteria and allocated marks to ensure consistency.

Brief marking and assessment criteria

	Criteria	Allocated marks
A	Correct use of equipment and working practices.	10%

B	Presentation, Creativity and Style	20%
C	Utilisation of Ingredients and Equipment	20%
D	Taste (Self evaluation will be required - but will not count towards final marks)	20%
E	Time Keeping	10%
F	Personal appearance/Hygiene and Safety (PPE)	20%
	Total	100%

Feedback and Recognition

Individual and Group verbal feedback will be provided at the end of the competition.

No results or awards will be awarded on the day, as marking will be quality assured.

Certificates of Participation will be presented on the day.

Medallists will be invited to a Celebration Event which will be held in March 2021, where the First, Second and Third Awards will be presented.

Marksheets will be made available to unsuccessful competitors after the quality assurance process has been completed. Further details will be provided to all competitors upon notification of outcomes.

Competition Lead

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