**Competition Brief**

**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.

The competition will take place in the competitors place of study or workplace. All competitors will be recorded by a videographer, organised by the competition lead and will be provided with a budget to purchase all consumables to carry out the tasks. Judges will be marking each task remotely.

Date - Between 26th January and 5th February

You will be allocated a date once registration has closed

**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.

**Brief**

**Task One: Salad, Sandwich and Eton Mess - 1 hour**

For each part of Task 1 Competitors must ensure they have their own small equipment such as whisks and graters to complete this task.

**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. Examples of ingredients are lettuce, tomatoes, various colours of peppers/beetroots, cucumber, olives, carrot, spring onions, avocado, heritage tomatoes, etc.
* Presentation of competitors own choice.
* Competitors are to ensure they have their own display equipment from their college/workplace.

**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.
* Competitors are to ensure they have their own display equipment from their college/ workplace.

**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 and they must ensure they have their own display equipment such as plates, bowls etc.

* 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
* Competitors must ensure they have their own display equipment such as plates, bowls.

**To be provided by the competitor:**

* Own uniform and PPE.

**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](http://www.skillscompetitionwales.ac.uk/terms-and-conditions)

**Competition specific rules**:

• Competitors will receive a health and safety briefing at the start of the competition.

• 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), they will have the time recorded on a ‘time out’ sheet by a member of staff.

• No mobile telephones are allowed in the competition room.

• The judges’ decision is final.

• Photographs will be taken during the event that may be used for marketing/publicity purposes. (if a competitor/support staff cannot have their photo taken it is the responsibility of the college entering the competition to notify the organisers beforehand and at the event.

• Only one member of support staff will accompany the competitor from your organisation – unless otherwise stated on the Statement of Support.

• 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 arrive on time for each competition session. No additional time will be allowed if you arrive late.

• 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**

Katy Godsell - katy@cambriantraining.com

**Expert Contacts**

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**Briff y Gystadleuaeth**

**Teitl y Gystadleuaeth**

Sgiliau Cynhwysol: Paratoi Bwyd

**Trosolwg o’r Gystadleuaeth**

Mae cynorthwyydd paratoi bwyd yn chwarae rhan hanfodol mewn cegin bwyty; nhw’n asgwrn cefn i waith cegin esmwyth. Maen nhw'n cefnogi'r cogyddion ac yn sicrhau bod y gweithle a'r offer yn cael eu cynnal i'r safonau uchaf.

Yn y gystadleuaeth hon, bydd cystadleuwyr yn cael eu hasesu ar eu gwybodaeth a'u sgiliau yn y meysydd canlynol: Iechyd a diogelwch, hylendid, sgiliau cyllyll, defnyddio offer, sgiliau cyflwyno a gwybodaeth am gyfuniadau o ran blas.

Bydd y gystadleuaeth yn cael ei chynnal yn lle astudio neu weithle'r cystadleuydd. Bydd pob cystadleuydd yn cael ei recordio gan fideograffydd, wedi'i drefnu gan arweinydd y gystadleuaeth a rhoddir cyllideb iddynt i brynu'r holl nwyddau traul i gyflawni'r tasgau. Bydd y beirniaid yn marcio pob tasg o bell.

Dyddiad - Rhwng 26 Ionawr a 5ed Chwefror

Rhoddir dyddiad ichi ar ôl i'r cofrestriad gau

**Meini Prawf Cystadlu**

Mae'r gystadleuaeth i’r rhai sy'n hyfforddi ar gyfer gyrfa yn y Diwydiant Lletygarwch ac sy’n astudio tuag at gymhwyster Lefel Mynediad 3. Gellir cofrestru cystadleuwyr ar Lefel Mynediad 3 ond nid ydynt wedi cyflawni eu Lefel 3 eto. (Gall Lefel Mynediad 1 a 2 gystadlu).

Sicrhewch fod gan eich ymgeiswyr y sgiliau a'r gallu angenrheidiol i gwblhau'r dasg.

**Cyfyngiadau capasiti mynediad yn ôl sefydliad**

Uchafswm hyd at 2 o bob lleoliad.

Dyma uchafswm y cystadleuwyr a ganiateir o bob sefydliad ar gyfer y gystadleuaeth hon.

Mae 'sefydliad' yn cyfeirio at ddarparwr hyfforddiant/cyflogwr y cystadleuwyr. Mae 'lleoliad' yn cyfeirio at y safle lle mae'r cystadleuydd yn astudio/cael ei gyflogi.

**Briff**

**Tasg Un: Salad, Brechdan a *Eton Mess* – 1 awr**

Ar gyfer pob rhan o Dasg 1 Rhaid i gystadleuwyr sicrhau bod ganddyn nhw eu hoffer bach eu hunain fel chwisgiau a graddwyr i gyflawni'r dasg hon.

**Salad Cychwynnol – Thema enfys**

Bydd gofyn i gystadleuwyr wneud salad cychwyn thema enfys gan ddefnyddio cymaint o gynhwysion lliwgar â phosibl. Cystadleuwyr sy'n llwyr gyflwyno'r cyflwyniad a rhaid iddynt sicrhau bod ganddynt offer arddangos addas fel platiau ac ati.

Nodiadau Canllaw

* Thema’r enfys.
* Defnyddio cymaint o gynhwysion lliwgar â phosibl. Enghreifftiau o gynhwysion yw letys, tomatos, gwahanol liwiau o bupur/betys, ciwcymbr, olifau, moron, sibwns, afocado, tomatos treftadaeth (*heritage),* ac ati.
* Cyflwyniad o ddewis y cystadleuwyr eu hunain.
* Mae cystadleuwyr i sicrhau bod ganddyn nhw eu hoffer arddangos eu hunain o'u coleg / gweithle.

**Brechdan**

Ar gyfer y dasg hon bydd gofyn i gystadleuwyr wneud brechdan gaws a nionod/winwns ar fara brown wedi'i sleisio (nid rôl).

Cystadleuwyr sy'n llwyr gyflwyno'r cyflwyniad. Er mwyn dangos sgiliau cyllell a gratio dylid menyn y bara, dylid gratio caws a thorri / sleisio nionyn, yn ystod y gystadleuaeth.

* Mae'r cyflwyniad i ddewis y cystadleuydd ei hun.
* Mae cystadleuwyr i sicrhau bod ganddyn nhw eu hoffer arddangos eu hunain o'u coleg / gweithle.

**Yr *Eton Mess***

Bydd yn ofynnol i gystadleuwyr wneud Eton Mess gan ddefnyddio meringue a baratowyd ymlaen llaw. I ddangos sgiliau chwisgio dylid chwipio'r hufen yn ystod y gystadleuaeth. I ddangos sgiliau cyllyll dylid torri'r mefus yn ystod y gystadleuaeth.

Cystadleuwyr sy'n llwyr gyflwyno'r cyflwyniad a rhaid iddynt sicrhau bod ganddynt eu hoffer arddangos eu hunain fel platiau, bowlenni ac ati.

* I ddangos sgiliau chwisgio dylid chwipio'r hufen yn ystod y gystadleuaeth.
* I ddangos sgiliau cyllyll dylid torri'r mefus yn ystod y gystadleuaeth.
* Cyflwyniad o ddewis y cystadleuwyr.
* Rhaid i gystadleuwyr sicrhau bod ganddyn nhw eu hoffer arddangos eu hunain fel platiau, bowlenni.

**I'w darparu gan y cystadleuydd:**

* Iwnifform a'u Cyfarpar Diogelu Personol ei hun.

**Adnoddau yn ofynnol:**

Sicrhewch fod gennych yr adnoddau cywir i gyflawni'r dasg uchod cyn dechrau eich cyflwyniad cystadleuaeth.

**Rheolau’r Gystadleuaeth**

I weld y telerau ac amodau mynediad llawn a’r rheolau cystadlu ewch i [https://www.skillscompetitionwales.ac.uk/terms-and-conditions?lang=cy](http://www.skillscompetitionwales.ac.uk/terms-and-conditions)

**Rheolau sy'n benodol i’r gystadleuaeth**

• Bydd cystadleuwyr yn cael sesiwn friffio iechyd a diogelwch ar ddechrau'r gystadleuaeth.

• Bydd cystadleuwyr yn dechrau, ac yn gorffen y gwaith yn unol â chyfarwyddyd eich tiwtor / mentor.

• Rhaid i gystadleuwyr ddarparu eu hiwnifform a'u Cyfarpar Diogelu Personol eu hunain. Bydd hefyd yn ofynnol i staff cymorth lynu wrth ofynion Cyfarpar Diogelu Personol yn yr ardal gystadleuaeth.

• Bydd angen cwblhau Datganiad o Gymorth yn amlinellu unrhyw anghenion unigol sydd gan y dysgwr o fewn y gystadleuaeth – h.y. bydd angen cwblhau a chyflwyno cefnogaeth gyda chyfathrebu ac ati gyda'ch fideo.

• Os ydy’r pŵer yn stopio, offer yn torri neu ddamwain, rhaid i'r cystadleuwyr weithredu yn ôl cyfarwyddiadau'r trefnydd.

• Os bydd cystadleuydd yn teimlo bod rhaid iddynt adael eu gwaith yn ystod y gystadleuaeth (e.e. rhesymau meddygol, seibiant toiled), fe fydd yr amser wedi'i gofnodi ar daflen 'amser allan' gan aelod o staff.

• Ni chaniateir ffonau symudol yn yr ystafell gystadlu.

• Mae penderfyniad y beirniaid yn derfynol.

• Bydd lluniau'n cael eu tynnu yn ystod y digwyddiad y gellir eu defnyddio at ddibenion marchnata/cyhoeddusrwydd. (os na all cystadleuydd/staff cymorth gael tynnu eu llun, cyfrifoldeb y coleg yw hysbysu'r trefnwyr ymlaen llaw ac yn y digwyddiad.

• Dim ond un aelod o staff cymorth fydd yn mynd gyda'r cystadleuydd o'ch sefydliad – oni nodir yn wahanol ar y Datganiad o Gefnogaeth.

• Dim ond cymorth a amlinellir yn eu datganiad o gefnogaeth y dylai cystadleuwyr ei dderbyn. Gallai cymorth y tybir ei fod y tu allan i’r gefnogaeth a nodir yn y datganiad o gefnogaeth gael ei anghymhwyso rhag cystadlu.

**Rheolau cystadlu cyffredinol**

• Ni chaniateir gwrando ar gerddoriaeth drwy glustffonau yn ystod y gweithgareddau cystadlu.

• Dylid cyfeirio unrhyw gwestiynau yn ystod gweithgaredd cystadlu at eich tiwtor / mentor o flaen y camera.

• Ni ddylai cystadleuwyr gyfathrebu â chystadleuwyr eraill yn ystod gweithgareddau cystadlu.

• Cyfrifoldeb pob cystadleuydd yw cyrraedd yn brydlon ar gyfer pob sesiwn o'r gystadleuaeth. Ni chaniateir amser ychwanegol os byddwch yn cyrraedd yn hwyr.

• Os bydd methiant technegol ar eich offer dylech hysbysu’r panel beirniadu ar unwaith. Bydd amser ychwanegol yn cael ei ganiatáu os yw'r nam y tu hwnt i reolaeth y cystadleuydd.

**Marcio ac Asesu**

Caiff y gwaith o farcio a beirniadu'r gystadleuaeth ei gynnal gan dîm o arbenigwyr o’r Diwydiant, Addysg Bellach neu Ddarparwyr Hyfforddiant, gan ddefnyddio meini prawf marcio a marciau wedi'u dyrannu i sicrhau cysondeb.

Meini prawf marcio ac asesu cryno:

|  |  |  |
| --- | --- | --- |
|  | **Meini prawf** | **Marciau a ddyrennir** |
| A | Defnydd cywir o offer ac arferion gwaith. | 10% |
| B | Cyflwyniad, Creadigrwydd ac Arddull | 20% |
| C | Defnyddio Cynhwysion ac Offer | 20% |
| D | Blas (Bydd angen hunanarfarnu - ond ni fydd yn cyfrif tuag at farciau terfynol) | 20% |
| E | Cadw Amser | 10% |
| F | Ymddangosiad personol/hylendid a diogelwch (Cyfarpar Diogelu Personol) | 20% |
|  | Cyfanswm | 100% |

**Adborth a Chydnabyddiaeth**

Bydd adborth llafar Unigol a Grŵp yn cael ei ddarparu ar ddiwedd y gystadleuaeth.

Ni roddir canlyniadau na gwobrau ar y diwrnod gan y bydd angen sicrhau ansawdd y gwaith marcio.

Bydd Tystysgrifau Cyfranogiad yn cael eu rhoi ar y diwrnod.

Bydd y rhai sy’n ennill medalau yn cael eu gwahodd i Ddigwyddiad Dathlu a fydd yn cael ei gynnal yn mis Mawrth 2021, lle bydd y Gwobrau Cyntaf, Ail a Thrydedd yn cael eu cyflwyno.

Bydd taflenni marcio’r cystadleuwyr aflwyddiannus ar gael ar ôl i'r broses sicrhau ansawdd gael ei chwblhau. Rhoddir manylion pellach i bob cystadleuydd ar ôl iddyn nhw glywed canlyniad y gystadleuaeth.

**Arweinydd y Gystadleuaeth**

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