CULINARY ARTS

PURPOSE
To evaluate each contestant’s preparation for employment in the food service industry and to recognize outstanding students for excellence and professionalism in culinary arts.

First, download and review the General Regulations at: http://updates.skillsusa.org.

CLOTHING REQUIREMENT

Class G: Culinary Attire

- White or black work pants or black-and-white checkered chef’s pants*
- White chef’s jacket
- White or black leather work shoes (non-slip)
- White apron
- White neckerchief
- Side-towels
- Hairnet

* Black-and-white checkered chef’s pants not available through the SkillsUSA Store.

No facial jewelry is allowed. Earrings are not permitted even if covered by a bandage. A single watch or wedding ring is the only jewelry that will be allowed to be worn during the orientation and contest periods. All hair must be restrained by either a hat or hairnet. Beards must be covered by a snood during all periods of food handling.

These regulations refer to clothing items that are pictured and described at: www.skillsusastore.org. If you have questions about clothing or other logo items, call 800-401-1560 or 703-956-3723.

Cellphones are not permitted on the contest floor and cannot be used in place of a kitchen timer.

Note: Contestants must wear their official contest clothing to the contest orientation meeting.

ELIGIBILITY
Open to active SkillsUSA members enrolled in programs with culinary arts or commercial food trades as the occupational objective.

EQUIPMENT AND MATERIALS

1. Supplied by the technical committee:
1. Contest problem (menus, recipes, instructions)
2. All necessary food items, seasonings, etc.
3. Contest site organized (workstations, ranges, refrigeration, access to product and additional equipment) in as fair a manner possible for each contestant
4. All cookware and small wares necessary for food preparation
5. All necessary platters, dishes, and china necessary for food presentations

2. Supplied by the contestant:
   a. No. 2 pencil (two each, small note pad if desired)
   b. Knife kit and cook’s tools as desired from the following:
      1. French cook’s knife
      2. Paring knife
      3. Vegetable peeler
      4. Knife steel
      5. Boning knife
      6. Cook’s fork
      7. Slicing knife (meat)
      8. Serrated slicing knife
      9. Fillet knife
     10. Utility knife
     11. Offset spatula
     12. Cook’s tongs (8–12 in.)
     13. Pocket thermometer
     14. Microplane
     15. Piping bags and tips
     16. Molds or timbals
     17. Silpats
     18. Battery-powered timer or clock
     19. Small mesh strainer
     20. Oven thermometer
     21. Food handler gloves
     22. Hairnet(s)
     23. Cheesecloth
     24. Whisk
     25. Kitchen spoons
     26. Stainless steel mixing bowls
     27. Food mill or ricer
     28. Salad spinner
     29. Measuring cups/spoons
     30. Mise en place containers
     31. Plastic squeeze bottles
     32. Under counter equipment rack
     33. Bench scrapers
     34. Cutting boards
     35. Garnish kit:
        a. Citrus zester
        b. Channel knife
        c. Parisienne scoop
        d. Apple corer
        e. Tourner knife
        f. Canapé or biscuit cutters

C. All competitors must create a one-page résumé and submit a hard copy to the technical committee chair at orientation. Failure to do so will result in a 10-point penalty.

No additional equipment will be allowed. Equipment check will occur during orientation. Contestants must bring all equipment to orientation. Storage space will be provided.

**SCOPE OF THE CONTEST**

**Knowledge Performance**
The contest will include a written knowledge test that will require the use of culinary math. The test will include topics such as knowledge of standard weights and measures; the ability to convert recipes, yields, portion sizes, a.p.s. accurately; science; nutrition basics; environment health standards and practices; bacteria, viruses and food-borne illnesses; food science and technology; information technology; language and communications; English (SOL) reading; manuals/SOP; recipes; menus; résumé writing; speaking efficiently and listening carefully; and elementary culinary language—menu terminology.

**Skill Performance**

The contest will include a series of testing stations for the actual preparation of food and arrangement of food on plates or platters and in dishes to serve to the customer.

**Contest Guidelines**

The skill performance portion of the contest will ask contestants to:

1. Demonstrate and apply food safety principles, procedures, HACCP and key practices for ensuring food safety
2. Coordinate *mise en place* and apply organizational skills
3. Demonstrate and apply knowledge of proper cooking methods and techniques as required
4. Demonstrate knife skills and proper cutting techniques
5. Demonstrate and apply the proper use of equipment
6. Demonstrate and apply creative preparation, portioning and presentation of food items

**Standards and Competencies**

CA 1.0 — Follow Hazard Analysis Critical Control Points (HACCP) in a food preparation setting

1.1 Document information on time and temperature in log
1.2 Store and rotate food according to policies (FIFO)
1.3 Use proper receiving procedures for the delivery of food
1.4 Wash hands according to proper procedures
1.5 Use properly calibrated thermometers
1.6 Use labels properly

CA 2.0 — Maintain knowledge of safety, sanitation and HAZMAT policies, procedures and codes in a food preparation setting

2.1 Validate that in-service training records and reports are up-to-date
2.2 Ensure that personal certifications are maintained
2.3 Ensure that proper containers are used for storage of food, chemicals and other supplies
2.4 Check that personal attire meets safety standards (e.g., covered hair)
2.5 Ensure that proper cleaning solutions are maintained and used
2.6 Ensure that spills and other safety problems are addressed immediately
2.7 Ensure that material safety data sheets are reviewed

CA 3.0 — Maintain personal hygiene and compliance with dress code in a food preparation setting

3.1 Demonstrate that uniforms are clean and fit properly
3.2 Demonstrate that hair restraints are used
3.3 Ensure that perfume and cologne use is minimal
3.4 Demonstrate that hands and nails are clean and groomed
3.5 Ensure that use of jewelry meets standards (e.g., only wedding rings)

CA 4.0 — Maintain safe and sanitary work area(s)

4.1 Show that location of first aid kit is clearly marked
4.2 Show that MSDS sheets are used properly
4.3 Show that sanitizers are located at every station
4.4 Show that work area, tools and equipment are cleaned and sanitized after each activity
4.5 Ensure that chemicals are stored properly
4.6 Ensure that sharp objects are stored properly
4.7 Demonstrate that fire codes are followed

CA 5.0 — Hold and store food at proper temperature
5.1 Show that food products are labeled and dated
5.2 Ensure that food is rotated in a timely manner
5.3 Ensure that temperature of food and storage containers is within guidelines
5.4 Show that the thermometer is calibrated
5.5 Demonstrate that temperatures are checked and logged regularly
5.6 Ensure that storage guidelines are followed
5.7 Prepare food according to specifications

CA 6.0 — Review menu, recipes and instructions
6.1 Demonstrate that clarification is sought when questions arise
6.2 Ensure that recipe reviewed is up-to-date
6.3 Ensure that quantity of food is verified
6.4 Ensure that menu items are consistent with recipes
6.5 Demonstrate that recipes are available and referenced when needed

CA 7.0 — Identify and select the necessary ingredients
7.1 Identify and use appropriate substitutions if necessary
7.2 Verify ingredient list
7.3 Verify that preparation ingredients are consistent with recipe
7.4 Ensure that requisition forms are used when appropriate for special items
7.5 Verify that stock levels are checked
7.6 Verify that freshness and proper rotation are checked

CA 8.0 — Follow recipes and customer requests
8.1 Demonstrate that proper weights and measurements are used
8.2 Ensure that substitutions are made upon customer requests
8.3 Verify that recipe is followed consistently
8.4 Identify that cooking and serving times are consistent with recipes
8.5 Identify that food is consistent with customer request and recipe

8.6 Ensure that order is checked for special instructions
8.7 Verify that the customer reports satisfaction

CA 9.0 — Prepare food to proper temperature and taste
9.1 Verify proper temperature requirements
9.2 Use thermometer correctly
9.3 Set food warmers to proper temperature
9.4 Calibrate thermometers correctly
9.5 Verify that potentially hazardous foods have reached safe temperatures

CA 10.0 — Communicate necessary information to co-workers in a food preparation setting
10.1 Follow chain of command
10.2 Communicate requests for special orders to chef prior to preparation
10.3 Verify customer requests with food server
10.4 Share customer feedback
10.5 Monitor and communicate quantity of returned items
10.6 Use shift logs
10.7 Use warning tags
10.8 Ensure that products are labeled

CA 11.0 — Review standards and customer requests for finished product
11.1 Identify special requests
11.2 Identify necessary garnishes
11.3 Identify appropriate portions
11.4 Identify appropriate container (e.g., plate, banquet container)

CA 12.0 — Assemble product for delivery
12.1 Use appropriate serving containers
12.2 Ensure that serving containers (e.g., plates, flatware) are clean
12.3 Use proper hygiene when assembling the final product (e.g., hair covering)
12.4 Verify that all menu items are present
12.5 Use proper serving tools
12.6 Verify that product is visually inspected
12.7 Notify food servers of the availability of order

CA 13.0 — Monitor holding time and temperature
13.1 Verify that heat lamps are in working order
13.2 Calibrate thermometers properly
13.3 Rotate finished food at appropriate time intervals
13.4 Verify that holding time and temperatures comply with standard policies
13.5  Check maintenance logs on equipment
13.6  Use thermometers consistently
13.7  Use Hazard Analysis Critical Control Point (HAACCP) logs
13.8  Use serving and holding tools correctly

CA 14.0 — Assess final product for quality assurance
14.1  Verify that the ticket is compared to the finished dish
14.2  Match the final product to customer request
14.3  Verify that the presentation of product is consistent
14.4  Ensure that the final product is prepared at the correct temperature
14.5  Ensure that the final product is seasoned at correct level
14.6  Ask service staff about the customer reaction

CA 15.0 — Gather the necessary equipment in the food preparation setting
15.1  Use the right tool or piece of equipment for task
15.2  Ensure that tools and equipment are transported to work area safely
15.3  Use checklists to verify equipment

CA 16.0 — Verify that equipment and tools are in working order
16.1  Inspect equipment and tools visually
16.2  Identify equipment and tools with missing parts
16.3  Ensure that equipment is tested before use (e.g., oven temperature)
16.4  Ensure that defective tools and equipment are reported to supervisors
16.5  Verify that maintenance logs are maintained
16.6  Ensure that tools and equipment that create safety hazards are removed

CA 17.0 — Communicate deficiencies and other necessary information to the supervisor
17.1  Identify unsafe tools and equipment clearly
17.2  Describe deficiencies in detail
17.3  Report deficiencies to appropriate personnel
17.4  Log deficiencies
17.5  Ensure that maintenance logs reflect deficiencies
17.6  Verify that documentation procedures are followed

CA 18.0 — Use tools and equipment in a safe and sanitary manner
18.1  Verify that tools and equipment are cleaned and sanitized before and after use
18.2  Use proper colored cutting board (e.g., blue/fish; red/raw meat; green/vegetables)
18.3  Use proper food handler gloves
18.4  Verify that knives are sharpened on a regular basis
18.5  Use equipment safety devices (e.g., guards on electronic cutters)
18.6  Follow manufacturer’s operating instructions for equipment

CA 19.0 — Clean and sanitize equipment and tools after every use
19.1  Use proper chemical mixture to clean and sanitize equipment and tools
19.2  Ensure that cutting boards are properly bleached
19.3  When cleaning tools and equipment, use hot water
19.4  Ensure that policies and procedures for using chemicals and sanitizers are followed

CA 20.0 — Store tools and equipment in proper area after use
20.1  Verify that equipment and tools are cleaned, sanitized and covered before storage
20.2  Ensure that cleaning supplies are stored in the proper area
20.3  Return tools and equipment to proper storage place
20.4  Ensure that equipment sanitization storage rules are followed

CA 21.0 — Maintain awareness of surroundings in the food preparation setting
21.1  Report security or safety problems promptly to appropriate personnel
21.2  Ensure that hazardous situations are dealt with promptly
21.3  Verify that work area is visually scanned on a regular basis for safety and security problems
21.4  Identify emergency exits and procedures
21.5  Check emergency equipment regularly
21.6  Monitor location of co-workers

CA 22.0 — Advise management of safety and security concerns
22.1  Notify supervisory personnel promptly about safety and security concerns
22.2  Document safety concerns in a timely manner
22.3  Forward concerns to appropriate personnel
22.4  Document concerns containing all relevant information
22.5 Ensure that follow-up activities occur after concerns have been forwarded.

CA 23.0 — Take appropriate action to protect guest and employee safety

23.1 Correct hazardous conditions promptly and safely.
23.2 Notify management and/or outside agencies (e.g., fire department, ambulance) promptly of problems.
23.3 Use proper safety equipment.
23.4 Follow written policies and procedures.
23.5 Document outstanding hazards.
23.6 Monitor customer behavior for potential harm to others.
23.7 Verify that visible signage is posted around hazardous areas (e.g., wet floor).

CA 24.0 — Follow security policies and procedures

24.1 Review safety and security policies frequently.
24.2 Verify that security documentation is complete and accurate.
24.3 Verify that company reports (e.g., shrinkage reports) indicate security policies are being followed.
24.4 Ensure that unauthorized individuals are identified and removed from premises.
24.5 Verify that the work environment is checked frequently for potential security problems.

CA 25.0 — Follow safety and emergency procedures, including appropriate workplace behavior

25.1 Follow emergency procedures according to company policy.
25.2 Notify proper authorities of emergency situations.
25.3 Use emergency equipment properly.
25.4 Verify that safety-related training and certifications (e.g., CPR) are up-to-date.
25.5 Report suspicious activity to appropriate personnel.
25.6 Document incident reports properly and in a timely manner.

CA 26.0 — Identify problems with customer satisfaction

26.1 Ensure that customers are asked about their source of dissatisfaction.
26.2 Repeat problem description to customer to verify understanding.
26.3 Assess customer body language for signs of dissatisfaction.
26.4 Document problems in a timely manner.
26.5 Review customer feedback.
26.6 After a problem has been identified, ensure that follow-up activity occurs.

CA 27.0 — Resolve problem or offer alternative solutions according to company procedures and guidelines

27.1 Identify that the solution is consistent with company policies and procedures.
27.2 Document the resolution to the problem as company policy requires.
27.3 Ensure that proper attitude is maintained at all times.
27.4 Verify that problems are referred to proper personnel when appropriate.
27.5 Perform the resolution of a problem in a timely manner.
27.6 After a problem has been identified, verify that follow-up activities occur.

CA 28.0 — Follow up on guest satisfaction and employee actions

28.1 Verify that customer satisfaction is checked after solution is offered.
28.2 Identify that customer comment cards indicate customer satisfaction.
28.3 Contact customers about the resolution of outstanding problems.
28.4 Ensure that follow-through activities with guest are performed.
28.5 Document customer satisfaction level.

CA 29.0 — Document incident and outcome

29.1 Verify that documents and forms are complete and accurate.
29.2 Ensure that documentation is provided to appropriate personnel.
29.3 Identify that documentation is completed in a timely manner.
29.4 Notify co-workers of the outcome and any changes in policy.
29.5 Verify that documentation is reviewed to ensure that the problem does not recur.

Committee Identified Academic Skills

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The technical committee has identified that the following academic skills are embedded in this contest.

**Math Skills**
- Use fractions to solve practical problems
- Use proportions and ratios to solve practical problems
- Simplify numerical expressions
- Use scientific notation
- Solve practical problems involving percents
- Solve single variable algebraic expressions
- Solve problems using proportions, formulas and functions

**Science Skills**
- Use knowledge of cell theory
- Use knowledge of patterns of cellular organization (cells, tissues, organs, systems)
- Describe basic needs of organisms
- Classify living organisms
- Use knowledge of carbon, water and nitrogen cycles
- Describe and recognize elements, compounds, mixtures, acids, bases and salts
- Describe and recognize solids, liquids and gases
- Describe characteristics of types of matter based on physical and chemical properties
- Use knowledge of physical properties (shape, density, solubility, odor, melting point, boiling point and color)
- Use knowledge of chemical properties (acidity, basicity, combustibility and reactivity)

**Language Arts Skills**
- Provide information in conversations and in group discussions
- Provide information in oral presentations
- Demonstrate use of such verbal communication skills as word choice, pitch, feeling, tone and voice
- Demonstrate use of such nonverbal communication skills as eye contact, posture and gestures using interviewing techniques to gain information
- Demonstrate comprehension of a variety of informational texts
- Use test structures to aid comprehension
- Understand source, viewpoint and purpose of texts
- Organize and synthesize information of use in written and oral presentations
- Demonstrate knowledge of appropriate reference materials
- Use print, electronic databases and online resources to access information in books and articles
- Demonstrate narrative writing
- Demonstrate expository writing
- Demonstrate information writing
- Edit writing for correct grammar, capitalization, punctuation, spelling, sentence structure and paragraphing
Connections to National Standards

State-level academic curriculum specialists identified the following connections to national academic standards.

Math Standards
- Numbers and operations
- Algebra
- Geometry
- Measurement
- Problem solving
- Communication
- Connections
- Representation

Source: NCTM Principles and Standards for School Mathematics. For more information, visit: http://www.nctm.org.

Science Standards
- Understands the structure and function of cells and organisms
- Understands relationships among organisms and their physical environment
- Understands biological evolution and the diversity of life
- Understands the structure and properties of matter
- Understands the sources and properties of energy
- Understands the nature of scientific inquiry

Source: McREL compendium of national science standards. To view and search the compendium, visit: www2.mcrel.org/compendium/browse.asp.

Language Arts Standards
- Students apply a wide range of strategies to comprehend, interpret, evaluate and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and of other texts, their word identification strategies, and their understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics)
- Students adjust their use of spoken, written and visual language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes
- Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes
- Students use a variety of technological and information resources (e.g., libraries, databases, computer networks, video) to gather and synthesize information and to create and communicate knowledge
- Students use spoken, written and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion and the exchange of information)

Source: IRA/NCTE Standards for the English Language Arts. To view the standards, visit: www.ncte.org/standards.