



ABILYMPICS SHOWCASE 2024

COOKING

Friday April 12th, 2024

NSCC Akerley Campus

Assignment

Participants will prepare and present a healthy and exciting meal using various techniques and professional equipment. The task is to prepare a filled, 3-egg Omelette, to be served with Tomato Salsa on the side.

Equipment

All recipes, kitchen equipment, serving dishes and ingredients will be provided.

Requirements

Participants will be expected to wear non-slip, closed-toe shoes.

An apron, shoe covers and a hair net will be provided.

Participants will be required to clean their workstations after completing the assignment.

Showcase Schedule

Friday, April 12, 2024	Task
9:00 am – 9:30 am	Participants will be welcomed by the judges. They will receive a kitchen orientation and be provided with a workstation with all their ingredients.
9:30 am – 10:00 am	Assignment 1- Prepare a salsa
10:00 am-10:30 am	Clean up and reset the room
10:30 am -11:30 am	Group 1 - Assignment 2- Prepare an omelette Group 2 - Break/Optional tour of Competitions/Career Showcase
11:30 pm-12:00 pm	Clean up and reset the room
12:00 pm – 1:00 pm	Group 2 - Assignment 2- Prepare an omelette Group 1 - Break/Optional tour of Competitions/Career Showcase
1:00 pm – 2:00 pm	Judging & lunch
2:00 pm – 3:00 pm	Medal Ceremony

IMPORTANT NOTES

1. Participants will be provided with cooking equipment to practice with and use on the day. If a participant has taken home their kit to practice with, they are responsible for bringing it with them on April 12th.
2. SCNS will provide all ingredients for showcase day. Requests for additional omelette fillings or salsa ingredients must be requested by email by April 9th at ds.skillsns@gmail.com.
3. A snack during the break and lunch will be provided by SCNS.

Evaluation & Judging Criteria

Item / Task	Point Value
Personal & workplace hygiene (washing hands, wearing special clothing (gloves & apron), keeping work surfaces clean & tidy.	20
Presentation: style and creativity	20
Taste - Taste and flavor overall balance	50
The texture (consistency) of each component of the dish	10
TOTAL POINTS	100