



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.

Competition Schedule

Friday, March 28 th , 2025	Task
9:00 am – 9:30 am	Participants will be welcomed by the judges. They will receive a kitchen orientation, sorted into group one or group two, and be provided with a workstation with all their ingredients.
9:30 am – 10:00 am	Group 1 and Group 2- Prepare a salsa
10:00 am-10:30 am	Clean up and reset the room
10:30 am -11:30 am	Group 1 - Prepare an omelette Group 2 – Lunch at 11 Break/Optional tour of Competitions/Career Showcase
11:30 pm-12:00 pm	Judging for Group 1 & kitchen reset
12:00 pm – 1:00 pm	Group 2 - Assignment 2- Prepare an omelette Group 1 – Lunch at 12 -Break/Optional tour of Competitions/Career Showcase
1:00 pm – 2:00 pm	Judging for Group 2, kitchen cleanup & lunch
2:00 pm – 3:00 pm	Pizza Party and Medal Ceremony

IMPORTANT NOTES

1. Participants will be provided with some 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 March 28th.
2. SCNS will provide all ingredients for competition day. Requests for additional omelette fillings or salsa ingredients must be requested by email by March 24th at dominiquepetitpas@skillsns.ca
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