



ABILYMPICS 2026

Contest Description

1. Contest Area: Cooking

Post-Secondary

Schedule:

DATE		LOCATION
TIME	TASK	
10:00 AM – 10:40 AM	Welcomed by judges, event overview, kitchen orientation, safety briefing. Participants are divided into Group A and Group B. Workstations assigned with ingredients and Black Box Item revealed.	
10:45- 11:30	Group A Prepares their soup using the provided ingredients. Group B Heads to Flex space for a TAT or observes competition	
11:30 – 12:00	Group A Clean and Reset workstations. Judges taste and prepare for next phase. Group B returns	
12:00 – 12:45	Group B Prepares their soup using the provided ingredients. Group A Heads to lunch	
12:45-1:15	Group B Clean and Reset workstations. Judges taste and prepare for next phase. Group A returns	
1:15-2:15	Group B heads to lunch, Group A makes Grilled cheese	
2:15 -2:30	Group A clean and reset workstations. Judges taste and prepare for next phase. Group B Returns	
2:30-3:15	Group B Prepares Grilled cheese. Group B heads to flex space for a TAT workshop or observes competition	
3:15 -4:30	Group A clean and reset workstations. Judges taste and meet to discuss judging scores	
4:30 -5:30	Pizza Party and Medals Ceremonies	

2. Purpose of the Contest



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The purpose of this competition is to provide participants with an engaging and supportive opportunity to demonstrate their culinary skills, creativity, and professionalism.

Competitors will prepare and present a healthy and comforting meal. This event is designed to encourage participants to showcase their knowledge of food preparation techniques, flavour balance, and presentation while maintaining a clean and organized workspace, focus on health, safety, and accessibility in the kitchen.

3. Criteria

Participants will prepare and present a healthy and exciting meal using various techniques and professional equipment. The task is to prepare Chicken Noodle Soup, served with a Grilled Cheese Sandwich on the side. “Black Box” (Mystery Items Necessary to create and prepare a Grilled Cheese Sandwich).

4. Number of Stations / Allocations

There will be five Cooking Stations and two groups: Group A and Group B. Skills Canada – Nova Scotia will provide all ingredients for competition day. If you have a special ingredient you would like to add please ensure this ingredient is submitted to Accessibility Services Coordinator: dominiquepetitpas@skillsns.ca a minimum of 2 weeks prior to the competition.

5. Skills & Knowledge to be Tested

Participants will be evaluated on their culinary knowledge, technical skills, and creativity. They must demonstrate safe food-handling practices, effective use of professional equipment, and strong time management while preparing a healthy and flavourful Chicken Noodle Soup and Grilled Cheese Sandwich. The competition also tests their ability to adapt, innovate, and creatively present their dishes using mystery ingredients in the Grilled Cheese “Black Box” challenge.

6. Prerequisites

Be a member of one of the six participating partnering programs: NSCC Achieve IT, NSCC Achieve Akerley, Achieve Truro, The Prescott Group, Building Futures & Steps on Arthur.

7. Equipment & Clothing

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 March 27, 2026.



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

8. Evaluation & Judging Criteria

POINT BREAKDOWN	/ 100
Personal & Workplace Hygiene: Washing hands, wearing special clothing (gloves & apron, hair tied back), keeping work surfaces clean & tidy.	20
Presentation - Style and Creativity: Visual appeal, plating technique, creativity in presentation, colour contrast.	25
Taste - Flavour and Balance: Overall taste, seasoning, balance of flavours, aroma.	35
Texture - Consistency: Correct doneness, mouthfeel, consistency of each component (sauce, protein, garnish, etc.)	20
TOTAL	_____/100

No ties are permitted

9. Additional Information

A snack during the break and lunch will be provided by SCNS. If you have any questions do not hesitate to reach out to PTC.

10. PTC Contact Information

Name	Employer	Email
Cameron Laing		cameronlaing87@gmail.com



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