LEVEL UP 2026 - 2027

NYS SkillsUSA



PURPOSE

To evaluate each contestant's preparation for employment and to recognize outstanding students for excellence and professionalism to demonstrate basic skills in the field of food preparation.

ELIGIBILITY

Open to active SkillsUSA members enrolled in a program and teaching basic level food service skills on the secondary level. Must provide the Basic Participator form stating that the contestant is classified under the provisions of Public Law 105-17, Individuals with Disabilities Education Act, 1997, is required for participation. The eligibility form is to be emailed to Angel Mead at amead@nysskillsusa.org by April 1, 2027. This form can be found on the nyssskillsusa.org website under forms. The contestant will have to take the SkillsUSA Knowledge (PDT). There is an item identification assessment at the orientation meeting.

CLOTHING REQUIREMENTS

NYS Kitchen Area Attire:

- All identifying markings or names must be covered on chef's uniform.
- 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) (oil resistant)
- White apron
- Side-towels (if needed)
- Hairnet or hair pinned up (if hair

Food handlers' gloves
No jewelry is allowed (facial or otherwise).
Earrings are not permitted even if covered by a bandage.

A single watch is the only jewelry that will be allowed during the orientation and contest period.NO SMART WATCHES. Watches should be kept on your worktable or in your pocket. Note: Contestants must wear their contest clothing to the contest orientation meeting.

Note: **Contestants must wear their contest clothing to the contest orientation meeting. Also bring their basic form, resume, Conference program, safety assurance and basic forms.**

DEVICES

Cell phones or other electronic devices are not approved by the NYS Chairperson will be collected by the contest chair during the competition. Chairpersons will announce their acceptance by listing it on their standard or at the orientation meeting. In case of eemergencies advisors should allow the competitors to take their phones to the contest areas.

If the competitor uses their device in a manner which compromises the integrity of the competition, the competitor's score may be penalized.

EQUIPMENT AND MATERIALS

Equipment and Materials

1. Supplied by the contest chairperson:
   a. All information necessary for the contestant and judges.
2. Supplied by the contestant:
   a.8 or 10 inch plate for plate presentation
   b.Competitors must bring a twin burner electric hot plate set up to cook on. No Butane or Gas, no induction burners, no 220v burners, no single burners (unless you only want to work with one burner) No one gets two electric connections.
   c. 15 ft extension cord
   d. No electric hand tools or other electric equipment will be allowed.
   e. Please be sure to check the NYS website for updates and projects: https://www.nysskillsusa.org.

All competitors must create a one-page résumé and submit a hard copy at orientation. Failure to do so will result in a 10-point penalty.
"Note: Your resume may be judged as part of your contest" Check the Contest Guidelines and/or the updates page on the NYS SkillsUSA Web site: https://www.nysskillsusa.org

3. <u>Supplied by the contestant as needed:</u>

a. French knife
b. Vegetable peeler
c. Paring knife
d. Cutting board
e. Kitchen spoon slotted
f. Wire whisk
g. 2 Stainless steel bowls
h. 1 set measuring spoons
i. 1 set measuring cups
j. 4 oz. Ladle
k. 1 small salad spinner
l. 1 small China cap
m. 2 rubber spatulas
n. Small handheld strainer
o. 2 disposable aluminum ½ size hotel pan
p. 1- ½ size sheet pan
q. 2 Side towel

r. Food handler gloves, vinyl, or latex
s. 2- 2 qt. saucepan
t. 1 - 9 or 10-inch sauté pan
u. 1 - unbreakable liquid measuring cup 8oz.
v. Pen or pencil
w. Timer or watch
x. 12 disposable 16 oz. containers for mise en place
z. 1 - Instant read chef's thermometer.

4. All contestants are required to bring one, two burner electric cook top and one outlet 8-foot Extension cord (minimum length).
5. Contestants must bring a 3x5-index card with the name of the contest, contestant's name, and home address, name of the CTE center, advisor/chaperone, and their cell phone.
6. Contestants will not be allowed to bring or use any pieces of equipment or food not listed on these guidelines

Scope of the Contest:
Contestants shall be given recipes or directions explaining the tasks to be performed. Verbal instructions will also be given when needed. Students should bring an assistant to read to them if necessary, following the rules set by SkillsUSA NY.
The Contest projects will be listed on website. So please be sure to check the NYS website: http://www.nysskillsusa.org **Here are some of the possible projects/topics:**

- Demonstrate common knife cuts
- Identify common herbs and spices
- Identify common commercial tools and equipment
- Produce a basic soup with garniture
- Prepare a basic bound salad with garniture
- Demonstrate knowledge of safe food handling techniques
- Work in an organized and professional manner (mise en place)
- Demonstrate good kitchen safety practices

1. The contestant will be given a predetermined selection of all food items. Ingredients burned or damaged by the contestant will not be replaced.
2. The contest will be the actual preparation of food and arrangement of food on plates and in dishes for serving.
3. The finished projects will be arranged, garnished, and displayed on a single platter (provided by the chairperson). Judges may elect to taste the finished projects depending on the time available.
4. Contestants should be familiar with common kitchen terminology.
5. Safety and sanitation are our most important concerns.
6. The chairperson(s) will determine which activities will be performed each year.

Spicy Chicken Wrap with Herbed Potato Salad

1 serving

Ingredients	Method
4 oz chicken breast 2 oz swiss cheese ¼ cup mayonnaise 1 teaspoon sriracha 2-3 leaves lettuce, chiffonade Tomato, 3 slices Flour tortilla, 1 each	1. Pound chicken breast before cooking 2. Season with oil, salt and pepper 3. Pan sauté chicken breast to proper temperature 4. Let chicken breast rest, then slice 5. Mix mayonnaise and sriracha 6. Prepare chicken wrap, cut in half on a bias 7. Present on a plate with herbed potato salad

Herbed Potato Salad

Ingredients	Method
• ½ tsp. Chives, fresh, minced • ½ tsp. Basil, fresh, minced • 1 small clove Garlic, minced • 1 ½ tsp. Parsley, fresh, minced • 1 ½ tsp. Red onion, minced • 1 tsp. Dijon mustard • Salt and black pepper to taste • 1 ½ tsp. Apple cider vinegar or white wine vinegar • 2 Tbs Olive oil • 1 each Yukon Gold potato	1. Wash & peel potato 2. Cut potato into a large dice, boil until tender 3. While potato is cooking, prepare the dressing 4. Once potatoes are cooked, drain and let cool 5. Coat potatoes with dressing.