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**BRITISH
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worldskills Pakistan

National Skills Competition 2026

Competitor Preparation Guidelines

Trade Name: Cooking

Competition Dates: May 12-13, 2026

Competition Venue: NAVTTC CoE, Islamabad

1. Scope of Preparation

Competitors should prepare in the following areas:

1.1. Hot Kitchen (Savory Cooking)

- Preparation of single and multi-component hot dishes
- Protein cookery (poultry, fish, and meat basics)
- Starch and vegetable accompaniments
- Basic and contemporary sauce preparation
- Temperature control and seasoning balance

1.2. Cold Kitchen (Bakery & Pastry)

- Basic baking techniques and product preparation
- Shortcrust and batter-based preparations
- Baking temperature and texture control
- Portioning, cutting, and finishing techniques

1.3. Culinary Skills

- Knife skills and precision cutting
- Mise en place and workstation organization
- Ingredient preparation and handling
- Basic kitchen operations and workflow management

1.4. Sensory Skills

- Identification of ingredients through taste, smell, and appearance
- Recognition of herbs, spices, dairy, and pantry items
- Basic palate development and flavor understanding

1.5. Hygiene & Safety Practices

- Personal hygiene and professional appearance
- Safe use of kitchen tools and equipment
- Prevention of cross-contamination
- Clean and organized working environment
- Compliance with food safety standards

1.6. Work Organization

- Time management during preparation and execution
- Efficient workflow planning
- Minimization of waste
- Task prioritization under pressure

2. Nature of Competition Tasks

Tasks may include:

- Preparation of hot and cold culinary items
- Application of basic and intermediate cooking techniques
- Baking or pastry-based production
- Sensory identification exercises
- Execution of time-bound culinary tasks
- Demonstration of hygiene and professional kitchen practices

3. Assessment Criteria

Evaluation will be based on:

- Hygiene, safety, and discipline
- Taste, texture, and product quality
- Presentation and plating
- Technical skill and accuracy
- Work organization and efficiency
- Time management and task completion

4. Important Notes

- Competition duration will be time-bound and intensive (approximately 6–8 hours)
- Tasks are designed to test accuracy, speed, and consistency
- Competitors may face variations in task requirements
- Emphasis will be on professional kitchen standards and execution under pressure
- Assessment will follow international WorldSkills standards