

CULINARY ARTS

2021-2022

STAR EVENT

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Culinary Arts, an *individual event*, recognizes participants enrolled in a Family and Consumer Sciences culinary arts industry training program for their ability to produce a quality meal using industry culinary arts/ food service techniques and equipment. Participants must **develop a plan** for the time allotted, **prepare menu items**, and **present their prepared items** to evaluators. The competition menu will be provided by **February 1st**.

NEW JERSEY LEARNING STANDARDS

- RI.11-12.7 Integrate and evaluate multiple sources of information presented in different media or formats (e.g., visually, quantitatively) as well as in words in order to address a question or solve a problem.
- SL.11-12.4 Present information, findings, and supporting evidence, conveying a clear and distinct perspective, such that listeners can follow the line of reasoning, alternative or opposing perspectives are addressed, and the organization, development, substance, and style are appropriate to purpose, audience, and a range of formal and informal tasks.
- HSG-MG.A.3 Apply geometric methods to solve design problems (e.g., designing an object or structure to satisfy physical constraints or minimize cost; working with typographic grid systems based on ratios).
- 9.3.12.AR-VIS.2 Analyze how the application of visual arts elements and principles of design communicate and express ideas.
- 9.3.12.AR-VIS.3 Analyze and create two and three-dimensional visual art forms using various media.
- 9.2.8.CAP.9: Analyze how a variety of activities related to career impacts postsecondary options.
- 9.2.8.CAP.12: Assess personal strengths, talents, values, and interests to appropriate jobs and careers to maximize career potential.
- 9.2.8.CAP.16: Research different ways workers/ employees improve their earning power through education and the acquisition of new knowledge and skills.
- 9.2.12.CAP.2 Develop college and career readiness skills by participating in opportunities such as structured learning experiences, apprenticeships, and dual enrollment programs.
- 9.2.12.CAP.6 Identify transferable skills in career choices and design alternative career plans based on those skills
- 9.4.8.CI.4: Explore the role of creativity and innovation in career pathways and industries
- 9.4.12.CI.1 Demonstrate the ability to reflect, analyze, and use creative skills and ideas.
- 9.4.12.CI.3 Investigate new challenges and opportunities for personal growth, advancement, and transition
- 9.4.12.CT.1 Identify problem-solving strategies used in the development of an innovative product or practice.
- 9.4.12.CT.2 Explain the potential benefits of collaborating to enhance critical thinking and problem-solving.
- 9.4.12.IML.3 Ask insightful questions to organize different types of data and create meaningful visualizations.
- 9.3.HT-RFB.1 Describe the ethical and legal responsibilities in food and beverage service facilities.
- 9.3.HT-RFB.2 Demonstrate safety and sanitation procedures in Food and Beverage service facilities.
- 9.3.HT-RFB.4 Demonstrate leadership qualities and collaboration with others.
- 9.3.HT-RFB.9 Describe career opportunities and qualifications in the restaurant and food service industry.
- 9.3.HT-RFB.10 Apply listening, reading, writing and speaking skills to enhance operations and customer service in food and beverage service facilities.

MATHEMATICAL PRACTICES

1. Make sense of problems and persevere in solving them.
2. Reason abstractly and quantitatively.
3. Construct viable arguments and critique the reasoning of others.
4. Model with mathematics.
5. Use appropriate tools strategically.
6. Attend to precision.
7. Look for and make use of structure.
8. Look for and express regularity in repeated reasoning.

CAREER READY PRACTICES

- ✓ Act as a responsible and contributing citizen and employee.
- ✓ Apply appropriate academic and technical skills.
- ✓ Communicate clearly and effectively with reason.
- ✓ Consider the environmental, social and economic impacts of a decision.
- ✓ Demonstrate creativity and innovation.
- ✓ Employ valid and reliable research strategies.
- ✓ Utilize critical thinking to make sense of problems and persevere in solving them.
- ✓ Model integrity, ethical leadership and effective management.
- ✓ Use technology to enhance productivity.
- ✓ Work productively in a team while using global competence.

NATIONAL STANDARDS FOR FAMILY AND CONSUMER SCIENCES EDUCATION

- 8.2.2 Employ food service management safety/sanitation program procedures, including CPR and first aid.
- 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods.
- 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.
- 8.5.3 Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.
- 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.
- 9.5.3 Prepare food for presentation and assessment.
- 9.5.6 Conduct sensory evaluations of the food products.
- 9.6.4 Create standardized recipes.
- 14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.
- 14.4.1 Analyze conditions and practices that promote safe food handling.

EVENT LEVEL

Level 3: Participants in grades 11 – 12

ELIGIBILITY

1. A chapter may register two (2) entries in this event.
2. An entry is defined as one (1) participant.
3. Participation is open to any affiliated FCCLA member in grades 11 – 12.
4. Participants must be or have been enrolled in a Family and Consumer Sciences culinary arts industry training program. Programs which meet this requirement may be determined by the state adviser. Students enrolled in general food and nutrition courses not preparing them for a career or employment in culinary arts are **not** eligible.

PROCEDURES & REGULATIONS

1. Participants should be prepared for any culinary challenge, as the menu will be provided. One (1) menu and all required recipes and ingredients will be provided and prepared on-site at the competition. The menu will be provided by **February 1st**.
2. An equipment and tool requirements list will be sent to participants after the registration form is received by State Headquarters. Only items on the list may be brought to the event. Any necessary large equipment will be provided.
3. Participants will receive a separate score for demonstrating three (3) distinct knife skills. The knife skills demonstration will be integrated into the competition recipes, but a portion of the cut food will be set aside for the judges to use as evidence in the scoring process.

4. Each team must complete the online project summary form located on the “Surveys” tab of the FCCLA Portal and provide signed proof of submission at the assigned participation time.
5. All food will be provided. Identical food items will be available to each *team*. No other food products, garnishes, or condiments may be brought to the event.
6. Participants will work in teams of two or three (2-3) but will receive individual scores on their personal appearance and food production. The teams will be assigned at the competition site.
7. Spectators may not observe any portion of this event.
8. Three (3) participants may be chosen to represent New Jersey at the National Leadership Conference.

Participants will report to the designated Culinary Arts site on the specified date with all required equipment and wearing appropriate, clean attire. Individuals will turn in a prepared time management plan prepared on the published menu. Teams of 2 to 3 individuals will be given a menu and all required recipes and ingredients. Each participant must have a responsibility in preparing the required items.

20 minutes	Participants will take the Culinary Arts Knowledge Test prior to the competition. Participants will have twenty (20) minutes to complete the test.
20 minutes	Uniform and equipment inventory check. Time management plan returned at the end of equipment check.
20 minutes	Identical food items will be available to each team. No other food products, garnishes, or condiments may be brought to the event. Participants will have twenty (20) minutes to organize their work area, obtain supplies, and adapt the time management plan, if required. Examples of allowable activities include placing equipment, verifying oven temperatures, measuring products, and clean/wash products. No products may be cut, peeled, sliced, etc.
60 minutes	Participants will have sixty (60) minutes to prepare required food products according to the recipe specifications.
10 minutes	After sixty (60) minutes, participants will present two (2) plates for evaluation of appearance, taste, texture, and temperature.
15 minutes	Participants will have fifteen (15) minutes to clean up their workstations and return unused food to the central station.

Following the presentation, evaluators will have the opportunity to ask questions of the participant.

Evaluators will use the rating sheet to score and write comments for each participant throughout the session by observing their work habits, techniques, development and use of planning sheet, product presentation, appearance, taste, and creativity. Then, evaluators will meet with each other to discuss participants' strengths and suggestions for improvement.

General Information

Individual or Team Event	Prepare Ahead of Time	Participant Set Up/ Prep Time	Maximum Oral Presentation Time	Equipment Provided	Electrical Access
Team	Equipment	30 minutes for planning	60 minutes for food production	Large equipment, food	Not provided

Presentation Elements Allowed

Audio	Costumes	Easel(s)	File Folder	Large Newsprint Chart(s)	Portfolio	Props/ Pointers	Skits	Presentation Equipment	Visuals
	Chef attire required								

CULINARY ARTS SPECIFICATIONS

Uniform and Appearance

Participants will be well groomed and wear appropriate, clean attire meeting the following standards:

Uniform	Clean and appropriate <i>uniform</i> including <i>professional</i> chef attire (chef coat/jacket – school name and logos are permitted); industry pants or commercial <i>uniform</i> pants; apron; hair covering or chef hat; closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate).
Jewelry and Personal Hygiene	Facial jewelry is concealed with bandages. No additional jewelry, with the exception of a watch, is allowed. Facial hair is permitted if appropriate covering is used. Hair is properly restrained with hairnet if hair extends past the neckline. Minimal makeup, no cologne or nail polish.

Safety and Sanitation

Participants, and their work areas, are kept sanitary and organized, meeting the following standards:

Safety and Sanitation	Workstation is kept neat, clean and organized in a safe and sanitary manner. Hand washing is done frequently. Food contact surfaces are cleaned and sanitized frequently. Proper knife safety is demonstrated, and small equipment is handled properly, according to industry standards. Complete final cleanup and return supplies after event within designated time period.
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Knife Skills

The skills to be demonstrated will be revealed to participants on site. Therefore, students will need to be prepared for a vast number of specific knife skills. The individual knife skills scores part of the participant's score. The score from this portion of the event will be added to the remainder of the competition.

Knife Skills	Demonstrate skilled use of knife in relation to 3 specific cuts. These cuts may include but will not be limited to: Dice, mince, julienne, brunoise, baton, etc. Safety and sanitation will be part of the judging process.
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Team Organization

Participants will have twenty (20) minutes after receiving recipes to work with their team member to adapt their time management plan using the provided planning sheet, obtain supplies, and organize work area. Participants will work in teams of 2 or 3 making sure that all participants have responsibility in the production of all the menu items.

Time Management Plan	Work cooperatively with team members to divide duties, make a clearly written and accurate time schedule, develop a sequential plan for completing tasks efficiently, and follow directions of recipes in proper sequence.
Teamwork and Organization	Work as an effective, contributing team with workload evenly distributed among team members. Each member displays technical and leadership skills. Mise en place is well executed.

Food Production

Participants will have sixty (60) minutes to prepare food products and garnish. Participants should be proficient in the preparation of a minimum of three food products. Any of the following food products may appear on the menu: appetizers, sauces, soups, vegetables, salads, breads, sandwiches, beverages, entrees and/or desserts. Participants may bring only the items listed on the provided required equipment list to the event. No other smallwares or equipment will be allowed in the competition site. Additional items will be removed from the participants until after they have finished competing. Participants will demonstrate industry standards in the use of equipment, tools and techniques. Participants will follow directions and recipes to prepare food products that meet industry standards for appearance and taste.

Equipment, Tools and Techniques	Use proper equipment, tools, products, vocabulary and techniques in the preparation of food products and garnishes. Use proper amount of product in food production and incorporate usable by-products or return to safe storage.
Timeline	Timeline is used and is accurate.
Shared Workload and Time Efficiency	Complete all tasks efficiently within the time allowed. Members evenly share the workload; equally contribute to the completion of the tasks and display technical and leadership skills. It is the responsibility of the individuals to show the judges as many skills as possible. This may mean that the participants change roles in the middle of preparation. The judges can ask teams to switch tasks during the competition so that they can see each participant's culinary skills.
Use of Products	Follow direction of recipes in proper sequence, amounts, and preparation. Incorporate usable by-products into recipes, if appropriate.
Mise en Place	Work as an effective, contributing <i>team</i> and display organizational skills. Mise en place is well executed.

Food Taste and Presentation

Each *team* will prepare two (2) identical plates that have been attractively garnished. The *participants* will present all plates for evaluation of appearance, taste and temperature at the end of the sixty (60)-minute period. The judges may extend time for the entire competition if the situation warrants an extension. The additional time will be given to every team. All work must stop at the sixty (60)-minute time limit or when the judges call time. Evaluation will be based on industry standards.

Plating and Presentation	Prepare two (2) plates consistently, with appropriate portion size, functional garnish, and visual appeal.
Taste, Texture and Seasoning	Food items are prepared with appropriate color, texture, flavor, mouth feel, and appropriate seasoning and balance.
Cooking Methods and Technique	Preparation of product utilizing proper cooking methods and techniques. All food is served at safe and proper temperatures and with appropriate consistency. Maillard reaction is properly executed, as required by recipe.

Culinary Arts Rating Sheet

Names of Participants _____

School _____ Level _____

INSTRUCTIONS: Write the appropriate rating in the “Score” columns. Make comments to help participants identify their strengths and areas for improvement. Use the back of the sheet if necessary.

Evaluation Criteria	Very					Score	Comments
	Poor	Fair	Good	Good	Excellent		
CULINARY ARTS KNOWLEDGE TEST							
Knowledge Test	0-2	3-4	5-6	7-8	9-10		
KNIFE SKILLS							
Demonstrates 4 techniques with skill and safety	0-1	2	3	4	5		
SAFETY AND SANITATION							
Safety: Station is neat and organized, all knives and small equipment are handled safely and properly.	0-2	3-4	5-6	7-8	9-10		
Sanitation: Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing. Professional Appearance: attire, shoes, acceptable hair restraint, no jewelry, etc.	0-2	3-4	5-6	7-8	9-10		
FOOD PRODUCTION							
Effective use of equipment, tools and techniques	1	2	3-4	5-6	7-8		
Workload Shared and Time Efficiency	0-1	2	3	4	5		
Mise en Place and Organizational Skills	0-1	2	3	4	5		
Use of Products	0-1	2	3	4	5		
FOOD ITEM #1							
Plating & Presentation	0	1	2	3	4		
Taste, Texture & Seasoning	0-1	2	3	4	5		
Cooking Methods & Technique	0-2	3-4	5-6	7-8	9-10		
FOOD ITEM #2							
Plating & Presentation	0	1	2	3	4		
Taste, Texture & Seasoning	0-1	2	3	4	5		
Cooking Methods & Technique	0-2	3-4	5-6	7-8	9-10		
FOOD ITEM #3							
Plating & Presentation	0	1	2	3	4		
Taste, Texture & Seasoning	0-1	2	3	4	5		
Cooking Methods & Technique	0-2	3-4	5-6	7-8	9-10		

Total Score _____

Score Sheet Totals 115 Points

Verification of Total Score (please initial)

Evaluator _____

Room Consultant _____

Lead Consultant _____

Name of Member	School
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Name of Member	School
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Name of Member	School
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