

The Luncheon Menu Competitive Event is a State Event conducted at the NJ FCCLA State Leadership Conference. It is an ***individual*** event that combines creativity, knife skills, food safety, sanitation, preparation, and nutrition knowledge with an artistic presentation. Participants must plan a nutritionally well-balanced ***luncheon menu***, create one (1) ***plated presentation item***, and provide a ***coordinated beverage***. For the 2022 State Leadership Conference, all participants will create an **Entree Salad with a Cultural Twist**.

NEW JERSEY LEARNING STANDARDS

SLSA.R4	Interpret words and phrases as they are used in a text, including determining technical, connotative, and figurative meanings, and analyze how specific word choices shape meaning or tone.
SLSA.R7	Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.
W.11-12.8	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation.
SL.9-10.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with peers, building on others' ideas and expressing their own clearly and persuasively.
SL.9-10.6	Adapt speech to a variety of contexts and tasks, demonstrating command of formal English.
L.11-12.1	Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
9.2.8.CAP.3	Explain how career choices, educational choices, skills, economic conditions, and personal behavior affect income.
9.2.12.CAP.6:	Identify transferable skills in career choices and design alternative career plans based on those skills
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.
9.2.8.CAP.18	Explain how personal behavior, appearance, attitudes, and other choices may impact the job application process.
9.4.12.CI.3	Investigate new challenges / opportunities for personal growth, advancement, and transition.
9.4.8.CI.4:	Explore the role of creativity and innovation in career pathways and industries
9.4.8.IML.3	Create a digital visualization that effectively communicates a data set using formatting techniques such as form, position, size, color, movement, and spatial grouping.
9.4.8.IML.7	Use information from a variety of sources, contexts, disciplines, and cultures for a specific purpose.
1.2.12acc.Cr1b	Organize and design artistic ideas for media arts productions.
1.2.12prof.Cn10a	Access, evaluate and integrate personal and external resources to inform the creation of original media artworks, such as experiences, interests and cultural experiences.
9.3.HT-RFB.1	Describe 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.

CAREER READY PRACTICES

- ✓ Apply appropriate academic and technical skills.
- ✓ Attend to personal health and financial well-being.
- ✓ Communicate clearly and effectively with reason.
- ✓ Demonstrate creativity and innovation.
- ✓ Employ valid and reliable research strategies.
- ✓ Use technology to enhance productivity.
- ✓ Utilize critical thinking to make sense of problems and persevere in solving them.
- ✓ Model integrity, ethical leadership, and effective management.

NATIONAL STANDARDS FOR FAMILY AND CONSUMER SCIENCES

- 8.2.1 Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.
- 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.
- 8.5.9 Prepare sandwiches, canapes and appetizers using safe handling and professional preparation techniques
- 8.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.
- 14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.
- 14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.

EVENT CATEGORIES

- Junior:** Participants in grades 6 – 8
Senior: Participants in a comprehensive program in grades 9 – 12
Occupational: Participants in an occupational program in grades 9 – 12

ELIGIBILITY

1. Each chapter may submit one (1) participant for every twelve (12) affiliated members with a maximum of four (4) participants in each event category.
2. An entry is defined as one (1) participant.
3. An event category is determined by a member's grade in school and affiliation status.
4. Participation is open to any affiliated FCCLA member.

PROCEDURES & REGULATIONS

1. Each participant must bring all supplies, preparation equipment, food items from the ingredient list, and table appointment materials. **Absolutely no food, equipment, supplies, etc. may be shared among participants.**
2. Each participant is limited to the ingredients found on the Ingredient List. Each participant must select ingredients from the list provided. Due to the inclusion of a "cultural twist", participants can petition the state office through email to include ingredients not on the list. This request must be sent prior to March 1, 2022. A copy of the email must be available to the judges during the judging process at the State Conference.
3. Each participant must bring a small ice chest/cooler to keep perishable food items fresh and free from spoiling.
4. Each participant will create an **Entrée Salad with a Cultural Twist**, which is meant to be one (1) serving for one (1) person.

5. Each participant will display and garnish the plate in a manner appropriate to the product. Display of the product must be on a surface (i.e. plate/bowl) no larger than fourteen (14) inches in diameter for a round plate/bowl, or fourteen (14) inches across the widest part of a plate/bowl of any other shape.
6. **No food preparation or garnishes may be completed prior to the event.** This is a cold food preparation event. Because there is no heat source available, all ingredients that require cooking such as fried bacon, hard cooked eggs, etc. must be completed prior to the event. Because there is no water source, foods that require washing must be washed ahead of time. All other preparation must be done at the event. Vegetables and fruits cannot be peeled or sliced prior to the competition. Product must be assembled at the time of the event.
7. All components of the entry items must be “handmade” from raw ingredients when possible.
8. All garnishes must be cut, prepared, and arranged on site so that the judges can see the work and knife skills applied. Garnishes may not be pre-made at school or at home and then incorporated into the presentation.
9. No warming or heating devices of any kind will be allowed.
10. Electrical outlets and water will not be available. **Each participant must supply his/her own water.**
11. Each participant must supply a typed **double-sided** five (5)-by-seven (7) inch index card. The card must be placed with the entry at the time of display, just prior to dismissal. On one (1) side, the complete luncheon menu should be listed. On the reverse side, the following information should be provided:
 - A. Participant’s Name
 - B. School Name
 - C. Chapter Name
 - D. Event Name (Luncheon Menu Showcase)
 - E. Event Category
 - F. The specific luncheon menu theme
- ** Food items listed on the menu other than the main entrée and the beverage are not considered by the evaluators.** For example, soups and desserts may appear in planning of an interesting and nutritious menu but are not actually prepared or part of the judging process.
12. After completing the entry preparation, each participant must conclude the event by arranging the individual table appointment in the allotted area. This should include table covering (individual cover), dinnerware, flatware, glassware, and table or centerpiece decoration to carry with the theme of the Luncheon Menu Showcase presentation.
13. Each participant must remain with the plated presentation until dismissed by the evaluators. Each participant should be prepared to answer questions from the evaluators regarding theme selection, selection of ingredients, preparation of food safety, and sanitation, etc. **No talking** is allowed between participants.
14. This event takes a total of fifty (50) minutes. The following is a suggested use of time:
 - Five (5) minutes for *station mise en place*. **No food production at this time.**
 - Thirty (30) minutes for preparation and plating. **Do not set up table cover during this time.**
 - Five (5) minutes for clean up.
 - Ten (10) minutes for cover set up.

15. *For purposes of safety and sanitation*, it is recommended that participants keep decorative items under the table and out of the work area. If a student has completed food preparation, they may plate their items and clean up their food production area using their extra time. Keep decorating to a minimum. Posters and poster boards distract from the table setting and are discouraged. Points are not given for unnecessary ornamentation. **The use of glitter will result in point deductions.** *Decorating must be limited to the last ten (10) minutes.*
16. Each participant is required to wear an apron or smock and restrain his/her hair with a total head cover (hat, net, etc.) and follow principles of sanitation. Each participant needs to understand and explain **the proper use of gloves** when preparing food.
17. Tasting of competition food is prohibited.
18. See the GENERAL RULES AND INFORMATION of these guidelines.

LUNCHEON MENU SHOWCASE SPECIFICATIONS

Organization and Sanitation

Personal Appearance	Neat and professional.
Safety and Sanitation	Perishable food items must be kept on ice and participants must use gloves as needed.
Work Area	Safe, sanitary, organized and efficient, with food and equipment handled appropriately.
Time Management	Effective use of time allotted; follows the time schedule provided.

Product

Preparation Skills	Handled equipment, especially knives, safely and effectively. Correct tools were used in the preparation of the entrée and garnish.
Knife Cuts	Clean and accurate.
Food Handling	Proper safety and sanitation precautions are taken. Gloves were used as needed.
Level of Difficulty	The entrée and garnish demonstrates a variety of techniques.
Food Presentation	The entrée and appropriate garnish have eye appeal and are neat and appetizing.
Creativity	The finished product is creative and has appropriate garnish.

Display

Table Appointments	Table set correctly, neat, appropriate and attractive; not overdone.
Menu	Menu is typed on the index card and fits within the guidelines of the "MyPlate" recommendations.
Index Card	Complete information and nutritionally balanced menu are listed on appropriate sides of index card.

Although this project will be presented in-person at the 2022 SLC, we recommend participants take pictures during practice sessions and create a storyboard with a full-page photo of the finished product. The storyboard should show the participant in action creating their Entre Salad with a Cultural Twist. The world is an uncertain place right now. If it becomes necessary to convert this event to a virtual format, the work of the participant will be documented for judging.

**2022 New Jersey FCCLA
Luncheon Menu: Entree Salad with a Cultural Twist
Ingredient List**

<u>Salad Ingredient List</u>		<u>Dressing Ingredient List</u>
<i>Select a maximum of 12 ingredients from this list to complete your salad:</i>		<i>Select any number of ingredients from this list to complete your dressing recipe:</i>
<u>Vegetables</u> Alfalfa Sprouts Asparagus Avocado Peppers (any variety) Broccoli Carrots (Any variety) Cucumbers (Any variety) Greens (Choice – Read Leaf, Boston, Frisee, Romaine, Spinach, Iceberg, Curley Chicory) Mushrooms (Choice – Button, Cremini, Enoki, Portobello) Olives (Choice – Green, Kalamata, Ripe) Pepperoncini Tomatoes (Choice of Red Tomatoes – Salad/Regular, Plum, Cherry, Grape, green) Bok Choy Sugar Snap Peas Radish Lemon Grass Nappa Cabbage Tamarind Leek Scallion Chives Watercress Corn	<u>Seafood/Nuts/Cheese</u> Cheese (Choice of any) Nuts/Seeds (Choice – Almonds, Cashews, Pecans, Pine nuts, Sunflower, Pumpkin, Walnuts) Proteins (3 ounces or less) Choice of the following: Edamame Bacon Chicken Tofu Egg (Hard Cooked) Seafood (Choice – Salmon, Tuna, Shrimp) Beans (Choice – Chickpeas, Kidney Beans, Black Beans) Legumes (lentils)	Balsamic Vinegar Canola Cider Vinegar Dijon Mustard Fresh Garlic Fresh Herbs Honey Lemon Juice Lime Juice Olive Oil Orange Juice Parmesan Cheese Plain Yogurt Red Wine Vinegar Romano Cheese Sunflower Wine Vinegar Sesame Oil Soy Sauce Rice Vinegar Fresh Ginger Assorted dry spices Black & White Sesame Seeds
<u>Fruit</u> (dried / fresh) Strawberries Pineapple Mango Apples Cranberries Citrus Fruit	<u>Grains</u> Barley Bulgur Couscous Cracked Wheat Farro Millet Quinoa Rice Rye Berry Spelt Tabbouleh Wheat Berry	

LUNCHEON MENU SHOWCASE RATING SHEET

Name _____ School _____

Check One Event Category: _____ Junior _____ Senior _____ Occupational

INSTRUCTIONS:

Write the appropriate rating under the "SCORE" column. Points given may range between 0 and the maximum number indicated. Where information is missing, assign a score of 0. Total points and enter under "TOTAL SCORE."

Evaluation Criteria	Very					Score	Comments	
	Poor	Fair	Good	Good	Excellent			
ORGANIZATION & SANITATION								
Personal appearance	0-1	2	3	4	5			
Safe, sanitary work area maintained; food and equipment handled appropriately	0-2	3-4	5-6	7-8	9-10			
Efficient organization of work area	0-1	2	3	4	5			
Effective use of time management; Follows time schedule	0-1	2	3	4	5			
PRODUCT								
Handled equipment, especially knives, safely and effectively	0-2	3-4	5-6	7-8	9-10			
Knife cuts were clean and accurate	0-2	3-4	5-6	7-8	9-10			
Proper food handling is used to provide a safe and sanitary product	0-2	3-4	5-6	7-8	9-10			
Difficulty demonstrated in preparation of finished product using a variety of techniques	0-2	3-4	5-6	7-8	9-10			
Entrée has eye appeal, neat and appetizing. The salad has an obvious cultural twist.	0-2	3-4	5-6	7-8	9-10			
Finished product is creative and has appropriate garnish	0-2	3-4	5-6	7-8	9-10			
DISPLAY AREA								
Table appointment/individual cover, neat, and attractive; not overdone	0-2	3-4	5-6	7-8	9-10			
Menu fits within the guidelines of “MyPlate” recommendations	0-1	2	3	4	5			

Total Score _____

Verification of Total Score (please initial)

Evaluator _____

Room Consultant _____

Lead Consultant _____

Circle Rating Achieved:

Gold: 90-100

Silver: 79-89

Bronze: 70-78