

The Cultural Food Fusion Competitive Event is a State Event conducted prior the NJ FCCLA Fall Leadership Connection. It is an *individual* or a *team* event that combines creativity, knife skills, food safety, sanitation, food preparation, and knowledge of food into a culinary innovation. Participants must identify traditional signature dishes from 2 distinctly different cultures and then transform it into a casual dining experience by reinventing it into a “food bowl” while still maintaining the essence of the original recipes.

### **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. Participation is open to any affiliated FCCLA chapter. Affiliation must be submitted by **November 1, 2022**.
2. A chapter may enter **three (3) entries** in each event category for this event.
3. An entry is defined as one (1) individual participant or one (1) team of no more than three (3) participants.
4. An event category is determined by the participants' grade in school and type of Family and Consumer Sciences program.

**PROCEDURES & REGULATIONS**

1. The “food bowl” recipes and file folder must be **planned, prepared, and compiled** by the participant(s) only.
2. Each entry will have an assigned digital folder to submit their project materials via Google Drive. A link to submit materials will be provided to the adviser upon competitive event registration. All entries must be submitted by **November 9, 2022**, and privacy settings must be viewable to anyone with the link.
3. Each entry must submit in the digital folder the following:
  - **A Project Identification Page**
    - Participant(s) name(s)
    - School Name
    - Chapter name
    - Event name (Cultural Food Fusion)
    - Event category
    - Project title
  - The **2 traditional cultural recipes** that are the basis of the project (from separate cultures)
  - Project Summary
  - Storyboard with 10 to 15 pictures

- 3 - 8x10” **Pictures** as described below.
  - New Cultural Fusion Recipe- “food bowl” that reinvents the traditional recipes
  - **Link** to video
4. The Project Identification Page should include:
    - ✓ Name(s) of Participant(s)
    - ✓ School Name
    - ✓ Chapter Name
    - ✓ Event Name (Cultural Food Fusion)
    - ✓ Event Category
    - ✓ Project Title
  5. Each entry starts with identifying 2 cultures with a specific signature recipe from each culture.
    - Explain the history of the dishes
    - Special ingredients that are required
    - When this dishes are typically served
    - Explain if these recipes are customarily part of a celebration
    - Look at the geography of the countries of origin
    - Describe how each recipe is representative of it’s country or region.
  6. Each participant must demonstrate proper safety and sanitation throughout this event.
  7. The original recipes do not need to be prepared if the dish is well known by the participants. If it is not common to the individual or team, it is advised that the process start with preparation of the of traditional cultural foods. Take pictures of the prepared recipes or find pictures of the traditional dishes. Provide an 8x10” picture of each of the cultural food/ dish that is the starting point of this event.
  8. Identify the cooking techniques that are part of the original recipes. Examine what subtle changes you can make to improve the nutritional value of the recipes and/or reduce the amount of time required in the preparation of the food. If the ingredients are difficult to obtain, you may need to find suitable substitutes.
  9. Create an innovative way to turn the recipes into a **food bowl**. You will put a spin in the recipes that creates “street food” without losing the integrity of the original recipes. The recipe you create must be unique and a representation of both distinctly different cultures. (For example, if the cultures selected typically use food bowls for their signature dishes, it would not be acceptable as it is not innovative.)
  10. Write your new recipe in a standard format being sure to include accurate measurements and step by step instructions. Provide a new name for the Cultural Food Fusion recipe.
  11. Prepare an (eight) 8-minute video demonstrating the preparation of your new Cultural Food Fusion recipe. Identify any changes you made to the cooking techniques or ingredients. Explain why the changes were incorporated into the new recipe. Demonstrate cooking techniques. Show how to plate, garnish, and serve this food bowl. During the video, be sure to show the work area. The participant must be obvious in the video with the participant in 50% of the frame.
  12. Identify someone who is familiar with the original recipes to assist you with the last part of your video. This person will play the part of a “food critic.” Have this person taste the new food fusion recipe and describe the flavors and textures. This “food critic” must compare to the original recipes to the innovative food fusion product in flavor and texture and how the new recipe has captured the essence of the traditional food item.
  13. Participants must take pictures of the process of making and presenting the Cultural Food Fusion recipe to create a storyboard. The storyboard may contain 10 – 15 pictures. It is the responsibility of the participant to show all elements of the competition to assist the evaluators in the judging process.

14. Four (4) additional pictures 8 X 10-inch pictures must be submitted
- A picture of the original, traditional dish of the first culture represented
  - A picture of the original, traditional dish of the second culture represented
  - A picture of the participant in the middle of the preparation process
  - A picture of the Cultural Food Fusion “bowl.”
15. 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.
16. See the GENERAL RULES AND INFORMATION of these guideline

## CULTURAL FOOD FUSION SPECIFICATIONS

### Digital File Folder

Each entry will submit one (1) digital folder that includes the following:

Project Identification Page	One 8½” x 11” page on plain paper, participant(s) must include participant(s) name(s), school, chapter name, event name, event category, and project title
Traditional Recipes	One 8½” x 11” page on plain paper (for each culture), provide the typed recipe. The recipe is in a standard format. (Since 2 cultures are represented, there will be 1 page for each culture.)
Project Summary	Provides a clear understanding of the process of transforming the traditional cultural food recipes into a food bowl that maintains the essence of the original recipes. Not to exceed 2 pages.
Storyboard	Take pictures of the participant(s) preparing the food bowl. Create a storyboard not to exceed 2 pages.
Close up Pictures	Four separate close-up pictures that are on 8½” x 11” plain paper. A picture of <u>each</u> of the original traditional dishes, a picture of the participant in the middle of the <u>preparation process</u> and picture of the Cultural Food Fusion plate.
New Cultural Fusion Recipe	The fusion recipe shows innovation that respects the original recipes. It is interesting and innovative. It is written in a standard format with steps that are prioritized in the order of execution. Standard measurements are used to provide accuracy. The recipe is clearly typed and well organized. The recipe should be easily reproduced.
Video	Create a video not to exceed eight (8) minutes demonstrating the process creating a new innovative Cultural Food Fusion recipe including the comments of a “Food Critic” after tasting and evaluating the food bowl.

**Project Summary-** Not to exceed 2 pages.

Selection of the original Cultural Recipes	Provided an interesting explanation of the recipes and why they were chosen. Explain the history of the recipe, when it is served, and the geographic region.
Ingredients	Explains the ingredients and how available these ingredients are in their community. What ingredients could be substituted? Identify the cost of preparing the recipes.
Cooking Techniques	What cooking techniques are used in the original recipes
Fusion	What changes can you make to improve these dishes in the creation of a food bowl? What techniques improve the nutritional value or time management? What is the cost of the fusion recipe?
Critical Analysis	What were the results? How can the final fusion be improved?
Integrity of the recipe	How were you able to maintain the integrity and essence of the traditional recipes in the modern fusion food bowl?

**Safety, Sanitation, Production,**

Personal Appearance	Neat and professional.
Safety and Sanitation	Perishable food items must be kept cold and participants must use gloves as needed.
Work Area	Safe, sanitary, organized and efficient, with food and equipment handled appropriately. <i>mise en place</i>
Time Management	Effective use of time
Knife Cuts	Clean and accurate.
Food Handling	Proper safety and sanitation precautions are taken. Gloves were used as needed.
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.

**Video Presentation**

The video presentation **may be up to eight (8) minutes** in length.

Quality of the video	The participant must be obvious in the video with the participant in 50% of the frame.
Preparation	Set up Station <i>mise en place</i> . Summarize major points of the demonstration
Methods or Techniques	Demonstrate preparation techniques
Plating	Show how to plate, garnish, and serve this food bowl.
Length of Presentation	The presentation should be an appropriate length within the eight (8) minute timeframe for the information presented.
Organization/Delivery	Deliver oral presentation in an organized, sequential manner
Voice	Speak clearly with appropriate pitch, tempo and volume.
Body Language/Clothing Choice	Use appropriate body language including gestures, posture. Wear appropriate clothing; Looks professional for the kitchen.
Grammar / Word Usage / Pronunciation	Use proper grammar, word usage, and pronunciation.

**Cultural Food Fusion Project Summary** (not to exceed 2 pages)

What are the original Recipes chosen?
What culture/country do they represent?
Why were these recipes selected?
What is the historical background of these recipes?
When are these dishes typically served? Are they a part of a celebration?
Describe how each of the recipes are representative of their country or region.
Identify ingredients that special to each culture?
If those ingredients are hard to acquire, what substitutes could be used?
What will be the name of the Cultural Food Fusion Recipe?
What is the cost of preparing 4 servings of each of the traditional recipes?
How could you reduce the cost of this recipe for the new Food Fusion item?
What cooking techniques are used in the traditional recipes?
What subtle changes can you make to the cooking techniques or the ingredients that will make this recipe more nutritious or less time consuming?
What is the cost of 4 servings of the new fusion recipe? Explain if there is a significant difference in cost.
What did the "food critic" think about your fusion item?
What could you do to "tweak" your recipe to further improve the results?
How have you maintained the integrity of the original recipes in your fusion item?

**CULTURAL FOOD FUSION RATING SHEET**

Name \_\_\_\_\_ School \_\_\_\_\_

Check One Event Category: \_\_\_\_\_ Junior \_\_\_\_\_ Senior \_\_\_\_\_ Occupational

Evaluation Criteria	Poor	Fair	Good	Very Good	Excellent	Score	Comments
<b>FILE FOLDER</b>							
Traditional recipes- clear and well written	0-1	2	3	4	5		
Project Summary - thorough and clear	0-1	2	3	4	5		
Cultural Food Fusion Recipe interesting and well written	0-2	3-4	5-6	7-8	9-10		
Close-Up Pictures and Storyboard good quality, visually explains the process	0-2	3-4	5-6	7-8	9-10		
Video - clear and thorough	0-1	2	3	4	5		
<b>PROJECT SUMMARY</b>							
Explanations are detailed and provide interesting information.	0-1	2	3	4	5		
Changes to the original recipes are identified with clear reasoning	0-1	2	3	4	5		
The transition - the traditional recipes to the Fusion Recipe are interesting and clear	0-2	3-4	5-6	7-8	9-10		
Critical evaluation- product is evaluated with possible recommendations for improvement	0-1	2	3	4	5		
<b>DEMONSTRATION (VIDEO AND PICTURES)</b>							
Handled equipment, especially knives, safely and effectively Knife cuts were clean and accurate Set up Station <i>mise en place</i>	0-1	2	3	4	5		
Proper food handling appears to provide a safe and sanitary product	0-1	2	3	4	5		
Fusion Recipe has eye appeal, neat and appetizing, using a variety of ingredients	0-2	3-4	5-6	7-8	9-10		
The fusion recipe retained the integrity of the original cultural recipes	0-2	3-4	5-6	7-8	9-10		
"Food Critic" thoroughly explains Taste of the Cultural Food Fusion dish	0-1	2	3	4	5		
Voice, body language, word usage, pronunciation	0-1	2	3	4	5		

Total Score \_\_\_\_\_

Circle Rating Achieved:

Gold: 90-100 Silver: 79-89 Bronze: 70-78

Verification of Total Score (please initial)

Evaluator \_\_\_\_\_

Room Consultant \_\_\_\_\_

Lead Consultant \_\_\_\_\_