

People do not eat only to obtain nutrients and ward off hunger and starvation. People's eating habits are strongly influenced by culture. International Food is an individual or team event (up to 3 people) that recognizes participants for their ability to research and explore a country of their choice through a focus on food. Participants are also recognized for their ability to prepare and execute a PowerPoint and a presentation, select significant recipes, and prepare one recipe for which the country is most famous.

**NEW JERSEY CORE CURRICULUM STANDARDS**

- L.11-12.2 Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.
- L.11-12.6 Acquire and use accurately general academic and domain-specific words and phrases, sufficient for reading, writing, speaking, and listening at the college and career readiness level; demonstrate independence in gathering vocabulary knowledge when considering a word or phrase important to comprehension or expression.
- RI.11-12.1 Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text, including determining where the text leaves matters uncertain.
- 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.
- W.11-12.1d Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.
- W.11-12.9 Draw evidence from literary or informational texts to support analysis, reflection, and research.
- SL.11-12.1c Propel conversations by posing and responding to questions that probe reasoning and evidence; ensure a hearing for a full range of positions on a topic or issue; clarify, verify, or challenge ideas and conclusions; and promote divergent and creative perspectives.
- 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.
- SL.11-12.6 Adapt speech to a variety of contexts and tasks, demonstrating a command of formal English when indicated or appropriate.
- 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 variety of sources, contexts, disciplines, & 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.
- 8.5.12 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.
- 14.4.1 Analyze conditions and practices that promote safe food handling.

### **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 member.
2. Each chapter may submit two (2) entries in each event category.
3. An entry is defined as one (1) individual participant or (1) team of no more than three (3) participants.
4. An event category is determined by a participant's grade in school and type of Family and Consumer Sciences program.

### **PROCEDURES & REGULATIONS**

1. Although, this is an in-person event, each entry will have both a “hard copy” and a digital folder. An assigned digital folder to submit the project materials via Google Drive will be provided to the adviser upon competitive event registration. All digital materials must be submitted by **March 15, 2022** and privacy settings must be viewable to anyone with the link.

2. Each entry must submit a digital file (in addition to the “hard copy” requirements) with the following information:
  - A. Project Identification Page
    - Participant(s) Name(s)
    - School Name
    - Chapter Name
    - Event Name (International Food)
    - Event Category
    - Project Title
  - B. PowerPoint Presentation
  - C. Recipes and Cuisine
  - D. Recipe and Storyboard
  - E. Summary Statements Form
  
3. The “hard copy” file folder will be submitted at the designated set-up time at the beginning of the State Leadership Conference (see the conference program for the exact time and location). The file folder must include one copy of the following materials in one (1) letter-sized file folder:
  - A. Project Identification Page
    - Participant(s) Name(s)
    - School Name
    - Chapter Name
    - Event Name (International Food)
    - Event Category
    - Project Title
  - B. PowerPoint Presentation
  - C. Recipes and Cuisine
  - D. Recipe and Storyboard
  - E. Summary Statements Form
  
4. The file folder must be labeled on the front cover, upper left corner as follows:
  - A. Participant(s) Name(s)
  - B. School Name
  - C. Chapter Name
  - D. Event Name (International Food)
  - E. Event Category
  - F. Project Title
  
5. A PowerPoint presentation (a maximum of 25 slides) that is used to take people on a culinary guided tour of a country. The slide presentation should increase understanding of the country, its regions, customs, celebrations and the traditional foods associated with the country that points to geography, elevation, climate, surrounding influences, and culture.
  - A map of the country indicting the continent, bordering countries and bodies of water must be included.
  - A second map designating the regions of the county will help the viewers understand regional food differences
  - 2 to 4 statistics about the population that impacts food
  - Flag of the County
  - Popular forms of recreation. (Does this relate to food?)
  - Include a picture and description of 2 famous landmarks of the country.
  - How do the recipes mirror the economics of the region/country?

- What staple food makes up the dominant part of the population’s diet?
  - Religious and nonreligious celebrations/ holidays
  - Culture and rituals / the way food is served and eaten
  - Diet and nutritional impact for the country/region
  - How does the cuisine reflect the country or region’s history?
  - Bibliography
6. Oral presentation will be presented in-person at the State Leadership conference (not to exceed 10 minutes).
  7. Food and food preparation associated with a specific region are known as that region’s cuisine. Gather 6 to 10 recipes that are representative of the country, highlighting each region. Explain why a recipe is common to a particular region. The recipes need to be in a standard format.
  8. Pick one recipe for a dish for which the country is best known. Prepare that dish. Is this meal associated with a particular celebration? Include a 2-page storyboard of you preparing and serving this dish.
  9. The Summary Statements Form must be completed, labeled and submitted in both the electronic project folder and the “hard copy” folder. This form can be no longer than two (2) pages.
  10. Participant(s) must be registered and attend the NJ FCCLA State Leadership Conference.

**INTERNATIONAL FOOD SPECIFICATIONS**

**File Folders**

Participant(s) will have an assigned folder to submit all of their project materials via Google Drive in addition to a “hard copy” that will be submitted at the State Leadership Conference.

Project Identification page	On one 8 ½ x 11” plain document must include the following information: Name(s) of Participant(s), School, Chapter Name, Event Name (International Food), Event Category and Project Title.
PowerPoint Presentation	PowerPoint must be informational including data from your research about the country of focus. The presentation must be neat, colorful, creative, include appropriate illustrations. The presentation must have a minimum of 15 slides and a maximum of 25 slides. Check for spelling or grammatical errors. There is a vast amount of information about a country. The PowerPoint should include but is not limited to the following: <ul style="list-style-type: none"> <li>● A map of the country indicating the continent, bordering countries and bodies of water must be included.</li> <li>● A second map designating the regions of the county will help the viewers understand regional food differences</li> <li>● 2 to 4 statistics about the population that impacts food</li> <li>● Flag of the County</li> <li>● Popular forms of recreation. (Does this relate to food?)</li> <li>● Include a picture and description of 2 famous landmarks of the country.</li> <li>● How do the recipes mirror the economics of the region/country?</li> <li>● What staple food makes up the dominant part of the population’s diet?</li> </ul>

	<ul style="list-style-type: none"> <li>• Religious and nonreligious celebrations/ holidays</li> <li>• Culture and rituals / the way food is served and eaten</li> <li>• Diet and nutritional impact for the country/region</li> <li>• How does the cuisine reflect the country or region’s history?</li> <li>• Bibliography</li> </ul>
Recipes and Cuisine	Participants must gather between 6 to 10 recipes that reflect the cuisine of the different regions of the country. Explain why each recipe is common to a particular region and any other relevant information about the recipes on the same page as the recipe. Begin the explanation of the recipe and interesting facts then follow with the recipe in a standard recipe format.
Recipe and Storyboard	Select one of the recipes for which the country is best known. Prepare and serve this dish. Explain why this dish has great recognition. Take pictures of the participant(s) preparing and serving the dish. Create a storyboard not to exceed 2 pages.
Summary Form	Summarize the goals, the process used to plan and accomplishments of the International Food Project. Identify what was learned about the value of food and culture. The Summary may not exceed two (2) pages.

**Oral Presentation**

The oral presentation may be up to ten (10) minutes long and is delivered to evaluators. The presentation should concentrate on the scope of the International Foods Project.

Oral Presentation	Participants must create an oral presentation that supports the PowerPoint and explains the slides. This oral presentation will be part of the in-person competition. The slides should concentrate on the visuals and the oral presentation can provide the explanation. The oral presentation may not exceed 10 minutes.
Organization	Explains the research about a particular country with a food focus. Present findings in a logical sequence. Address information about the country and the cuisine. Explain the value of learning about the food of a different country.
Quality of Presentation	Speak clearly with appropriate pitch, tempo, and volume. Use appropriate body language including gestures, posture, mannerisms, eye contact, and appropriate handling of notes if used. Use proper grammar and pronunciation.
Knowledge of the International Foods Project	Provide clear and concise answers to evaluators’ questions regarding the project and use of etiquette.

# Story Board

(not to exceed two pages)

1.

Audio:

Visual:

Description:

2.

Audio:

Visual:

Description:

3.

Audio:

Visual:

Description:

4.

Audio:

Visual:

Description:

5.

Audio:

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6.

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7.

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8.

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Visual:

Description:

9.

Audio:

Visual:

Description:

## Summary Statements Form

1. State the overall <b>goal(s)</b> of the International Food project.
2. Summarize the <b>process</b> of delving into the food and cuisine of a country.
3. Compare the cuisine of the United States with the county you have studied. What are your observations?
4. Identify and explain lessons learned and the value in studying the food and culture of another country?
5. Describe what impact this project had on you (and your team)?

## International Food Rating Sheet

Participant's Name(s): \_\_\_\_\_

School: \_\_\_\_\_ Chapter \_\_\_\_\_

Check One Event Category:           Junior           Senior           Occupational

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

Evaluation Criteria	Very					Score	Comments
	Poor	Fair	Good	Good	Excellent		
<b>FILE</b>							
Project Identification sheet	0-1	2	3	4	5		
Uses correct grammar and spelling throughout all documents	0-1	2	3	4	5		
Summary Statement - Goals and process for the project	0-2	3-4	5-6	7-8	9-10		
<b>PROJECT COMPONENTS</b>							
PowerPoint Presentation Research is thorough and slides are creatively designed and interesting	0-4	5-8	9-12	13-16	17-20		
Recipes Represented the different regions, contained relevant information, used standard format, 6-10 recipes	0-2	3-4	5-6	7-8	9-10		
Most well know food recipe preparation	0-2	3-4	5-6	7-8	9-10		
Storyboard Visual that clearly shows the preparation of the selected recipe	0-2	3-4	5-6	7-8	9-10		
Bibliography	0-1	2	3	4	5		
<b>ORAL PRESENTATION</b>							
Oral Presentation Thorough, relevant and clear	0-2	3-4	5-6	7-8	9-10		
Explains the value of exploring the food of another country	0-1	2	3	4	5		
Voice, Tempo and clarity	0-1	2	3	4	5		
Answers to Evaluators questions	0-1	2	3	4	5		

**TOTAL SCORE:** \_\_\_\_\_

**Verification of Total Score (please initial)**

Evaluator \_\_\_\_\_

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

**Circle Rating Achieved:**

Gold: 90-100

Silver: 79-89

Bronze: 70- 78