

CULINARY ARTS

Procedures and Time Requirements for National In-Person Competition

Participants will take the locally proctored ACF-CFC written exam by the deadline as published in National Leadership Conference materials. This score will be combined with the scores from the in-person competition to determine medal placement.	
Participant will report to the designated room at the specified time with all required equipment, and wearing appropriate, clean attire. Participant will turn in a prepared time management plan prepared on the published recipes, and will be given a menu and all required recipes and ingredients.	
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 participant. No other food products, garnishes, or condiments may be brought to the event. Participants will have 20 minutes to organize 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 60 minutes to prepare required food products according to recipe specifications.
10 minutes	After 60 minutes, participants will present two plates for evaluation of appearance, taste, and temperature.
15 minutes	Participants will have 15 minutes to clean up their workstations and return unused food to the central station.
5 minutes	Evaluators will use the rubric 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.

Video Procedures and Time Requirements for State Virtual Competition

Each participant will upload one (1) PDF file containing proof of submission of the Online Project Summary Form along with the completed Time Management Plan, designed so that viewers are able to scroll through the digital document. This must be an online file and not require the viewer to download it. Included within the one (1) PDF file must be a link to a URL for a maximum 62-minute video recording showing the completion of the requirements of this event. The timing of the video is as follows:	
Up to 1 minute	Participant - verbal introduction by name and chapter. Stations must be already set up and show all required equipment and product to be used. No other equipment, food products, garnishes, or condiments may be displayed or used. If participants are working from home, appropriate substitutions of equipment are allowed.
60 minutes (total)	Participant will have 60 minutes to produce the required food items. The recording should be done in one take (no editing) and should show the student at all times. Items to include in the video are sanitation, technical skills, and close ups of student work as desired. No background music should be included. Only participants are allowed to be included in the video.
Up to 1 minute	Participants have up to 1 minute to show final plating or presentation of the required food products.

Procedures and Time Requirements for National Virtual Competition

National preliminary competition: State Qualifiers (the top three individuals) will take the proctored ACF-CFC written and practical exams, administered locally. These scores will be submitted to the national organization to determine the top ten (10) individuals to qualify for the national finals. All scores from the national preliminary competition will determine medal placement.	
National finals competition: The top ten (10) individuals from the preliminary competition will submit a food production video (recipe and video details to be announced prior to the competition). The scores from the video, written test, and practical exam will determine the top three finalists for national recognition.	

Specifications

Testing

States may administer a general culinary knowledge test at regional/district and state competitions. All National Leadership Conference participants will take the American Culinary Federation's Certified Fundamentals Cook (CFC) written exam prior to competition. Additional information regarding ACF testing will be provided to NLC participants prior to competition.

Culinary Arts Specifications (continued)

Uniform and Appearance

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

Uniform, Jewelry and Personal Hygiene	Clean and appropriate <i>uniform</i> including <i>professional</i> chef attire (chef coat/jacket; 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). 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 neck line. Minimal makeup, no cologne or nail polish. Acceptable graphics on the Culinary Arts uniform include the FCCLA logo, school, chapter, or state name or logo, and individual name. No additional logos are permitted. If required, additional logos may be covered with white cloth tape.
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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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Food Production

Participants will have 60 minutes to prepare food products and garnish. Participants should be proficient in the preparation of a minimum of three food products. 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.
Use of Products	Follow directions of recipes in proper sequence, amounts, and preparation. Incorporate usable by-products into recipes, if appropriate.
Mise en Place	Work effectively and display organizational skills. Mise en place is well executed.

Food ~~Taste and~~ Presentation

Each participant will prepare two identical plates that have been attractively garnished. The participant will present all plates for evaluation of appearance, ~~taste, and temperature~~ at the end of the 60-minute period. There will be no extra time allowed to complete preparation or presentation. All work must stop at the 60-minute time limit.

Plating and Presentation	Prepare two 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 Rubric

Name of Participant _____

Chapter _____ State _____ Team # _____ Station # _____ Level _____

SAFETY AND SANITATION					Points				
Safety 0-5 points	0	Station is disorganized, safety is disregarded	1 2	Station is lacking neatness and organization, questionable knife and small equipment safety	3 4	Station is neat and organized, knife safety is good and most small equipment is handled safely and properly	5	Station is very neat and organized, all knives and small equipment are handled safely and properly.	
Sanitation 0-5 points	0	Disregards safety and created unsafe and unsanitary conditions	1 2	Shows minimal safety and sanitation practices, surfaces inconsistently cleaned and sanitized, inconsistent hand washing	3 4	Inconsistently follows most safety and sanitation practices, food contact surfaces are cleaned and sanitized occasionally, occasional hand washing	5	Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing	
FOOD PRODUCTION									
Equipment, Tools & Techniques 0-9 points	0	Selection and usage of tools/equipment lacks understanding and demonstration of skills	1 2 3 4	Selection and usage of tools/equipment demonstrate some industry techniques	5 6 7	Selection and usage of tools/equipment demonstrates most industry techniques	8 9	Selects and uses all tools/equipment correctly and safely following industry techniques	
Mise en Place 0-4 points	0	Mise en place is poorly executed and displays unacceptable organizational skills	1	Mise en place is fairly organized and displays marginal organizational skills	2 3	Mise en place is organized and displays sufficient organizational skills	4	Mise en place is well executed and displays excellent organizational skills	
Use of Products 0-5 points	0	Excess amount of products are prepared and used in each preparation. Useable by-products are not incorporated in the recipes or returned to safe storage	1 2	Uncalculated amounts of product are prepared and used in each preparation. Useable by-products are not incorporated properly into the recipes or returned to safe storage	3 4	Proper amount of product is prepared and used in most preparations. Some usable by-products are incorporated properly into the recipes or returned to safe storage	5	Proper amount of product is prepared and used in each preparation. Usable by-products are incorporated properly into the recipes or returned to safe storage	
FOOD ITEM #1									
Plating and Presentation 0-4 points	0	Items are visually unappealing. Use of non-functional garnish	1	Obvious over or under sized portions. Improper size and/or stained plate is used with smudges	2 3	Slightly over or under portion size. Proper size plate with some smudges. No evidence of non-functioning garnish	4	Clean plate, appropriate portion size. No evidence of non-functional garnishing. Visually appealing	
Taste, Texture & Seasoning 0-5 points	0	Poor use of contrasting colors and visible texture. All food items are seasoned incorrectly and out of balance with one another	1 2	Fair use of contrasting colors, visible texture, flavor and mouth-feel . Most foods are seasoned incorrectly and are out of balance with one another	3 4	Good use of contrasting color, visible texture, flavor and mouth-feel . Most foods are seasoned correctly and in balance with one another	5	Excellent use of contrasting colors, visible texture, flavor and mouth-feel . Food items are all seasoned correctly and in balance with one another	
Cooking Methods & Technique 0-5 points	0	Improper cooking methods and techniques used. Food served at unsafe temperatures. All sauces/dressings are served at incorrect temperature or consistency. Maillard reaction is poorly executed, if required	1 2	Improper cooking methods and techniques used to produce food. Some food served at an unsafe or improper temperature. Most sauces/dressings are served at the incorrect temperature and consistency. Maillard reaction is improperly executed, if required	3 4	Proper cooking methods and techniques mostly used to produce quality food. Most food is served at a safe and proper temperature. Most sauces/dressings are served at the correct temperature and consistency. Maillard reaction is mostly properly executed, if required	5	Proper cooking methods and techniques used to produce quality food. Served at safe and proper temperatures. All sauces/dressings are served at the correct temperature and consistency. Maillard reaction is properly executed, if required.	

Culinary Arts Rubric (continued)

FOOD ITEM #2						
Plating and Presentation 0-4 points	0 Items are visually unappealing. Use of non-functional garnish	1 Obvious over or under sized portions. Improper size and/or stained plate is used with smudges	2 Slightly over or under portion size. Proper size plate with some smudges. No evidence of non-functioning garnish	3 Good use of contrasting color, visible texture, flavor and mouth-feel . Most foods are seasoned-correctly and in balance with one another	4 Clean plate, appropriate portion size. No evidence of non-functional garnishing. Visually appealing	
Taste, Texture & Seasoning 0-5 points	0 Poor use of contrasting colors and visible texture. All food items are seasoned-incorrectly and out of balance with one another	1 Fair use of contrasting colors, visible texture, flavor and mouth-feel . Most foods are seasoned-incorrectly and are out of balance with one another	2 Good use of contrasting color, visible texture, flavor and mouth-feel . Most foods are seasoned-correctly and in balance with one another	3 Excellent use of contrasting colors, visible texture, flavor and mouth-feel . Food items are all seasoned-correctly and in balance with one another	4 5	
Cooking Methods & Technique 0-5 points	0 Improper cooking methods and techniques used. Food served at unsafe temperatures. All sauces/dressings are served at incorrect temperature or consistency. Maillard reaction is poorly executed, if required	1 Improper cooking methods and techniques used to produce food. Some food served at an unsafe or improper temperature. Most sauces/dressings are served at the incorrect temperature and consistency. Maillard reaction is improperly executed, if required	2 Proper cooking methods and techniques mostly used to produce quality food. Most food is served at a safe and proper temperature. Most sauces/dressings are served at the correct temperature and consistency. Maillard reaction is mostly properly executed, if required	3 Proper cooking methods and techniques used to produce quality food. Served at safe and proper temperatures. All sauces/dressings are served at the correct temperature and consistency. Maillard reaction is properly executed, if required.	4 5	
FOOD ITEM #3						
Plating and Presentation 0-4 points	0 Items are visually unappealing. Use of non-functional garnish	1 Obvious over or under sized portions. Improper size and/or stained plate is used with smudges	2 Slightly over or under portion size. Proper size plate with some smudges. No evidence of non-functioning garnish	3 Good use of contrasting color, visible texture, flavor and mouth-feel . Most foods are seasoned-correctly and in balance with one another	4 Clean plate, appropriate portion size. No evidence of non-functional garnishing. Visually appealing	
Taste, Texture & Seasoning 0-5 points	0 Poor use of contrasting colors and visible texture. All food items are seasoned-incorrectly and out of balance with one another	1 Fair use of contrasting colors, visible texture, flavor and mouth-feel . Most foods are seasoned-incorrectly and are out of balance with one another	2 Good use of contrasting color, visible texture, flavor and mouth-feel . Most foods are seasoned-correctly and in balance with one another	3 Excellent use of contrasting colors, visible texture, flavor and mouth-feel . Food items are all seasoned-correctly and in balance with one another	4 5	
Cooking Methods & Technique 0-5 points	0 Improper cooking methods and techniques used. Food served at unsafe temperatures. All sauces/dressings are served at incorrect temperature or consistency. Maillard reaction is poorly executed, if required	1 Improper cooking methods and techniques used to produce food. Some food served at an unsafe or improper temperature. Most sauces/dressings are served at the incorrect temperature and consistency. Maillard reaction is improperly executed, if required	2 Proper cooking methods and techniques mostly used to produce quality food. Most food is served at a safe and proper temperature. Most sauces/dressings are served at the correct temperature and consistency. Maillard reaction is mostly properly executed, if required	3 Proper cooking methods and techniques used to produce quality food. Served at safe and proper temperatures. All sauces/dressings are served at the correct temperature and consistency. Maillard reaction is properly executed, if required.	4 5	

Evaluator's Comments – include two things done well and two opportunities for improvement:

TOTAL
(70 points possible)

Evaluator # _____

Evaluator Initial _____

Room Consultant Initial _____

