



Georgia FCCLA Culinary Arts

Culinary Arts, a *team event*, recognizes participants enrolled in *occupational* culinary arts/ food service training programs for their ability to work as members of a *team* to produce a quality meal using industrial culinary arts/food service techniques and equipment. *Teams* of participants must **develop a plan and recipes** for the time allotted, **prepare menu items**, and **present their prepared items** to evaluators.

CAREER CLUSTER/ CAREER PATHWAY

- **Hospitality and Tourism—Restaurant and Food and Beverage Services Pathway**

EVENT CATEGORY

Occupational: grades 10–12


See page 84 for more information on event categories.

PROCEDURES & TIME REQUIREMENTS

1. Participants will report to the designated room at the specified time with all required equipment, **food, recipes** and wearing appropriate, clean attire.
2. **Teams will be given protein at competition. The sides will be the choice of the team.**
 - **Region and State Competition:** 8 oz pork loin (split between two plates – 4 oz each). Teams must prepare a starch, vegetable and salad to accompany the protein
 - **National Competition:** Will follow National Culinary Arts STAR Events Guidelines
3. **Teams** will have 30 minutes to **mise en place** (meaning to organize work area, obtain supplies).
4. **Teams** will come with 2 copies of a pre-constructed time management plan.
5. **Teams** will have 60 minutes to prepare required food products.
6. Participants will provide two copies of all recipes in a plastic sleeve, along with a framed menu to place on the table during tasting and appearance.

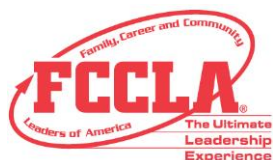
7. After 60 minutes, participants will present two plates for evaluation of appearance, taste, and temperature.
8. Participants will have 15 minutes to clean up their workstations and return unused food to the central station.
9. Evaluators will use the rubric to score and write comments for each participant 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.

ELIGIBILITY & GENERAL INFORMATION

1. Review "Eligibility and General Rules for All Levels of Competition" on page 87 (of the National FCCLA Competitive Events guide) prior to event planning and preparation.
2. Teams should be made up of up to three participants from the same chapter or state.
3. Participants must be or have been enrolled in a culinary arts/food service *occupational* training program (coursework for high school credit that concentrates in-class learning and/or on-the-job training in preparation for paid *employment*). Programs which meet this requirement may be determined by the state department of education. Students enrolled in food and nutrition courses in Family and Consumer Sciences *comprehensive* programs are not eligible.
4. Each team must complete the online project summary form located on the STAR Events Resources page of the FCCLA national website and provide proof of submission at the assigned participation time. 
5. Participants will receive team scores on their personal appearance, and food production.
6. **Georgia Note:** Differences in the state guidelines from the national guidelines are noted by the red font.

GENERAL INFORMATION								
Individual or Team Event	Prepare Ahead of Time	Equipment Provided	Electrical Access	Participant Set Up / Prep Time	Room Consultant & Evaluator Review Time	Maximum Oral Presentation Time	Evaluation Interview Time	Total Event Time
Team	Equipment, recipes, time management plan, online summary form	Large equipment, protein	Not provided	30 minutes Mise en place	20 minute equipment check	60 minutes food production	15 minutes cleanup	2 hours and 5 minutes

PRESENTATION ELEMENTS ALLOWED									
Audio	Costumes	Easel(s)	File Folder	Flip Chart(s)	Portfolio	Props/Pointers	Skits	Presentation Equipment	Visuals
	Chef Attire Required								



CULINARY ARTS Specifications

Safety 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; 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 neck line. Minimal makeup, no cologne or nail polish. Hand washing is done frequently.
Safety	Work station is kept neat, clean and organized in a safe and sanitary manner. 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.

Team Organization

Participants will come to competition with a time management plan using the provided planning sheet. Once on site, teams have 30 minutes mise en place time to work with their team members to obtain supplies (including the protein) and organize work area.

Time Management Plan	Worked divide duties among team members, 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 60 minutes to prepare food products and garnish. Participants should be proficient in the preparation of a protein, starch, vegetable and salad. 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. Two copies of all recipes, in plastic sleeves, will be provided by the team, one copy will be on the prep table, for judges to view during the competition. The other recipe copies will be presented with the tasting plate.

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.
Time	Complete all tasks efficiently within the time allowed.
Follow Recipe Directions	Follow directions of recipes in proper sequence.
Teamwork	Work as an effective, contributing team and display leadership skills.

Food Taste and Presentation

Each team will prepare two identical plates that have been attractively garnished. The team 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.

Product Appearance	Prepare two plates consistently, with creative product appearance and appropriate portion sizes.
Product Taste	Food products meet industry standards of appropriate taste for each recipe. Food is served at the proper temperature. Plate or bowl used is at the proper temperature when food is served.
Garnish	Enhance presentation with garnish that reflects creativity and is appropriate to food products made.

General Competition Guidelines for Competitors and Judges

The following list provides guidance of what is considered general guidelines for both competitors and judges of culinary competitions. This list is intended to educate student competitors, advisors, and student competition judges in proper conduct and execution as participants in successful culinary competitions.

- Ingredients and garnishes should harmonize with the main part of the dish and conform to contemporary standards of nutritional values.
- Suggested serving sizes for the entrée are 4-6 ounces for protein, 2-3 ounces for starch and 2-3 ounces for vegetables.
- Unnecessary ingredients should be avoided, and practical, acceptable cooking methods should be applied.
- Competitors are encouraged to use a variety of cooking methods and ingredients.
- Use correct cooking, presentation and flavor combination.
- Dressing the rims of plates results in an unacceptable appearance.
- Meat should be carved properly and cleanly.
- Meat slices should be served with the carved surface upwards and arranged in order and size.
- Numerical harmonizing of meat portions and garnishes is required.
- Fruits and vegetables must be cut or turned uniformly.
- Ingredients for the recipe are allowed to be pre-scaled and measured, however, no pre-mixing is allowed.
- No advance preparation (beyond being pre-scaled or measured) or cooking is allowed.
- Cleaned and peeled mirepoix ingredients are acceptable. Chopped herbs, shallots and garlic are also acceptable.
- Vegetables can be peeled and salads may be cleaned and washed, but not cut or shaped in any form; dry beans may be pre-soaked.
- No finished soups or sauces are allowed. However, basic stocks may be brought in. No clarified consommés are allowed.
- Commercially manufactured food items such as jams, bread crumbs, bases and mayonnaise are allowed if they are used as an ingredient and not as a finished product.
- The following ready-made dough may be brought in: bric (brick), puff pastry and filo (phyllo) dough.
- Pullman loaves, breads, and dumpling wrappers will be permitted.
- All combinations of ingredients must be completed during the competitors allotted competition time.
- Competitors are allowed to bring in only the whole and raw materials in the amounts stated in their recipes. However, judges may allow variances in amounts for products that require further preparation (whole fish, meats, etc.).
- Competitors must bring their own food, tools, cookware and china except as noted.



CULINARY ARTS Rubric

Name of Participants _____

Chapter _____ State GA Team # _____ Station # _____ Category Occ

SAFETY AND APPEARANCE	
16-20 Exemplary	<ul style="list-style-type: none"> • Proper uniform including: professional chef attire and safe kitchen shoes made with non-slip soles and sealed non-melting uppers. • Hair properly restrained with hairnet if hair extends past the neck line. • No visible jewelry or facial jewelry concealed with bandages. Hand washing is done frequently. Watches are allowed. • Station is very neat and organized. Personal hygiene is highly regarded. Food contact surfaces are cleaned and sanitized frequently. Proper knife safety is demonstrated and small equipment is handled properly.
11-15 Proficient	<ul style="list-style-type: none"> • Proper uniform including: professional chef attire and safe kitchen shoes made with non-slip soles and sealed non-melting uppers. • Hair properly restrained with hairnet if hair extends past the neck line. • Some visible jewelry or facial jewelry concealed with bandages. Hand washing is done occasionally. • Station is somewhat neat and organized. Personal hygiene is generally regarded. Food contact surfaces are cleaned and sanitized occasionally. Proper knife safety is demonstrated and small equipment is handled properly.
6-10 Satisfactory	<ul style="list-style-type: none"> • Proper uniform including: professional chef attire and safe kitchen shoes made with non-slip soles and sealed non-melting uppers is inconsistent among team members. • One or more team members have hair improperly restrained and hairnet is not worn when necessary • Some visible jewelry or facial jewelry concealed with bandages. Hand washing is not done often enough. • Station is generally sloppy and unorganized. • Personal hygiene is at unacceptable levels for one or more team member. Food contact surfaces are not cleaned and sanitized. Knives and small equipment is handled carelessly.
1 – 5 Unsatisfactory	<ul style="list-style-type: none"> • Proper uniform including: professional chef attire and safe kitchen shoes made with non-slip soles and sealed non-melting uppers is not worn by team • All team members have hair improperly restrained and hairnet is not worn • Abundant visible jewelry or facial jewelry concealed with bandages. Hand washing is not done when required. Station is sloppy and unorganized. Personal hygiene is at unacceptable levels for all team members. Food contact surfaces are not cleaned and sanitized. Knives and small equipment is handled carelessly.

**Safety and Appearance
SCORE**

TEAM ORGANIZATION	
14-16 Exemplary	<ul style="list-style-type: none"> • The team has a clearly written plan and accurate timeline. All members are highly skilled in individual tasks. Workload is very evenly distributed and all team members contribute equally. Mise en place is well executed and the team displays excellent time management skills. Effective cleanup
9-13 Proficient	<ul style="list-style-type: none"> • The team has a written plan and mostly accurate timeline. All members are adequately skilled in individual tasks. Workload is evenly distributed and most team members contribute equally. Mise en place is organized and the team displays sufficient time management skills. Adequate cleanup
4-8 Satisfactory	<ul style="list-style-type: none"> • The team has a poorly written plan and timeline. Some members are skilled in individual tasks while others seem challenged. Workload is unevenly distributed and team members contribute unequally. Mise en place is fairly organized and the team displays marginal time management skills. Inconsistent cleanup
1-3 Unsatisfactory	<ul style="list-style-type: none"> • The team does not use a written plan and/or timeline. All members are un-skilled in individual tasks. Workload is very unevenly distributed and team members are challenged to complete tasks. Mise en place is poorly executed and the team displays unacceptable time management skills. Poor cleanup

Team Organization SCORE

Culinary Arts Rubric (continued)

FOOD PRODUCTION	
16-18 Exemplary	<ul style="list-style-type: none"> All team members use the appropriate preparation technique and/or cooking method for each food product. The team demonstrates complete knowledge and skill of all fundamental food handling and cooking techniques. All procedures are accomplished in a time efficient manner. 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.
11-15 Proficient	<ul style="list-style-type: none"> All team members use the appropriate preparation technique and/or cooking method for each food product. The team demonstrates knowledge and skill of all fundamental food handling and cooking techniques. Most procedures are accomplished in a time efficient manner. 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.
6-10 Satisfactory	<ul style="list-style-type: none"> Most team members use the appropriate preparation technique and/or cooking method for each food product. The team demonstrates knowledge and skill of some fundamental food handling and cooking techniques. Most procedures are not accomplished in a time efficient manner. Uncalculated amounts of product are prepared and used in each preparation. Usable by-products are not incorporated properly into the recipes or returned to safe storage.
1 – 5 Unsatisfactory	<ul style="list-style-type: none"> All team members use the incorrect preparation technique and/or cooking method for all food products. The team does not demonstrate knowledge and skill of any fundamental food handling and cooking techniques. All procedures are not accomplished in a time efficient manner. Excess amount of products are prepared and used in each preparation. Usable by-products are not incorporated into the recipes or returned to safe storage.

Food Production SCORE

FOOD TASTE / PRESENTATION	
31-40 Exemplary	<ul style="list-style-type: none"> Appropriate portion size. Proper size and clean plate is used with no fingerprints or smudges on the rim or the areas that do not display food. Excellent use of contrasting colors and visible texture. No evidence of non-functional garnishing. Plate or bowl used is at the proper temperature when food is served. All food is served at a safe and proper temperature. The texture, flavor and mouth feel of each item demonstrates neither over or undercooking. Maillard reaction and/or caramelization is executed at proper levels. All sauces are served at the correct temperature and consistency. Food items are all seasoned correctly and in balance with one another.
21-30 Proficient	<ul style="list-style-type: none"> Slightly over or under sized portion size. Proper size and clean plate is used with some fingerprints or smudges on the rim or the areas that do not display food. Good use of contrasting colors and visible texture. Small amount of non-functional garnishing. Most food is served at the proper temperature. Most plates or bowls used are at the proper temperature when food is served. Most food is served at a safe and proper temperature. The texture, flavor and mouth feel of most items demonstrates neither over or undercooking. Maillard reaction and/or caramelization is executed at mostly proper levels. Most sauces are served at the correct temperature and consistency. Most food items are seasoned correctly and in balance with one another.
11-20 Satisfactory	<ul style="list-style-type: none"> Obvious over or under sized portion size. Improper size and stained plate is used with some fingerprints or smudges on the rim or the areas that do not display food. Fair use of contrasting colors and visible texture. Unacceptable amount of non-functional garnishing. Some food is served at an improper temperature. Most plates or bowls used are at improper temperatures when food is served. Most food is served at an unsafe and improper temperature. The texture, flavor and mouth feel of several items demonstrates over or undercooking. Maillard reaction and/or caramelization is executed at improper levels. Most sauces are served at the incorrect temperature and consistency. Most food items are seasoned incorrectly and are out of balance with one another.
1-10 Unsatisfactory	<ul style="list-style-type: none"> Obvious over or under sized portion size. Improper size and heavily stained plate is used with fingerprints and smudges on the rim or areas that do not display food. Poor use of contrasting colors and visible texture. Extensive amount of non-functional garnishing. All food is served at the improper temperature. All plates or bowls used are at improper temperatures when food is served. All food is served at unsafe and improper temperatures. The texture, flavor and mouth feel of all items demonstrate over or undercooking. Maillard reaction and/or caramelization is executed at poor levels. All sauces are served at the incorrect temperature and consistency. All food items are seasoned incorrectly and are out of balance with one another.

Food Taste/Presentation SCORE

Evaluator's Comments:

TOTAL
(94 points possible)

Culinary Arts Time Management Plan (continued)

Time	Activity	Member Responsible	Food Item/Equipment Needed