



Knife Skills



Knife Skills – *an individual event*, showcases FCCLA member knowledge of knife skills and cuts, knife cut identification, and knife skills demonstration.

Eligibility

1. Chapters may submit one entry into this event. An individual member may participate in only **one** event in any given year. Individual events evaluate one member's performance. These events are not open to State STAR Events Competitors.
2. Participation is open to any nationally affiliated FCCLA chapter member that has been, or is currently, enrolled in a Culinary Arts class.
3. Participants must be registered for the State Leadership Conference and may **not** participate in any other State or STAR Event (except for the Statesman testing).
4. Participants must be registered for the event. To register for the Knife Skills Event, you must first register the participant for State Leadership Conference and click on "Event" next to their name once they are added. You will then click "Knife Skills Event". Event cost is \$5.

Standards

HOSP-ICA-8: Examine and perform all aspects of kitchen knife use and classic knife skills.

HOSP-CAI-5.2 Apply effective "mise en place" through lab practice.

HOSP-CAI-5.3 Demonstrate competency skills for the proper knife cuts such as julienne, chiffonade, batonnet, brunoise, small, medium, and large dice, rondele, concasse and oblique.

General Information

Participants will be well groomed and wear appropriate, clean attire meeting restaurant and hotel industry standards including:

- Chef coat or jacket
- Industry pants
- Apron
- Hair fully restrained by hair covering and chef hat
- Beard guard to restrain facial hair if facial hair is present
- Closed-toe, non-slip shoes
- Thermometer

Inappropriate Attire

- Jewelry (rings, watches, bracelets, dangling earrings, etc.)
- Nail polish
- Artificial nails
- Visual piercings (piercings cannot be covered up with a bandage)

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.

The competition is NOT open to spectators. Advisers may attend the orientation.

Awards

The top three individuals will be recognized on stage during the Closing Awards Session and receive the following cash prizes: 1st place (\$100), 2nd place (\$75), and 3rd place (\$50)

Procedures

1. Participants will attend a mandatory orientation. Orientation will take place 15 minutes prior to your assigned competition time. Advisers may attend the orientation.
2. No tools or equipment will be provided by Georgia FCCLA. Participants must provide the necessary tools and equipment for this event. Excessive tools and equipment will not be allowed.
3. Participants will be provided with one table with plastic tablecloth.

Time Requirements

1. All participants will have **10 minutes** to set up work area, **50 minutes** to produce and arrange each of the knife cuts outlined in the knife cut requirement section, and **10 minutes** to clean the work area (after judging).
2. The participant will present all precision cut food items for evaluation with waste and/or trim at the end of the production time. There will be no extra time given. All work must stop at the time limit.

Knife Cuts Requirements

1. The following knife cuts will be judged:
 - A. Julienne vegetable of your choice – 10 pieces – 1/8 x 1/8" x 2".
 - B. Chiffonade spinach or basil, 10 leaves
 - C. Peel and small dice one small onion
 - D. Concassée one tomato
 - E. Zest, supreme cut one orange
2. Knife cuts will be displayed on one (1) ½ sheet pan and all cuts will be identified using the marker and parchment paper
3. Do not discard any waste. Extra product must be displayed on the sheet pan in the appropriate box (see below for diagram).

Judging

1. Participants will be evaluated using the attached rubric, based on industry standards, with attention to technique, safety, waste, and the finished product.
2. Rubrics will be returned to the adviser after the State Leadership Conference.

Knife Skills Participant Packing List

The following is a suggested check list to help the Knife Skills participants in packing for the competition:

- Washed fruit / vegetables necessary to produce required knife cuts
- Vegetable peeler
- 8" or 10" Chef's Knife
- Paring knife
- Green or white cutting board
- Wash, rinse, and sanitizing buckets or spray bottle
- Disposable gloves
- Quat sanitizing solution or appropriate iodine tablets
- One gallon of water
- Complete chefs uniform
- Butane burner with fuel canister
- Small saucepan
- Container for ice (ice will be provided)
- Slotted spoon
- 1 – Half size sheet pan
- Parchment paper
- Black marker

Knife Skills Rubric

Participant Name: _____ # _____

Chapter Name: _____

Safety & Appearance	20 possible points			
Evaluation Criteria	Needs Improvement 0-4	Good 5-7	Exemplary 8-10	Points Awarded
Uniform & Appearance	Non-professional appearance, attire and/or grooming	Neat appearance, attire & grooming, but lacks polish	Professional appearance, attire & grooming	
Safety & Sanitation	Disregards acceptable safety & sanitation practices	Shows minimal safety & sanitation concerns during competition	Shows proper safety & sanitation concerns during competition	
Judge's Comments for Safety & Appearance:				

Equipment & Tools	10 possible points			
Evaluation Criteria	Needs Improvement 0-4	Good 5-7	Exemplary 8-10	Points Awarded
Equipment, Tools & Techniques	Selection & usage of tools/equipment lacks understanding and demonstration of skills appropriate	Selection & usage of tools/equipment occasionally lacks safe understanding & industry techniques	Selects and uses all tools/equipment correctly & safely	
Judge's Comments for Equipment & Tools:				

Food Production	20 possible points			
Evaluation Criteria	Needs Improvement 0-4	Good 5-7	Exemplary 8-10	Points Awarded
Mise en place, Time Management	Disorganized, workstation cluttered, inefficient work flow. Displays poor utilization of time.	Demonstrates minimal organization, somewhat shows efficiency in work. Works within time limits	Works in an extremely organized and efficient manner. Exemplary use of time.	
Trim & Waste	Excessive waste and trim or did not keep waste and trim for judging	Has some excess waste	Has minimal waste and trim	
Judge's Comments for Food Production:				

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Participant Name: _____ # _____

Chapter Name: _____

Knife Skills	50 possible points			
Evaluation Criteria	Needs Improvement 0-4	Good 5-7	Exemplary 8-10	Points Awarded
Julienne of vegetable of choice (10 pieces)	Incorrect cut or not uniform in size or shape	Somewhat correct with inconsistent size or shape	Correct cut, identical size and shape	
Chiffonade spinach or basil (10 leaves)	Incorrect cut or not uniform in size or shape	Somewhat correct with inconsistent size or shape	Correct cut, identical size and shape	
Peel and small dice one small onion	Incorrect cut or not uniform in size or shape	Somewhat correct with inconsistent size or shape	Correct cut, identical size and shape	
Peel and small dice one tomato (pulp seeded and concasséd)	Incorrect cut or not uniform in size or shape	Somewhat correct with inconsistent size or shape	Correct cut, identical size and shape	
Zest and supreme one orange	Incorrect cut, peel, and sections or not uniform in size or shape	Somewhat correct with inconsistent, peel and sections, size or shape	Correct cut, peeled, and sectioned - identical size and shape	

Judge's Comments for Knife Skills:

Total Score	
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Judge's Signature: _____