Salad Preparation

Salad Preparation, *an individual event*, is designed to give the participant an opportunity to demonstrate competencies in preparing a salad and salad dressing for home use based on the current state theme. Emphasis is placed on skills used in a Family and Consumer Sciences (FCS) class that includes organization, safety and sanitation, equipment, measurement, and preparing an appealing and tasteful product.

CAREER CLUSTER/CAREER PATHWAY

- **Food Service and Hospitality**

Connection to California CTE Model Curriculum Standards

- Hospitality, Tourism and Recreation

EVENT CATEGORIES
Junior: grades 6–9
Senior: grades 10–12

PROCEDURES & TIME REQUIREMENTS

1. Participant will prepare and display a salad and salad dressing if applicable to the recipe according to the specific theme announced in the fall mailing.
2. The participant will be responsible for bringing all food products, tools, equipment, and supplies needed to prepare the salad and salad dressing.
3. The participant will provide a file folder with three (3) copies of an information sheet containing a.) the **original personally** typed recipes, including title, yield, quantity of ingredients and directions and b.) a cost analysis of the recipe, including the unit cost of each ingredient and the total cost of 1 (one) individual serving.
4. Ten (10) minutes will be allowed to assemble ingredients on a tray for advance preparation.
5. Twenty (20) minutes will be allowed for the preparation of the salad and a salad dressing.
6. Participant will not make an oral presentation while preparing the recipes.

ELIGIBILITY & GENERAL INFORMATION

1. Review "Eligibility and General Rules for all Levels of Competition" on page 87 of the FCCLA COMPETITIVE EVENTS GUIDE.
2. Participant must have completed a course or be currently enrolled in a Family and Consumer Sciences program.
3. Participant must bring all necessary supplies, which include: food ingredients, tools, and equipment. Refrigeration, range, and/or extension cords will not be provided.
4. Participant shall be neat, clean, and well groomed in appearance, <u>must</u> wear an apron, and hair must be restrained with a hair net, chef hat, etc. for sanitation purposes. **(Chef coats are not allowed for this event.)** Non-latex gloves must be used during the presentation portion of the event.
5. Participant will announce the type of salad and salad dressing being prepared by stating, "I am going to prepare a ___ (state the name) ____ salad, with a _____ dressing." Upon completion of the salad, the participant will state, "This is my completed product."

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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 Presentation Time	Evaluation Interview Time	Total Event Time
Individual	File folder, Presentation	Table and sink	Not provided	10 minutes	5 minutes prior to presentation	20 minutes to prepare and 5 minutes to clean up	None	40 minutes

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

Specifications

File Folder

Participant will submit one letter-size *file folder* containing three identical sets, with each set stapled separately, of the items listed below to the event room consultant at the designated participation time. The *file folder* must be labeled (either typed or handwritten) in the top left corner with name of event, event category, participant's name, and state.

1- 8 ½" x 11" page	*Project Identification Page*	Use *plain paper,* with no *graphics* or decorations; must include participant name, chapter name, school, city, state, event name, and title of project.
1- 8 ½" x 11" page	*FCCLA Planning Process Summary Page*	Summarize how each step of the *Planning Process* was used to develop the project.
1- 8 ½" x 11" page 🖥	Evidence of Online Project Summary Submission	Complete the online project summary form located on the "Surveys" tab of the FCCLA Portal, and include proof of submission in the *file folder*.
1 to 2- 8 ½" x 11" pages	Recipes	Retype recipes so they are scaled to the number of servings to be served. Include: A. Titles of the recipes and yield B. A list of ingredients and the quantity to be used in the recipes C. The directions and methods of preparation **NOTE**: No photocopies of recipes from cookbooks/textbooks will be allowed.
1- 8 ½" x 11" page	Cost Analysis	Must include unit cost per ingredient and total cost of recipe for 1 (one) serving.

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Competitive Recognition Events Point Summary Form

Name of Participant _____

Chapter _____   State <u>CA</u>   Individual # _____   Station # _____   Category _____

DIRECTIONS:
1. Make sure all information at top is correct. If a student named is not participating, cross their name(s) off. If the student does not show, please write "No Show" across the top and return with other forms.
2. Before student presentation, the room consultants must check participant's file folder using the criteria and standards listed below and fill in the boxes.
3. At the conclusion of presentation, verify evaluator scores and fill in information below. Calculate the final score and ask for evaluators' verification. Place this form in front of the completed rubrics and paper clip all items related to the presentation together. Please do NOT staple.
4. At the end of competition in the room, double-check all scores and names to ensure accuracy. Sort results by team order and turn in to the Lead or Assistant Lead Consultant.
5. Please check with the Lead or Assistant Lead Consultant if there are any questions regarding the process.

ROOM CONSULTANT CHECK				Points
CRE Dress Check 0 or 3 points	**0** Clothing does not meet official dress requirements		**3** Clothing meets all official dress requirements	
File Folder 0–6 points	**0** File Folder exceeds the page limit	**1–2–3** File Folder presented with incorrect labeling/ insufficient materials for evaluators (less than 3 copies of contents) or incomplete content	**4–5–6** File Folder is presented with correct labeling and sufficient evaluators material ● Project ID page ● Planning Process Summary ● Project Summary Submission Proof ● Typed Recipes ● Cost analysis	
Orientation/Punctuality 0 or 1 point	**0** Participant did not attend or was late		**1** Participant attended and was on time	

EVALUATORS' SCORES

Evaluator 1 _____   Initials _____

Evaluator 2 _____   Initials _____

Evaluator 3 _____   Initials _____

Total Score _____   divided by number of evaluators

_____ = **AVERAGE EVALUATOR SCORE**

ROOM CONSULTANT TOTAL
(10 points possible)

AVERAGE EVALUATOR SCORE
(90 points possible)

FINAL SCORE
(Average Evaluator Score plus Room Consultant Total)

RATING ACHIEVED (circle one)   **Gold:** 90–100   **Silver:** 70–89.9   **Bronze:** 1–69.9

VERIFICATION OF FINAL SCORE AND RATING (please initial)

Evaluator 1 _____ Evaluator 2 _____ Evaluator 3_____ Adult Room Consultant _____ Event Lead Consultant _____

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Rubric

Name of Participant _____

Chapter _____ State <u>CA</u>   Individual # _____   Station # _____   Category _____

FILE FOLDER CONTENTS							Points
FCCLA Planning Process Summary Page 0–5 points	0 Planning Process Summary not provided	1 Inadequate steps in the Planning Process are presented	2 All Planning Process steps are presented, but not summarized	3 All Planning Process steps are summarized	4 Evidence that the Planning Process was utilized to plan project	5 The Planning Process is used to plan the project. Each step is fully explained.	
Recipes 0–6 points	0 Recipes not included	2–3 Recipes are incomplete and/or not the correct number of copies		4–5 Recipes are provided with errors; correct numbers provided		6 Recipes are complete with no errors and correct number provided	
Cost Analysis 0–4 points	0 Cost analysis not included	1–2 Cost analysis is missing components and may include errors		3–4 Cost Analysis contains all information and contains minimal errors			

SALAD PRESENTATION						Points
Body Language/ Clothing Choice 0–3 points	0 Uses inappropriate gestures, posture or mannerisms, avoids eye contact/inappropriate clothing	1 Gestures, posture, mannerisms and eye contact are inconsistent/clothing is appropriate	2 Gestures, posture, mannerisms, eye contact, and clothing are appropriate	3 Gestures, posture, mannerisms, eye contact, and clothing enhance presentation		
Measuring Skills Dry Measure Liquid Measure Measuring Spoons 0–15 points	0 Measuring tools are not used during presentations	2 Limited use during presentation	4 Incorporated, but not used properly throughout presentation	7 Used effectively throughout presentation	10 Satisfactory use of measuring skills throughout presentation	15 Measuring is exceptional and enhances the presentation
Safety and Sanitation Safe use of tools/equipment and sanitation principles; Sanitary personal appearance 0–17 points	0 No sanitation used, hair is in face. Gloves and apron are not worn, and hair is not properly restrained	2 Some sanitation procedures followed, but gloves and apron are not worn, and hair is not properly restrained	5 Sanitation procedures followed minimally, but gloves and apron are not worn, and hair is properly restrained	10 Satisfactory use of safety and sanitation procedures, gloves and apron are worn, and hair is properly restrained	15 Proficient use of safety and sanitation procedures, gloves and apron are worn, and hair is properly restrained	17 Excellent use of safety and sanitation procedures, clothing attire is appropriate for home kitchen use, gloves and apron are worn, and hair is properly restrained
Food Preparation/ Organization Follow recipe Use of time, space and equipment Neat work area Mise en place 0–25 points	0 Does not use tools appropriately, non-usable work area	5 Minimal use of time, space, equipment, and work area	10 Good use of time, space, equipment, and work area. Recipe was somewhat followed.	15 Satisfactory use of time, space equipment, and neat work area. Recipe was mostly followed.	20 Proficient use of time, space, equipment, and neat work area. Recipe was followed with minor errors.	25 Excellent use of time, space and equipment, neat and organized work area. Recipe was completely followed.

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Knife Skills Appropriate knife for task Use of knife 0–5 points	0 Below basic	1 Basic skills	2 Knife skills emerging	3 Appropriate use of knives	4 Satisfactory use of knives	5 Excellent use of knives	
Food Presentation Aesthetically appealing Pleasant flavors Complimentary dressing 0–10 points	0 Nothing presented	2 Unsatisfactory	4 Emerging	6 Satisfactory	8 Proficient	10 Exemplary	
Evaluator's Comments:						**TOTAL** (90 points possible)	

Evaluator #_____

Evaluator Initial _____

Room Consultant Initial _____