

Salad Preparation (In-Person)

Salad Preparation, an individual event, is designed to give the participant an opportunity to demonstrate competencies in preparing a salad and salad dressing 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.

EVENT CATEGORIES

Level 1: through grades 8

Level 2: grades 9-10

Level 3: grades 11-12

Level 1: Citrus

Level 2: Ancient Grains

Level 3: Sweet-and-Sour Flavors; a composed salad

ELIGIBILITY & GENERAL INFORMATION

1. Review “Eligibility and General Rules for all Levels of Competition” prior to event planning and preparation.
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. This includes dishes and utensils for 3 evaluators. Refrigeration, range, and/or extension cords will not be provided.
4. No tofu, beef, poultry, pork, fish, seafood, or eggs that require refrigeration can be used. Students may use commercially sealed canned or shelf stable vacuum-packed products including meat, seafood, and poultry. Students must open their product in front of the evaluators.
5. Participant shall be neat, clean, and well-groomed in appearance, must wear chef attire, and hair must be restrained with a hair net, chef hat, etc. for sanitation purposes. Non-latex gloves must be used during the presentation portion of the event.

GENERAL INFORMATION

Number of Participants per Entry	Prepare Ahead of Time	Equipment Provided	Competition Dress Code	In Person Participant Set Up/Prep Time	In Person Room Consultant & Evaluator Review Time	Maximum Presentation Time	Interview Time	Total Event Time
1	File folder, Presentation	Table and sink	Chef's uniform as described	7 minutes	5 minutes prior to presentation	In Person: 20 minutes to prepare and 5 minutes to clean up	3 minutes	40 minutes

PRESENTATION ELEMENTS ALLOWED

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

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Procedures and Time Requirements for In Person Competition

The participant will provide a file folder with three (3) copies of event materials. Students will also provide a copy of the Event Online Orientation Documentation (video) and Project Summary Submission Proof (survey) to the room consultant.	
7 minutes	Participants have 7 minutes to assemble ingredients on a tray for advance preparation.
	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."
20 minutes	Participants have 20 minutes for the preparation of the salad and a salad dressing. Participant will not make an oral presentation while preparing the recipes.
	Upon completion of the salad, the participant will state, "This is my completed product."
5 minutes	Evaluators will have 5 minutes to taste and evaluate each student's salad while the student cleans up.
3 minutes	Following the presentation, evaluators will have an opportunity to ask questions for up to 3 minutes.

Specifications for In Person and Virtual Competition

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	<i>Project Identification Page</i>	Use <i>plain paper</i> , with no <i>graphics</i> or decorations; must include participant name, chapter name, school, city, state, event name, and title of project.
1- 8 ½" x 11" page	<i>FCCLA Planning Process Summary Page</i>	Summarize how each step of the <i>Planning Process</i> was used to develop the project.
1 to 2- 8 ½" x 11" pages	Recipes	Retype recipes so they are scaled to the number of servings to be served. Include: <ul style="list-style-type: none"> 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 <p>NOTE: No photocopies of recipes from cookbooks/textbooks will be allowed.</p>
1- 8 ½" x 11" page	Cost Analysis	Must include unit cost per ingredient and total cost of recipe for 1 (one) serving.

Salad Preparation (In-Person) C-STAR Point Summary Form

Name of Participant _____

Chapter _____ State CA 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. 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 participant data sheet order and turn in to the Lead or Assistant Lead Consultant.
5. Check with the Lead or Assistant Lead Consultant if there are any questions regarding the process.

ROOM CONSULTANT CHECK			Points
Registration Packet 0-3 points	No 0	Yes 3	
Event Online Orientation Documentation (Video) 0 or 2 points	0 Official documentation not provided at presentation time or signed by adviser	1 Official documentation provided at presentation time and signed by adviser	
Project Summary Submission Proof (Survey) 0 or 1 points	0 Official documentation not provided at presentation time or signed by adviser	1 Official documentation provided at presentation time and signed by adviser	
File Folder 0-1 points	0 File folder is not present or presented with incorrect labeling	1 File folder is present with correct labeling	
File Folder Pages 0-4 points	0-1-2 File Folder exceeds the page limit or does not have 3 copies of all paperwork	3 File Folder is presented and contains 3 copies of all materials specifically including: <ul style="list-style-type: none"> Project ID page Planning Process Summary Typed Recipes Cost analysis 	
Punctuality 0 or 1 point	0 Participant did not attend or was late	1 Participant attended and was on time	
EVALUATORS' SCORES			ROOM CONSULTANT TOTAL (10 points possible)
Evaluator 1 _____	Initials _____		
Evaluator 2 _____	Initials _____		AVERAGE EVALUATOR SCORE (90 points possible)
Evaluator 3 _____	Initials _____		
Total Score _____	divided by number of evaluators		FINAL SCORE (Average Evaluator Score plus Room Consultant Total)
_____	= AVERAGE EVALUATOR SCORE		

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 _____

Salad Preparation (In-Person) Rubric

Name of Participant _____

Chapter _____ State CA 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	
SALAD PRESENTATION							Points
Body Language/ Clothing Choice 0-5 points	0 Uses inappropriate gestures, posture or mannerisms, avoids eye contact/inappropriate clothing	1 Gestures, posture, mannerisms and eye contact are inconsistent Unprofessional appearance or attire as marked below: __hair/beard restraints missing __kitchen shoes not worn __Jewelry uncovered __personal grooming does not meet uniform guidelines		3 Gestures, posture, mannerisms, eye contact, and clothing are appropriate Some professional appearance is inconsistent (marked below) __hair/beard restraints __kitchen shoes __Jewelry covered __personal grooming meets uniform guidelines		5 Gestures, posture, mannerisms, eye contact, Professional attire worn: __ hair/beard restraints __ kitchen shoes __ no visible jewelry and facial jewelry covered with bandage __ personal grooming - meets uniform guidelines	
Measuring Skills Dry Measure Liquid Measure Measuring Spoons 0–10 points	0 Measuring tools are not used during presentations	2 Limited use during presentation	4 Incorporated, but not used properly throughout presentation	6 Used effectively throughout presentation	8 Satisfactory use of measuring skills throughout presentation	10 Measuring is exceptional and enhances the presentation	
Safety and Sanitation Safe use of tools/equipment and sanitation principles; Sanitary personal appearance 0–10 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	4-5 Sanitation procedures followed minimally, but gloves and apron are worn, and hair is properly restrained	7-8 Satisfactory use of safety and sanitation procedures, gloves and apron are worn, and hair is properly restrained	9 Proficient use of safety and sanitation procedures, gloves and apron are worn, and hair is properly restrained	12 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	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	15 Satisfactory use of time, space equipment, and neat	17 Proficient use of time, space, equipment, and neat work area. Recipe was	20 Excellent use of time, space and equipment, neat and organized work area. Recipe was	

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equipment Neat work area Mise en place 0–20 points			somewhat followed.	work area. Recipe was mostly followed.	followed with minor errors.	completely followed.	
Knife Skills Appropriate knife for task Use of knife 0–10 points	1-2-3 Uses only 1-2 types of cut, knife is not handled properly, cuts are irregular		5-6-7 Use of 2-3 types of cuts, consistency of cuts may be irregular, knife handling is inconsistent		8-9-10 Use of 3-4 types of cuts, strong consistency of cuts, knife is handled properly	11-12 Use of 4-5 types of cuts, utilizes more than one type of knife, excellent consistency of cuts and knife handling	
Food Presentation Aesthetically appealing Pleasant flavors (in person only) Complementary dressing 0–10 points	0 Nothing presented	2 Plating is lacking detail, flavors or aesthetics are unappealing	4 Plating techniques are emerging, flavors or aesthetics may be unappealing	6 Satisfactory plating, basic flavors, aesthetically balanced	8 Strong plating, mostly complementary flavors, and aesthetically appealing	10 Exemplary plating, complementary flavors, and aesthetically appealing	
Originality-Execution of Theme, Creativity 0-5 points	0 Product is unoriginal	1 Theme is not present	2-3 Low level of creativity, theme is under-developed	4-5-6 Satisfactory level of creativity and theme	7-8-9 High level of creativity, theme is evident	10 Exemplary creativity, theme is clearly evident	

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

TOTAL
(90 points possible)

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Evaluator # _____

Evaluator Initial _____

Room Consultant Initial _____