

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 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, knife skills, measurement, and preparing and plating one (1) serving of an appealing and tasteful product. The salad will not be tasted by the evaluators

EVENT CATEGORIES

Level 1: grades 6–8

Level 2: grades 9–10

Level 3: grades 11–12

Level 1: “Fruit Salad”

Level 2: “Root Vegetables”

Level 3: “Citrus Celebration”

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.

ELIGIBILITY & GENERAL INFORMATION

4. Participant must bring all necessary supplies, which include food ingredients, tools, equipment, and one (1) Presentation Plate or Bowl. Refrigeration, range, and/or extension cords will not be provided. There will be no access to electricity.
5. Participant shall be neat, clean, and well-groomed in appearance, must wear chef attire, and hair must be restrained with a hair net and chef hat, etc. for sanitation purposes. Non-latex gloves must be used during the presentation portion of the event.
6. Participant shall prepare a 4”X6” title card (mounting or framing may exceed those dimensions) that lists the level, theme, knife cuts demonstrated and salad title
7. Competitors should practice the following cuts:
 - a. Julienne
 - b. Brunoise
 - c. Medium Dice
 - d. Batonnet
 - e. Rondelle
 - f. Chiffonade
 - g. Paysanne

The competitor will identify, demonstrate and use three of these cuts in preparing the salad.

GENERAL INFORMATION

Number of Participants per Entry	Prepare Ahead of Time	Equipment Provided	Competition Dress Code	Participant Set Up/Prep Time	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	25 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
			●					●	

Salad Preparation Procedures and Time Requirements for 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.
5 minutes	Evaluators will have 5 minutes to review the contents of the file folder.
	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. The knife cuts I am using are _____"
25 minutes	Participants have 25 minutes for the preparation of the salad a salad dressing and plating. Participant will not make an oral presentation while preparing the recipes. Participant will set it up for display including the use of a Title Card as described in the general information.
	Upon completion of the salad, the participant will state, "This is my completed product."
5 minutes	The evaluators will have 5 minutes to evaluate each student's salad while the student cleans up. The evaluators will not taste the salad.
3 minutes	Following the presentation, evaluators will have an opportunity to ask questions for up to 3 minutes.

Specifications for 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: A. Titles of the recipes, the source cited, 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	Knife Cuts	The competitor will identify the knife cuts used and state where they will appear in the salad.
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 Rubric C-STAR Event Point Summary Form

DIRECTIONS:

1. Be sure all information at top is correct. If a student named is not participating, cross the name(s) off. If the student does not show, please write "No Show" across the top and return with other forms.
2. Check the participant's file folder using the criteria and standards listed below and fill in the boxes.
3. At the conclusion of the 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. Direct the competitor to the display area for set up after the presentation. Assure that competitor knows that the display will be cleared immediately following the awards program (Region Competition) or between 7:30 and 8 p.m. that evening(SLC) .
5. 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.
6. Check with the Lead or Assistant Lead Consultant if there are any questions regarding the process.

ROOM CONSULTANT CHECK			Points
C-STAR Dress Check 0-3 points	0	3	
Event Online Orientation Documentation (Video) 0 or 2 points	Official documentation not provided at presentation time or signed by adviser	Official documentation provided at presentation time and signed by adviser	
Project Summary Submission Proof (Survey) 0 or 1 point	Official documentation not provided at presentation time or signed by adviser	Official documentation provided at presentation time and signed by adviser	
File Folder 0-1 point	File folder is not present or presented with incorrect labeling	File folder is present with correct labeling	
File Folder Pages and Title Card 0-2 points	File Folder exceeds the page limit or does not have 3 copies of all paperwork Title card is not the correct size.	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 • Knife Cuts • Cost analysis Title Card is no larger than 4" x 6"	
Punctuality 0 or 1 point	Participant did not attend or was late	Participant attended and was on time	
EVALUATORS' SCORES			ROOM CONSULTANT TOTAL (10 points possible)
Evaluator 1 _____	Initials _____	AVERAGE EVALUATOR SCORE (90 points possible)	
Evaluator 2 _____	Initials _____		
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 Evaluator Rubric

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 0–5 points	0 Recipes not included	1-2 Recipes are incomplete and/or not the correct number of copies		3-4 Recipes are provided with errors; correct numbers provided		5 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. Clothing as described in guidelines	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	1-2 Limited use during presentation	3-4 Incorporated, but not used properly throughout presentation	5-6 Used effectively throughout presentation	7-8 Satisfactory use of measuring skills throughout presentation	9-10 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 the face. Proper attire as described in guidelines for safety and sanitation is not worn.	1-2-3 Some sanitation procedures followed, but proper clothing guidelines for safety and sanitation were not followed; hair is not properly restrained	4-5 Sanitation procedures followed minimally, but clothing guidelines for safety and sanitation are followed and hair is properly restrained	6-7 Satisfactory use of safety and sanitation procedures, clothing guidelines for safety and sanitation are followed, and hair is properly restrained	8-9 Proficient use of safety and sanitation procedures, clothing guidelines for safety and sanitation are followed and hair is properly restrained	10 Excellent use of safety and sanitation procedures, Clothing guidelines for safety and sanitation are followed	
Food Preparation/ Organization Follow recipe Use of time, space, and equipment Neat work area Mise en place 0–20 points	0 Does not use tools appropriately, unusable work area, Excessive waste	1-2-3-4-5 Minimal use of time, space, equipment, and work area. Excessive waste	6-7-8-9-10 Good use of time, space, equipment, and work area. Recipe was somewhat followed. Some waste	11-12-13-14 Satisfactory use of time, space, equipment, and neat work area. Recipe was mostly followed. Some waste	15-16-17-18 Proficient use of time, space, equipment, and neat work area. Recipe was followed with minor errors. Some waste	19-20 Excellent use of time, space and equipment, neat and organized work area. Recipe was completely followed. Minimal waste	

Knife Skills and Presentation

Knife Cut #1 0-5 points	0 Knife cut not identified; not demonstrated correctly; incorrect knife is used; cuts are inconsistent in size/shape. Correct knife handling was not demonstrated	1 Knife cut identified but demonstrated incorrectly; cuts are inconsistent in size/shape. Incorrect knife is used. Correct knife handling was not demonstrated	2 Knife cut identified and demonstrated with inconsistency. Incorrect knife is used. Cuts are inconsistent in size/shape	3 Knife cut identified and demonstrated. Correct knife is used. Cuts are inconsistent in size/shape. Knife handling was inconsistent	4 Knife cut identified and demonstrated. Correct knife is used. Cuts are similar in size; correct knife handling	5 Knife handling is consistent. Correct knife is used; Knife cut identified, demonstrated using correct size and consistency using correct knife handling	
Knife Cut #2 0-5 points	0 Knife cut not identified; not demonstrated incorrectly; cuts are inconsistent in size/shape. Correct knife handling was not demonstrated	1 Knife cut identified but demonstrated incorrectly; cuts are inconsistent in size/shape. Correct knife handling was not demonstrated	2 Knife cut identified and demonstrated with inconsistency. Cuts are inconsistent in size/shape	3 Knife cut identified and demonstrated. Cuts are inconsistent in size/shape. Knife handling was inconsistent	4 Knife cut identified and demonstrated. Cuts are similar in size; correct knife handling	5 Knife cut identified, demonstrated using correct size and consistency using correct knife handling	
Knife Cut #3 0-5 points	0 Knife cut not identified; not demonstrated incorrectly; cuts are inconsistent in size/shape. Correct knife handling was not demonstrated	1 Knife cut identified but demonstrated incorrectly; cuts are inconsistent in size/shape. Correct knife handling was not demonstrated	2 Knife cut identified and demonstrated with inconsistency. Cuts are inconsistent in size/shape	3 Knife cut identified and demonstrated. Cuts are inconsistent in size/shape. Knife handling was inconsistent	4 Knife cut identified and demonstrated. Cuts are similar in size; correct knife handling	5 Knife cut identified, demonstrated using correct size and consistency using correct knife handling	
Food Presentation: Plating is creative & aesthetically appealing, complementary dressing 0-10 points	0 Nothing presented	1-2 Plating is lacking detail, color and flavors and aesthetics are unappealing, inappropriate portion size	3-4 Plating techniques are emerging, aesthetics may be unappealing, inappropriate portion size	5-6 Satisfactory plating, satisfactory portion size	7-8 Strong plating, mostly creative and aesthetically appealing satisfactory portion size	9-10 Exemplary plating, creative and aesthetically appealing, appropriate portion size	
Originality: Execution of Theme, Creativity 0-10 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)

Evaluator # _____

Evaluator Initial _____

Room Consultant Initial _____