

The Luncheon Menu Competitive Event is a State Event conducted at the NJ FCCLA State Leadership Conference. It is an *individual* event that combines creativity, knife skills, food safety, sanitation, preparation, and nutrition knowledge with an artistic presentation. Participants must plan a nutritionally well-balanced *luncheon menu*, create one (1) *plated presentation item*, and provide a *coordinated beverage*. For the 2019 State Leadership Conference, all participants will create a Cobb Salad.

**NEW JERSEY CORE CURRICULUM STANDARDS**

- RI.11-12.7 Integrate and evaluate multiple sources of information presented in different media or formats (e.g., visually, quantitatively) as well as in words in order to address a question or solve a problem.
- SL.11-12.4 Present information, findings, and supporting evidence, conveying a clear and distinct perspective, such that listeners can follow the line of reasoning, alternative or opposing perspectives are addressed, and the organization, development, substance, and style are appropriate to purpose, audience, and a range of formal and informal tasks.
- 9.3.12.AR-VIS.2 Analyze how the application of visual arts elements and principles of design communicate and express ideas.
- 9.3.12.AR-VIS.3 Analyze and create two and three-dimensional visual art forms using various media.
- 9.2.12.C.3 Identify transferable career skills and design alternate career plans
- 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
- 9.2.12.C.6 Investigate entrepreneurship opportunities as options for career planning and identify the knowledge, skills, abilities, and resources required for owning and managing a business.
- HSG-MG.A.3 Apply geometric methods to solve design problems (e.g., designing an object or structure to satisfy physical constraints or minimize cost; working with typographic grid systems based on ratios).
- HSF-LE.A.1a Prove that linear functions grow by equal differences over equal intervals, and that exponential functions grow by equal factors over equal intervals.

**CAREER READY PRACTICES**

- ✓ Apply appropriate academic and technical skills.
- ✓ Communicate clearly and effectively with reason.
- ✓ Demonstrate creativity and innovation.
- ✓ Employ valid and reliable research strategies.
- ✓ Use technology to enhance productivity.
- ✓ Utilize critical thinking to make sense of problems and persevere in solving them.

**NATIONAL STANDARDS FOR FAMILY AND CONSUMER SCIENCES**

- 8.2.1 Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.
- 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods.
- 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.
- 8.5.3 Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.
- 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.
- 8.5.9 Prepare sandwiches, canapes and appetizers using safe handling and professional preparation techniques
- 8.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.
- 14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.
- 14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.

### EVENT CATEGORIES

- Junior:** Participants in grades 6 – 9  
**Senior:** Participants in a comprehensive program in grades 10 – 12  
**Occupational:** Participants in an occupational program in grades 10 – 12

### ELIGIBILITY

1. Each chapter may submit one (1) participant for every twelve (12) affiliated members with a maximum of four (4) participants in each event category.
2. An entry is defined as one (1) participant.
3. An event category is determined by a member's grade in school and affiliation status.
4. Participation is open to any affiliated FCCLA member.

### PROCEDURES & REGULATIONS

1. Each participant must bring all supplies, preparation equipment, food items from the ingredient list, and table appointment materials. **Absolutely no food, equipment, supplies, etc. may be shared among participants.**
2. Each participant is limited to the ingredients found on the Ingredient List. Each participant must select ingredients from the list provided.
3. Each participant must bring a small ice chest/cooler to keep perishable food items fresh and free from spoiling.
4. Each participant will create a **Cobb Salad**, which is meant to be one (1) serving for one (1) person.
5. Each participant will display and garnish the plate in a manner appropriate to the product. Display of the product must be on a surface (i.e. plate/bowl) no larger than fourteen (14) inches in diameter for a round plate/bowl, or fourteen (14) inches across the widest part of a plate/bowl of any other shape.
6. **No food preparation or garnishes may be completed prior to the event.** This is a cold food preparation event. Because there is no heat source available, all ingredients that require cooking such as fried bacon, hard cooked eggs, etc. must be completed prior to the event. Because there is no water source, foods that require washing must be washed ahead of time. All other preparation must be done at the event. Vegetables and fruits cannot be peeled or sliced prior to the competition. Product must be assembled at the time of the event.
7. All components of the entry items must be "handmade" from raw ingredients when possible.
8. All garnishes must be cut, prepared, and arranged on site so that the judges can see the work and knife skills applied. Garnishes may not be pre-made at school or at home and then incorporated into the presentation.
9. No warming or heating devices of any kind will be allowed.
10. Electrical outlets and water will not be available. **Each participant must supply his/her own water.**
11. Each participant must supply a typed **double-sided** five (5)-by-seven (7) inch index card. The card must be placed with the entry at the time of display, just prior to dismissal. On one (1) side, the complete luncheon menu should be listed. On the reverse side, the following information should be provided:
  - A. Participant's Name
  - B. School Name
  - C. Chapter Name
  - D. Event Name (Luncheon Menu Showcase)
  - E. Event Category
  - F. The specific luncheon menu theme

**\*\* Food items listed on the menu other than the main entrée and the beverage are not considered by the evaluators.** For example soups and desserts may appear in planning of an interesting and nutritious menu but are not actually prepared or part of the judging process.

12. After completing the entry preparation, each participant must conclude the event by arranging the individual table appointment in the allotted area. This should include table covering (individual cover), dinnerware, flatware, glassware, and table or centerpiece decoration to carry with the theme of the Luncheon Menu Showcase presentation.
13. Each participant must remain with the plated presentation until dismissed by the evaluators. Each participant should be prepared to answer questions from the evaluators regarding theme selection, selection of ingredients, preparation of food, safety and sanitation, etc. **No talking** is allowed between participants.
14. This event takes a total of fifty (50) minutes. The following is a suggested use of time:
  - Five (5) minutes for *station mise en place*. **No food production at this time.**
  - Thirty (30) minutes for preparation and plating. **Do not set up table cover during this time.**
  - Ten (10) minutes for cover set up.
  - Five (5) minutes for clean up.
15. *For purposes of safety and sanitation*, it is recommended that participants keep decorative items under the table and out of the work area. If a student has completed food preparation, they may plate their items and clean up their food production area using their extra time. Keep decorating to a minimum. Posters and poster boards distract from the table setting and are discouraged. Points are not given for unnecessary ornamentation. **The use of glitter will result in point deductions.** *Decorating must be limited to the last ten (10) minutes.*
16. Each participant is required to wear an apron or smock and restrain his/her hair with a total head cover (hat, net, etc.) and follow principles of sanitation. Each participant needs to understand and explain **the proper use of gloves** when preparing food.
17. Tasting of competition food is prohibited.
18. See the GENERAL RULES AND INFORMATION of these guidelines.

**LUNCHEON MENU SHOWCASE SPECIFICATIONS**

**Organization and Sanitation**

Personal Appearance	Neat and professional.
Safety and Sanitation	Perishable food items must be kept on ice and participants must use gloves as needed.
Work Area	Safe, sanitary, organized and efficient, with food and equipment handled appropriately.
Time Management	Effective use of time allotted; follows the time schedule provided.

**Product**

Preparation Skills	Handled equipment, especially knives, safely and effectively. Correct tools were used in the preparation of the entrée and garnish.
Knife Cuts	Clean and accurate.
Food Handling	Proper safety and sanitation precautions are taken. Gloves were used as needed.
Level of Difficulty	The entrée and garnish demonstrates a variety of techniques.
Food Presentation	The entrée and appropriate garnish have eye appeal and are neat and appetizing.
Creativity	The finished product is creative and has appropriate garnish.

**Display**

Table Appointments	Table set correctly, neat, appropriate and attractive; not overdone.
Menu	Menu is typed on the index card and fits within the guidelines of the “MyPlate” recommendations.
Index Card	Complete information and nutritionally balanced menu are listed on appropriate sides of index card.

**2018 New Jersey FCCLA  
Luncheon Menu: Cobb Salad  
Ingredient List**

<u>Salad Ingredient List</u>		<u>Dressing Ingredient List</u>
<i>Select a <b>maximum</b> of 12 ingredients from this list to complete your salad:</i>		<i>Select any number of ingredients from this list to complete your dressing recipe:</i>
<p><b><u>Vegetables</u></b></p> <p>Alfalfa Sprouts Asparagus Avocado Peppers (any variety) Broccoli Carrots (Any variety) Cucumbers (Any variety) Greens (Choice – Red Leaf, Boston, Frisee, Romaine, Spinach, Iceberg, Curley Chicory) Mushrooms (Choice – Button, Cremini, Enoki, Portobello) Olives (Choice – Green, Kalamata, Ripe) Pepperoncini Tomatoes (Choice of Red Tomatoes – Salad/Regular, Plum, Cherry, Grape, green) Bok Choy Sugar Snap Peas Radish Lemon Grass Nappa Cabbage Tamarind Leek Scallion Chives Watercress Corn</p>	<p><b><u>Seafood/Nuts/Cheese</u></b></p> <p>Fat – Feta, Goat, Provolone, Cottage, Blue Cheese) Cheese (Choice of any low fat)</p> <p>Nuts/Seeds (Choice – Almonds, Cashews, Pecans, Pine nuts, Sunflower, Pumpkin, Walnuts)</p> <p>Proteins (3 ounces or less) Choice of the following: Edamame Bacon Chicken Tofu Egg (Hard Cooked) Seafood (Choice – Salmon, Tuna, Shrimp) Beans (Choice – Chickpeas, Kidney Beans, Black Beans) Legumes (lentils)</p>	<p>Balsamic Vinegar Canola Cider Vinegar Dijon Mustard Fresh Garlic Fresh Herbs Honey Lemon Juice Lime Juice Olive Oil Orange Juice Parmesan Cheese Plain Yogurt Red Wine Vinegar Romano Cheese Sunflower Wine Vinegar Sesame Oil Soy Sauce Rice Vinegar Fresh Ginger Assorted dry spices Black &amp; White Sesame Seeds</p>
<p><b><u>Fruit</u></b></p> <p>(dried / fresh) Strawberries Pineapple Mango Apples Cranberries Citrus Fruit</p>	<p><b><u>Grains</u></b></p> <p>Barley Bulgur Couscous Cracked Wheat Farro Millet Quinoa Rice Rye Berry Spelt Tabbouleh Wheat Berry</p>	

**LUNCHEON MENU SHOWCASE RATING SHEET**

Name \_\_\_\_\_ School \_\_\_\_\_

Check One Event Category:      \_\_\_ Junior      \_\_\_ Senior      \_\_\_ Occupational

**INSTRUCTIONS:**

Write the appropriate rating under the "SCORE" column. Points given may range between 0 and the maximum number indicated. Where information is missing, assign a score of 0. Total points and enter under "TOTAL SCORE."

Evaluation Criteria	Very					Score	Comments
	Poor	Fair	Good	Good	Excellent		
<b>ORGANIZATION &amp; SANITATION</b>							
Personal appearance	0-1	2	3	4	5		
Safe, sanitary work area maintained; food and equipment handled appropriately	0-2	3-4	5-6	7-8	9-10		
Efficient organization of work area	0-1	2	3	4	5		
Effective use of time management; Follows time schedule	0-1	2	3	4	5		
<b>PRODUCT</b>							
Handled equipment, especially knives, safely and effectively	0-2	3-4	5-6	7-8	9-10		
Knife cuts were clean and accurate	0-2	3-4	5-6	7-8	9-10		
Proper food handling is used to provide a safe and sanitary product	0-2	3-4	5-6	7-8	9-10		
Difficulty demonstrated in preparation of finished product using a variety of techniques	0-2	3-4	5-6	7-8	9-10		
Entrée has eye appeal, neat and appetizing, using a variety of items including a grain.	0-2	3-4	5-6	7-8	9-10		
Finished product is creative and has appropriate garnish	0-2	3-4	5-6	7-8	9-10		
<b>DISPLAY AREA</b>							
Table appointment/individual cover, neat, and attractive; not overdone	0-2	3-4	5-6	7-8	9-10		
Menu fits within the guidelines of "MyPlate" recommendations	0-1	2	3	4	5		

**Total Score** \_\_\_\_\_

**Verification of Total Score** (please initial)

Evaluator \_\_\_\_\_

Room Consultant \_\_\_\_\_

Lead Consultant \_\_\_\_\_

**Circle Rating Achieved:**

Gold: 90-100

Silver: 79-89

Bronze: 70-78