

Luncheon Menu: Salads is an *individual* NJ FCCLA State 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 *plated presentation item*, and provide a *coordinated beverage*. For the 2012 State Leadership Conference, all participants will create an *entrée salad*.

**NEW JERSEY CORE CURRICULUM STANDARDS**

- 1.1 Use aesthetic knowledge in the creation of and in responses to visual art.
- 1.2 Utilize those skills media, methods and technologies appropriate to each art form in the creation of visual art.
- 1.3 Demonstrate an understanding of the elements and principles of visual arts.
- 2.1 Learn and apply health promotion concepts and skills to support a healthy active lifestyle.
- 3.1 Understand and apply the knowledge of sounds, letters, and words in written English to become independent and fluent readers, and will read a variety of materials and texts with fluency and comprehension.
- 3.2 Write in clear, concise organized language that varies in content and form for different audiences and purposes.
- 3.3 Speak in clear and concise organized language that varies in content and form for different audiences and purposes.
- 3.4 Listen actively to information from a variety of sources in a variety of situations.
- 3.5 Access, view, evaluate, and respond to print, nonprint, and electronic texts and resources.
- 4.1 Develop number sense and will perform standard numerical operations and estimation on all types of numbers in a variety of ways.
- 4.2 Develop spatial sense and an ability to use geometric properties, relationships and measurement to model, describe and analyze phenomena.
- 5.5 Gain an understanding of the structure, characteristics, and basic needs of organisms and will investigate the diversity of life.
- 5.6 Gain an understanding of the structure and behavior of matter.
- 8.1 Use technological computer applications to gather and organize information to solve problems
- 8.2 Develop an understanding of the nature of technology, engineering, technological design, and the design world as they relate to the individual, society and the environment.
- 9.1 Develop career awareness and planning, employability skills, and foundational knowledge necessary for success in the workplace.
- 9.2 Demonstrate critical life skills in order to be functioning members of society.

**EVENT CATEGORIES****Junior:** Grades 6 – 9**Senior:** Grade 10 – 12**Occupational:** 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. An event category is determined by a member's grade in school and affiliation status.
2. Participation is open to any affiliated FCCLA member.

**REGULATIONS**

1. The 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. Participants are limited to the ingredients found on the Ingredient List. For this year, each participant may select a *maximum* of 10 ingredients from the salad list and an *unlimited* number of ingredients from the dressing list.
3. Each participant must bring a small ice chest/cooler to keep food items fresh and free from spoiling.
4. Participants will create a salad that is meant to be one serving for one 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 during the event time.
6. All components of the entry items must be "hand made" from raw ingredients. No pre-stuffed foods or pre-made salad dressings should be used.
7. 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.
8. No warming or heating devices of any kind will be allowed.
9. Electrical outlets and water will not be available. **Participants must supply their own water.**
10. 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 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. Event Category
  - D. The specific luncheon menu theme (Entrée Salad)

**\*\* 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 on the menu but are not actually prepared or part of the judging process.

11. 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.
12. Participant must remain with their 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.
13. 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.

*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.*
14. 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.
15. Tasting of competition food is prohibited.
16. See the GENERAL RULES AND INFORMATION of these guidelines.

### LUNCHEON MENU SHOWCASE SPECIFICATIONS

#### Organization and Sanitation

Personal Appearance	Neat and professional.
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.
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.

**2012 NJ FCCLA  
Luncheon Menu: Salads  
Ingredient List**

**Salad Ingredient List**

*Select a **maximum** of 10 ingredients from this list to complete your salad:*

- Alfalfa Sprouts
- Asparagus
- Avocado
- Bell Peppers (Choice – Red, Green, Yellow)
- Broccoli
- Carrots (Any variety)
- Cheese (Choice of Low Fat – Feta, Goat, Provolone, Cottage)
- Cucumbers (Any variety)
- Dried Cranberries
- Greens (Choice – Red Leaf, Romaine, Spinach, Curley Chicory)
- Mushrooms (Choice – Button, Crimini, Enoki, Portobello)
- Nuts/Seeds (Choice – Almonds, Cashews, Pecans, Pine nuts, Sunflower, Pumpkin, Walnuts)
- Olives (Choice – Green, Kalamata, Ripe)
- Pepperoncini
- Tomatoes (Choice of Red Tomatoes – Salad/Regular, Plum, Cherry, Grape)
- Proteins (3 ounces or less) Choice of the following:
  - Chicken
  - Tofu
  - Egg (Hard Cooked)
  - Seafood (Choice – Salmon, Tuna, Shrimp)
  - Beans (Choice – Chickpeas, Kidney Beans, Black Beans)

**Dressing Ingredient List**

*Select any number of ingredients from this list to complete your dressing recipe:*

- 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

LUNCHEON MENU SHOWCASE RATING SHEET

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

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

Write the appropriate rating under the score column. Points given may range between 0 and maximum number indicated. Where information is missing, assign a 0. Total the 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	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: 75-89

Bronze: 60-74