

Luncheon Menu Showcase is an individual NJ FCCLA State Event that combines food safety, sanitation, preparation, and nutrition knowledge with a creative presentation.

NEW JERSEY CORE CURRICULUM STANDARDS

- 1.1.12C.1 Use contextual clues to differentiate between unique and common properties and cultural implications of dance, music, theater and visual arts.
- 1.2.12B(4).2 Produce an original body of work in one or more mediums that demonstrates visual mastery, methods, techniques and cultural understanding.
- 1.4.12C.1 Formulate criteria for arts evaluation using positive commentary based on observance of the elements of art and principles of design in dance, music, theater, visual and multimedia artwork from diverse cultural contexts and historical eras.
- 2.1.12.A.1 Analyze the role of personal responsibility in maintaining and enhancing personal, family, community and global wellness.
- 2.1.12.B.1 Determine the relationship of nutrition and physical activity to weight loss, weight gain and weight maintenance.
- 2.1.12.B.2 Compare and contrast the dietary trends and eating habits of adolescents and your adults in the United States and other countries.
- 2.1.12.B.3 Analyze the unique contributions of each nutrient class (fats, carbohydrates, protein, water, vitamins and minerals) to one's health.
- 2.2.12.E.1 Analyze the variety of health products and services based on cost, availability, accessibility, benefits and accreditation.
- 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.
- 3.3 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.
- 5.2.12.A.2 Account for the differences in the physical properties of solids, liquids, and gases.
- 5.2.12.A.5 Describe the process by which solutes dissolve in solvents.
- 5.2.12.A.6 Relate the pH scale to the concentrations of various acids and bases.
- 8.1.12.A.3 Participate in online courses, learning communities, social networks, or virtual worlds and recognize them as resources for lifelong learning.

- 8.1.12.A.4 Create a personalized digital portfolio that contains a résumé, exemplary projects, and activities, which together reflect personal and academic interests, achievements, and career aspirations.
- 9.1.12.A.1 Apply critical thinking and problem solving strategies during structured learning experiences
- 9.3.12.C.2 Characterize education and skills needed to achieve career goals, and take steps to prepare for postsecondary options, including course selections, assessments, and extra-curricular activities.
- 9.3.12.C.3 Develop personal interests and activities that will support declared career goals and plans.
- 9.1.12.F2 Demonstrate a positive work ethic in various settings, including the classroom and during structures learning experiences.

EVENT CATEGORIES

Junior: Grades 6 – 9

Senior: Grade 10 – 12

Occupational: Grades 10 – 12

ELIGIBILITY

1. Each chapter may enter one (1) participant for every ten (10) affiliated members with a maximum of four (4) entries.
2. Participation is open to any affiliated FCCLA member.

REGULATIONS

1. The participant must bring all supplies, preparation equipment, food items, and table appointment materials. **Absolutely no food, equipment, supplies, etc. may be shared among participants.**
2. Each participant must bring a small ice chest/cooler to keep food items fresh and free from spoiling.
3. Participants will demonstrate a designated cold food item that is meant to be one serving for one person. The type of entrée will be identified in the fall mailing.
4. 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.
5. **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 pastry shells should be used.
7. All garnishes must be cut, prepared, and arranged on site so that the judges can see the work and 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 three (3) -by-five (5) inch index card which is typed and states:
 - A. Participant Name
 - B. School Name
 - C. Event Category
 - D. The specific luncheon menu theme
 - E. Complete luncheon menu

The card must be placed with the entry at the time of display just prior to dismissal.

**** 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 50 minutes. The following is a suggested use of time:
 - 5 minutes for *station mise en place*. **No food production at this time.**
 - 30 minutes for preparation and plating. **Do not set up table cover during this time.**
 - 10 minutes for cover set up
 - 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. Points are not given for unnecessary ornamentation. **The use of glitter will result in point deductions.** Decorating must be limited to the last 14 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

Work Area	Organized, safe and sanitary.
Appropriate Attire	Neat and professional.
Preparation Skills	Correct use of tools.
Safety and Sanitation	Proper precautions for health, safety and sanitation.
Time Management	Good use of time allotted.
Presentation	Visually appealing, not overdone.
Table Appointments	Table set correctly, neat and appropriate to theme.
Index Card	Complete information and nutritionally balanced menu.
Responses to Questions	Provide clear and concise answers to evaluators' questions regarding subject matter.

2010 Theme for Luncheon Menu Showcase:

Sandwiches

- Junior Category – Open-Faced Sandwich***
- Senior Category – Subs, Hoagies & Grinders***
- Occupational Category – Club Sandwiches***

In celebration of the 65th Anniversary of the National Organization, all participants should relate their presentation to one of the eight National Programs, which include:

- ***Career Connection***
 - ***Leaders at Work***
- ***Community Service***
- ***Dynamic Leadership***
- ***FACTS***
- ***Student Body***
- ***Families First***
 - ***Japanese Exchange Program***
- ***Financial Fitness***
- ***Power of One***
- ***STOP the Violence***

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		
ORGANIZATION & SANITATION							
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		
PRODUCT							
Skill and method/correct tools used in entrée and garnish preparation	0-3	4-6	7-9	10-12	13-15		
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 Variety of items	0-2	3-4	5-6	7-8	9-10		
Creativity of finished product is appropriate to luncheon theme	0-2	3-4	5-6	7-8	9-10		
Appropriate garnish	0-1	2	3	4	5		
DISPLAY AREA							
Table appointment/individual cover, neat, attractive, and appropriate to theme; not overdone	0-2	3-4	5-6	7-8	9-10		
Menu fits within the guidelines of the New Food Pyramid	0-2	3-4	5-6	7-8	9-10		
The information card is neat and complete with accurate information	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