



SKILL DEMONSTRATION EVENT

Culinary Knife Skills



Culinary Knife Skills, an individual event, will showcase the best of participants' knife skills. Participants will produce six uniform pieces for each knife cut meeting industry standards and demonstrate proper safety and sanitation procedures.

EVENT LEVELS

- Level 2: grades 9-10
- Level 3: grades 11-12

ELIGIBILITY

1. Each chapter may submit up to three (3) entries in this event. Entries will be available on a first come, first served basis. The number of entries will be determined by the conference facility and schedule.
2. Eligible participants are members who are currently or have been enrolled in a Family and Consumer Sciences culinary arts industry training program, as determined by their state department of education. Students enrolled in general food and nutrition courses not preparing them for a career or employment in culinary arts are not eligible.
3. Participants must be registered to attend the National Fall Conference and must stay at one of the official conference hotels. Hotel reservations will be verified prior to the meeting.

PROCEDURES & TIME REQUIREMENTS

1. Participants must attend an event check-in where they will:
 - be given a brief overview of the event
 - present tools and equipment for an equipment check, including the properly stored (washed, uncut) food items.
2. Participants will bring all necessary tools and equipment for this event, as listed in event specifications. Additional items are not allowed. Participants may not bring reference materials for use in the holding room.
3. Participants will remain in the holding room until their assigned presentation time and following presentation may not return to the holding room.
4. At the designated time, participants will have 5 minutes to set up the work station, 15 minutes to produce and arrange each of the knife cuts, 5 minutes to clean the work area.
5. Evaluators will score participants as they work and will complete the scoring within the 5-minute clean-up time period.
6. Total event time per rotation is 30 minutes.

GENERAL INFORMATION

1. Table space will be provided. Each participant will have approximately 6' of work space.
2. Entries will be scored by industry standards and participants must follow proper sanitation procedures.
3. Participants must bring one each of the following vegetables: carrot, potato, onion.
4. Spectators are allowed to observe this event, as space allows. Participants may only observe after they have already presented.
5. Presentations may not be recorded or photographed during competition, except by the official FCCLA photographer.

CULINARY KNIFE SKILLS Specifications

Safety and Appearance

Clean and appropriate uniform including *professional* chef attire (chef coat/jacket; industry pants or commercial uniform pants; apron; hair covering or chef hat; closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate). Facial jewelry is concealed with bandages. No additional jewelry, with the exception of a watch, is allowed. Facial hair is permitted if appropriate covering is used. Hair is properly restrained with hairnet if hair extends past the neck line. Minimal makeup, no cologne or nail polish. Acceptable graphics on the uniform include the FCCLA logo, school, chapter, or state name or logo, and individual name. No additional logos are permitted.

Clothing and Appearance	Wear appropriate clothing and head covering and present a well-groomed appearance.
Safety and Sanitation	Keep work area clean and organized, and demonstrate appropriate safety and sanitation procedures according to industry standards. Participants have 5 minutes to set up their work area, and 5 minutes to clean the work area upon completion of the knife cuts.

Food Production

Participants may bring only the items listed below to the event. No other equipment will be allowed in the competition site. Additional items will be removed from the participants until after they have finished competing. Participants will demonstrate industry standards in use of equipment, tools, and techniques.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques. No external rulers are allowed. Only the following tools are allowed: Vegetable peeler – paring knife – 8” or 10” French knife – cutting board and mat parchment paper and pen – prepared sanitizer – towels – gloves – ½ sheet pan – small compost/waste bucket or bowl
Food Product	Participants must bring one each of each of the following vegetables: carrot, potato, onion. No substitutions are allowed. All items must be uncut, whole, and unpeeled. No pre-processed items are
Time Management/Scraps and Wasting of Supplies	Demonstrate careful planning for completing tasks efficiently. All scraps will be presented for evaluation of product waste.

Knife Skills/Food Presentation

The participant will present all food items for evaluation of appearance, temperature and waste at the end of the competition. There will be no extra time allowed to complete preparation or presentation. All work must stop at the time limit. Evaluation will be based on industry standards.

Knife Cuts	A total of six (6) uniform and appropriate pieces are cut from the vegetable provided to demonstrate three (3) of the following list: Julienne; fine julienne; brunoise; fine brunoise; small, medium, large dice; paysanne; batonnet; rondelle; peel and small dice. Event evaluators will determine which three (3) cuts from specific vegetables all participants will demonstrate during the competition. Dimensions are based on the basic classical knife cuts described in American Culinary Federation (ACF) published guidelines. Knife cuts will be displayed on one (1) 1/2 sheet pan, and all cuts will be identified using the pen and parchment paper.
Overall Product Appearance and Presentation	Prepare knife cuts consistently, with appropriate proportions. Demonstrate a high quality of workmanship.

CULINARY KNIFE SKILLS

Equipment Check In Form

Name of Participant _____

Chapter _____

State _____

Level _____

Only the following items are allowed in Culinary Knife Skills. Any additional items will not be allowed for competition and must be removed from the participant's supplies. Each student must have their own set of equipment and may not share items during competition.

Participants bringing all items as required will earn 5 points on the Point Summary Form.

- Vegetable peeler
- Paring knife
- 8" or 10" French knife
- Cutting board and mat
- Parchment paper
- Pen
- Prepared sanitizer
- Towels
- Gloves
- 1/2 sheet pan
- Small compost/waste bucket or bowl
- One each: carrot, onion, and potato

Event Consultant/Volunteer Initials _____



CULINARY KNIFE SKILLS

Point Summary Form

Name of Participant _____

Chapter _____ State _____ Level _____

1. Make sure all information at top is correct. If a participant does not show, write "No Show" across the top and return with other forms.
2. At the conclusion of scoring, 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 staple all items related to the participant together.
3. At the end of competition, double check all scores and participant information to ensure accuracy.
4. Check with the Event Consultant or National FCCLA Staff if there are any questions regarding the evaluation process.

ROOM CONSULTANT CHECK			Points
Check-in 0 or 5 points	0 Did not arrive on time for participant check in	5 Arrived on time for participant check in	
Required Equipment 0 or 5 points	0 Did not bring all required equipment per participant	5 Brought all required equipment per participant	
EVALUATORS' SCORES		ROOM CONSULTANT TOTAL	
Evaluator 1 _____	Initials _____	(10 points possible)	
Evaluator 2 _____	Initials _____	AVERAGE EVALUATOR SCORE	
		(90 points possible)	
Total Score _____	divided by number of evaluators	FINAL SCORE	
_____	= AVERAGE EVALUATOR SCORE	(Average Evaluator Score plus Room Consultant Total)	
		FINAL RANK	
VERIFICATION OF FINAL SCORE AND RANK (please initial)			



CULINARY KNIFE SKILLS Rubric

Name of Participant _____

Chapter _____ State _____ Level _____

SAFETY AND APPEARANCE					Points	
Clothing and Appearance 0-10 points	0-1-2-3-4	Non-professional appearance, attire and/or grooming	5-6-7-8	Neat appearance, attire and grooming, but lacks professionalism	9-10	
				Professional appearance, attire and grooming		
Safety and Sanitation 0-10 points	0-1-2-3-4	Disregard of safety and sanitation practices, creating unsafe situation during preparation	5-6-7-8	Shows minimal safety and sanitation concerns during preparation	9-10	
				Follows all safety and sanitation practices		
Clean Up 0-5 points	0	Work area not completely cleaned upon completion of event	5	Work area completely cleaned upon completion of event		
FOOD PRODUCTION						
Equipment, Tools, and Techniques 0-10 points	0-1-2-3-4	Selection and usage of tools/equipment lacks understanding and demonstration of skills	5-6-7-8	Selection and usage of tools/equipment occasionally lacks appropriate industry techniques	9-10	
				Selects and uses all tools and equipment correctly		
Mise en place, Time Management Scraps and Waste 0-10 points	0-1-2-3-4	Did not manage time or utilize mise en place to complete each task, excessive waste	5-6-7-8	Managed time and mise en place to complete most tasks on time, some waste	9-10	
				Utilized time and mise en place to complete each task on time, minimum waste		
KNIFE SKILLS/FOOD PRESENTATION						
Overall Product Appearance and Presentation <i>Consistent, correct proportions</i> 0-15 points	0-1-2-3	Lacks workmanship, some of the display unacceptable proportions	4-5-6-7	Ordinary quality of workmanship, improvement needed in proportions	8-9-10-11	
				Competent workmanship, acceptable proportions	12-13-14-15	
				Extremely high-quality workmanship, accurate proportions		
Knife Cut #1: _____ 0-10 points	0-1	Incorrect cut or not uniform in size or shape	2-3-4	Correct but pieces inconsistent in size and shape	5-6-7	
				Correct cut, nearly all consistent in size and shape	8-9-10	
				Correct cut, identical in size and shape		
Knife Cut #2: _____ 0-10 points	0-1	Incorrect cut or not uniform in size or shape	2-3-4	Correct but pieces inconsistent in size and shape	5-6-7	
				Correct cut, nearly all consistent in size and shape	8-9-10	
				Correct cut, identical in size and shape		
Knife Cut #3: _____ 0-10 points	0-1	Incorrect cut or not uniform in size or shape	2-3-4	Correct but pieces inconsistent in size and shape	5-6-7	
				Correct cut, nearly all consistent in size and shape	8-9-10	
				Correct cut, identical in size and shape		

VERIFICATION OF SCORE (please initial)

Evaluator _____ Room Consultant _____ Event Consultant _____

TOTAL
(90 points possible)

Evaluator's Comments: