

## Utah FCCLA

### Culinary Arts STAR Event Procedures 23-24

#### General Guidelines

- Please read the competitive event guide from FCCLA Inc. and be familiar with all information and the evaluation rubric.
- These are some important reminders and information about Utah Region and State competitions.
- Advisers are **not allowed** to be in any **competition area including check in**
- Each **Chapter** will be allowed two participants.
- All students will take a test prior to regions, scores will be used as qualifiers only if there are unfilled spots at state
- Students should be prepared to adapt for a variety of situational challenges, showcasing technical skills.

#### Summary Sheet- (Room Consultant)

- **Registration points**- Sign in on time to check in
- **Event online orientation**- Certificate from state web site showing completion.
- **Project Summary Form**- Certificate from National Website.
- Students **must bring both forms listed above** to both region and state.
- **Uniform and Appearance**-
  - Coats should have School & Participant Name all other logos besides FCCLA should be covered. FCCLA logo is not required
  - Industry or commercial uniform pants are required
  - Hair covering/chef hat, plus an apron is required
  - Facial hair should be appropriately covered
  - No jewelry besides a watch is allowed, facial and ear jewelry must be covered if not able to be removed.
  - Participants should wear Non-slip industry shoes, no canvas shoes
- **Extra Equipment** and tools will not be allowed. No points are deducted for extra equipment, but the items will be confiscated at check-in and returned at the end of the competition.
- **Students may bring portion cups that are labeled, they may not bring a recipe with notes, all students will be given a clean copy of the recipe to use for production.**

#### Organization

- During 20 minutes of **Organization** time participants can:
  - Measuring & weight ingredients, organize kitchen, preheat oven

#### Production

- Not Allowed - Mixing or combining ingredients, cutting or cooking any food
- Follow rubric criteria for safety, sanitation and food production
- Participants are not allowed to go over **60 minutes of production time**. When time is called what is on plate is what will be scored.

#### Plates

#### Large Equipment

- Two (2) round white Plates will be provided by host school or SLCC at State.
- Students will have access to a refrigerator, freezer, and/or ice if needed.
- Students will have access to standard kitchen equipment including range and oven.
- **State** will be held in a large commercial kitchen.
  - Each team will be assigned **4 gas burners, 1 oven, and 8 linear feet of preparation table**. Access to single use **commercial dishes washer and three bin sinks** will be available to all competitors.

#### Work load and Time Efficiency

- Deduct of points on sanitation will occur if participants fail to cleaned all dishes, equipment, and work station during **final clean up time**.