

## Utah FCCLA Culinary Arts STAR Event Procedures 23-24 (updated for state competition)

- General Guidelines
- Please read the competitive event guide from FCCLA Inc. and be familiar with all information and the evaluation rubric.
  - This contains 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, for region.
  - Each region will advance 3 participants to 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**- Students must scan the code at the end of the video found on the Utah FCCLA web site and complete the form. Room consultants will be provided with verification.
  - **Project Summary Form**- Certificate from National Website, students must bring printed or digital verification to show to the room consultant.
  - **Uniform and Appearance**-
    - Only acceptable graphics on the uniform are FCCLA logo, individual, school, state or chapter name or logo. **Others must be covered.** No graphics are 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.**
  - **Competitors may NOT bring recipes with notes or time sheets, all students will be given a clean copy of the recipe for organization and production.**
- Organization
- During 20 minutes of **Organization and Supply** time participants can:
    - Measuring & weight ingredients, organize kitchen, preheat oven.
    - Make notes and time plans on recipes.
- 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
- Two (2) matching white Plates will be provided by host school and SLCC.
- Large Equipment
- Students will have access to a refrigerator, freezer, and/or ice if needed.
  - Students will have access to standard kitchen equipment i.e. range and oven.
  - **State** will be held in a large commercial kitchen.
    - Each participant will be assigned **4 gas burners, 1 oven, and 8 linear feet of preparation table**. Access to single use **commercial dish 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 clear all dishes and equipment, and clean work station during **final clean up time**.

