



## Culinary Arts



**Culinary Arts**, an individual *event*, recognizes participants enrolled in a Family and Consumer Sciences culinary arts industry training program for their ability to produce a quality meal using industrial culinary arts/food service techniques and equipment. Participants must **develop a plan** for the time allotted, **prepare menu items** given to them at the time of the event, and **present prepared items** to evaluators.

### EVENT LEVEL

**Level 3:** grades 11–12

**Level 4:** Postsecondary

See page 72 for more information on event levels.

### ELIGIBILITY & GENERAL INFORMATION

1. Review “Eligibility and General Rules for All Levels of Competition” on page 73 prior to event planning and preparation.
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. The competition menu and equipment list for the



4. Each participant must complete the online project summary form located on the “Surveys” tab of the FCCLA Student Portal and provide signed proof of submission at the assigned participation time.
5. National Leadership Conference (in-person competition) participants will view the online orientation video found on the official FCCLA YouTube channel, available in early June. Each entry must complete and submit the required form to the event room consultant at the time of competition. Only one form per entry is required. Contact State Advisers for orientation procedures for competitions held prior to National Leadership Conference.



### GENERAL INFORMATION

Number of Participants per Entry	Prepare Ahead of Time	Equipment Provided for In-Person Competition	Competition Dress Code	In-Person Competition Participant Set Up / Prep Time	In-Person Competition Room Consultant & Evaluator Review Time	Maximum Oral Presentation Time	In-Person Competition Evaluation Interview Time	In-Person Competition Total Event Time
1	Equipment	Large equipment, food	Chef’s uniform as described	20 minutes prep time	20 minutes equipment check	60 minutes food production	15 minutes cleanup	1 hour and 55 minutes

### PRESENTATION ELEMENTS ALLOWED

Audio	Costumes	Easel(s)	File Folder	Flip Chart(s)	Portfolio	Props/Pointers	Skits	Presentation Equipment	Visuals
	Chef Attire Required								

## CULINARY ARTS

### Procedures and Time Requirements for National In-Person Competition

Participants will take the locally proctored ACF-CFC written exam by the deadline as published in National Leadership Conference materials. This score will be combined with the scores from the in-person competition to determine medal placement.	
Participant will report to the designated room at the specified time with all required equipment, and wearing appropriate, clean attire. Participant will turn in a prepared time management plan prepared on the published recipes, and will be given a menu and all required recipes and ingredients.	
20 minutes	Uniform and equipment inventory check. Time management plan returned at the end of equipment check.
20 minutes	Identical food items will be available to each participant. No other food products, garnishes, or condiments may be brought to the event. Participants will have 20 minutes to organize work area, obtain supplies, and adapt the time management plan, if required. Examples of allowable activities include placing equipment, verifying oven temperatures, measuring products, and clean/wash products. No products may be cut, peeled, sliced, etc.
60 minutes	Participants will have 60 minutes to prepare required food products according to recipe specifications.
10 minutes	After 60 minutes, participants will present two plates for evaluation of appearance, taste, and temperature.
15 minutes	Participants will have 15 minutes to clean up their workstations and return unused food to the central station.
5 minutes	Evaluators will use the rubric to score and write comments for each participant throughout the session by observing their work habits, techniques, development and use of planning sheet, product presentation, appearance, taste, and creativity. Then, evaluators will meet with each other to discuss participants' strengths and suggestions for improvement.

### Procedures and Time Requirements for New Mexico State Virtual Competition

Participants will take the proctored ACF-CFC written exam prior to competition at the Virtual State Leadership Conference. This score will be combined with the scores from the in-person competition to determine medal placement. This test will be based on the American Culinary Federation's Certified Fundamentals Cook (ACF-CFC) written exam.		
Participant will show all required equipment, and wear appropriate, clean attire. Participant will prepare a time management plan on the published recipes.		
Participant will make three videos: one for each of the following topics below. The recording should be done in one take (no editing, starting over, etc.) and should show the work surface in its entirety and the student at all times. Items to include in the video are sanitation, technical industry skills used during food production.		
Participant will take and submit three clear still pictures of each of the food products: one bird's eye view, one side view and one angle view.		
Time	Topic	Specifications
40 minutes	Equipment/Mise en place	Each participant must verbally introduce themselves by name, chapter. Participant will perform an uniform and inventory check, as well as present the time management plan. No other food products, garnishes, or condiments may be brought to the event other than what is listed on the official menus. Participant will organize work area, obtain supplies, and adapt the time management plan. Examples of allowable activities include placing equipment, verifying oven temperatures, measuring products, and clean/wash products. Stations may be already set up with equipment and product to be used, but no products may be cut, peeled, sliced, etc.
60 minutes	Food Production	Participants will have 60 minutes to prepare required food products according to recipe specifications.
20 minutes	Presentation/Clean up	Participant should provide a 360 degree, close up view of the product, and take three clear still pictures: one bird's view, one side view and one angle view. Participant will verbally explain the color, texture, appropriate seasoning and balance of the product. This is not a voice over, but a presentation of the product by the participant. Participants will clean up their workstations.

## Procedures and Time Requirements for National Virtual Competition

National preliminary competition: State Qualifiers (the top three individuals) will take the proctored ACF-CFC written and practical exams, administered locally. These scores will be submitted to the national organization to determine the top ten (10) individuals to qualify for the national finals. All scores from the national preliminary competition will determine medal placement.

National finals competition: The top ten (10) individuals from the preliminary competition will submit a food production video (recipe and video details to be announced prior to the competition). The scores from the video, written test, and practical exam will determine the top three finalists for national recognition.

## Specifications

### Testing

States may administer a general culinary knowledge test at regional/district and state competitions. All National Leadership Conference participants will take the American Culinary Federation's Certified Fundamentals Cook (CFC) written exam prior to competition. Additional information regarding ACF testing will be provided to NLC participants prior to competition.

## Culinary Arts Specifications (continued)

### Uniform and Appearance

Participants will be well groomed and wear appropriate, clean attire meeting the following standards:

Uniform, Jewelry and Personal Hygiene	Clean and appropriate <i>uniform</i> including <i>professional</i> chef attire (chef coat/jacket; industry pants or commercial <i>uniform</i> 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). 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 Culinary Arts uniform include the FCCLA logo, school, chapter, or state name or logo, and individual name. No additional logos are permitted. If required, additional logos may be covered with white cloth tape.
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### Safety and Sanitation

Participants, and their work areas, are kept sanitary and organized, meeting the following standards:

Safety and Sanitation	Workstation is kept neat, clean and organized in a safe and sanitary manner. Hand washing is done frequently. Food contact surfaces are cleaned and sanitized frequently. Proper knife safety is demonstrated and small equipment is handled properly, according to industry standards. Complete final cleanup, and return supplies after event within designated time period.
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### Food Production

Participants will have 60 minutes to prepare food products and garnish. Participants should be proficient in the preparation of a minimum of three food products. Participants will demonstrate industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products that meet industry standards for appearance and taste.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques in the preparation of food products and garnishes. Use proper amount of product in food production and incorporate usable by-products or return to safe storage.
Timeline	Timeline is used and is accurate.
Use of Products	Follow directions of recipes in proper sequence, amounts, and preparation. Incorporate usable by-products into recipes, if appropriate.
Mise en Place	Work effectively and display organizational skills. Mise en place is well executed.

### Food Taste and Presentation

Each participant will prepare two identical plates that have been attractively garnished. The participant will present all plates for evaluation of appearance, taste, and temperature at the end of the 60-minute period. There will be no extra time allowed to complete preparation or presentation. All work must stop at the 60-minute time limit.

Plating and Presentation	Prepare two plates consistently, with appropriate portion size, functional garnish, and visual appeal.
Taste, Texture and Seasoning	Food items are prepared with appropriate color, texture, flavor, mouth feel, and appropriate seasoning and balance.
Cooking Methods and Technique	Preparation of product utilizing proper cooking methods and techniques. All food is served at safe and proper temperatures and with appropriate consistency. Maillard reaction is properly executed, as required by recipe.





# CULINARY ARTS

## Rubric

Name of Participant \_\_\_\_\_

Chapter \_\_\_\_\_ State \_\_\_\_\_ Team # \_\_\_\_\_ Station # \_\_\_\_\_ Level \_\_\_\_\_

SAFETY AND SANITATION					Points
<b>Safety</b> 0-5 points	<b>0</b> Station is disorganized, safety is disregarded	<b>1 2</b> Station is lacking neatness and organization, questionable knife and small equipment safety	<b>3 4</b> Station is neat and organized, knivesafety is good and most small equipment is handled safely and properly	<b>5</b> Station is very neat and organized, all knives and small equipment are handled safely and properly. y	
<b>Sanitation</b> 0-5 points	<b>0</b> Disregards safety and created unsafe and unsanitary conditions	<b>1 2</b> Shows minimal safety and sanitation practices, surfaces inconsistently cleaned and sanitized, inconsistent hand washing	<b>3 4</b> Inconsistently follows most safety and sanitation practices, food contact surfaces are cleaned and sanitized occasionally, occasional hand washing	<b>5</b> Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing	
FOOD PRODUCTION					Points
<b>Equipment, Tools &amp; Techniques</b> 0-9 points	<b>0</b> Selection and usage of tools/equipment lacks understanding and demonstration of skills	<b>1 2 3 4</b> Selection and usage of tools/equipment demonstrate some industry techniques	<b>5 6 7</b> Selection and usage of tools/equipment demonstrates most industry techniques	<b>8 9</b> Selects and uses all tools/equipment correctly and safely following industry techniques	
<b>Timeline</b> 0-1 points	<b>0</b> Timeline is not used or is not accurate	<b>1</b> Timeline is accurate			
<b>Mise en Place</b> 0-4 points	<b>0</b> Mise en place is poorly executed and displays unacceptable organizational skills	<b>1</b> Mise en place is fairly organized and displays marginal organizational skills	<b>2 3</b> Mise en place is organized and displays sufficient organizational skills	<b>4</b> Mise en place is well executed and displays excellent organizational skills	
<b>Use of Products</b> 0-5 points	<b>0</b> Excess amount of products are prepared and used in each preparation. Useable by-products are not incorporated in the recipes or returned to safe storage	<b>1 2</b> Uncalculated amounts of product are prepared and used in each preparation. Usable by-products are not incorporated properly into the recipes or returned to safe storage	<b>3 4</b> Proper amount of product is prepared and used in most preparations. Some usable by-products are incorporated properly into the recipes or returned to safe storage	<b>5</b> Proper amount of product is prepared and used in each preparation. Usable by-products are incorporated properly into the recipes or returned to safe storage	
FOOD ITEM #1					Points
<b>Plating and Presentation</b> 0-4 points	<b>0</b> Items are visually unappealing. Use of non-functional garnish	<b>1</b> Obvious over or under sized portions. Improper size and/or stained plate is used with smudges	<b>2 3</b> Slightly over or under portion size. Proper size plate with some smudges. No evidence of non-functioning garnish	<b>4</b> Clean plate, appropriate portion size. No evidence of non-functional garnishing. Visually appealing	
<b>Taste, Texture &amp; Seasoning</b> 0-5 points	<b>0</b> Poor use of contrasting colors and visible texture. All food items are seasoned incorrectly and out of balance with one another	<b>1 2</b> Fair use of contrasting colors, visible texture, flavor and mouth feel. Most foods are seasoned incorrectly and are out of balance with one another	<b>3 4</b> Good use of contrasting color, visible texture, flavor and mouth feel. Most foods are seasoned correctly and in balance with one another	<b>5</b> Excellent use of contrasting colors, visible texture, flavor and mouth feel. Food items are all seasoned correctly and in balance with one another	
<b>Cooking Methods &amp; Technique</b> 0-5 points	<b>0</b> Improper cooking methods and techniques used. Food served at unsafe temperatures. All sauces/dressings are served at incorrect temperature or consistency. Maillard reaction is poorly executed, if required	<b>1 2</b> Improper cooking methods and techniques used to produce food. Some food served at an unsafe or improper temperature. Most sauces/dressings are served at the incorrect temperature and consistency. Maillard reaction is improperly executed, if required	<b>3 4</b> Proper cooking methods and techniques mostly used to produce quality food. Most food is served at a safe and proper temperature. Most sauces/dressings are served at the correct temperature and consistency. Maillard reaction is mostly properly executed, if required	<b>5</b> Proper cooking methods and techniques used to produce quality food. Served at safe and proper temperatures. All sauces/dressings are served at the correct temperature and consistency. Maillard reaction is properly executed, if required.	

## Culinary Arts Rubric (continued)

<b>FOOD ITEM #2</b>					
<b>Plating and Presentation</b> 0-4 points	<b>0</b> Items are visually unappealing. Use of non-functional garnish	<b>1</b> Obvious over or under sized portions. Improper size and/or stained plate is used with smudges	<b>2 3</b> Slightly over or under portion size. Proper size plate with some smudges. No evidence of non-functioning garnish	<b>4</b> Clean plate, appropriate portion size. No evidence of non-functional garnishing. Visually appealing	
<b>Taste, Texture &amp; Seasoning</b> 0-5 points	<b>0</b> Poor use of contrasting colors and visible texture. All food items are seasoned incorrectly and out of balance with one another	<b>1 2</b> Fair use of contrasting colors, visible texture, flavor and mouth feel. Most foods are seasoned incorrectly and are out of balance with one another	<b>3 4</b> Good use of contrasting color, visible texture, flavor and mouth feel. Most foods are seasoned correctly and in balance with one another	<b>5</b> Excellent use of contrasting colors, visible texture, flavor and mouth feel. Food items are all seasoned correctly and in balance with one another	
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<b>FOOD ITEM #3</b>					
<b>Plating and Presentation</b> 0-4 points	<b>0</b> Items are visually unappealing. Use of non-functional garnish	<b>1</b> Obvious over or under sized portions. Improper size and/or stained plate is used with smudges	<b>2 3</b> Slightly over or under portion size. Proper size plate with some smudges. No evidence of non-functioning garnish	<b>4</b> Clean plate, appropriate portion size. No evidence of non-functional garnishing. Visually appealing	
<b>Taste, Texture &amp; Seasoning</b> 0-5 points	<b>0</b> Poor use of contrasting colors and visible texture. All food items are seasoned incorrectly and out of balance with one another	<b>1 2</b> Fair use of contrasting colors, visible texture, flavor and mouth feel. Most foods are seasoned incorrectly and are out of balance with one another	<b>3 4</b> Good use of contrasting color, visible texture, flavor and mouth feel. Most foods are seasoned correctly and in balance with one another	<b>5</b> Excellent use of contrasting colors, visible texture, flavor and mouth feel. Food items are all seasoned correctly and in balance with one another	
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**Evaluator's Comments – include two things done well and two opportunities for improvement:**

**TOTAL**   
(71 points possible)

Evaluator # \_\_\_\_\_

Evaluator Initial \_\_\_\_\_

Room Consultant Initial \_\_\_\_\_





# CULINARY ARTS

## Production Rubric

*For use with 3 production and 2 tasting evaluators*

Name of Participant \_\_\_\_\_

Chapter \_\_\_\_\_ State \_\_\_\_\_ Team # \_\_\_\_\_ Station # \_\_\_\_\_ Level \_\_\_\_\_

SAFETY AND SANITATION					Points
<b>Safety</b> 0-5 points	<b>0</b> Station is disorganized, safety is disregarded	<b>1 2</b> Station is lacking neatness and organization, questionable knife and small equipment safety	<b>3 4</b> Station is neat and organized, knife safety is good and most small equipment is handled safely and properly	<b>5</b> Station is very neat and organized, all knives and small equipment are handled safely and properly. y	
<b>Sanitation</b> 0-5 points	<b>0</b> Disregards safety and created unsafe and unsanitary conditions	<b>1 2</b> Shows minimal safety and sanitation practices, surfaces inconsistently cleaned and sanitized, inconsistent hand washing	<b>3 4</b> Inconsistently follows most safety and sanitation practices, food contact surfaces are cleaned and sanitized occasionally, occasional hand washing	<b>5</b> Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing	
FOOD PRODUCTION					
<b>Equipment, Tools &amp; Techniques</b> 0-9 points	<b>0</b> Selection and usage of tools/equipment lacks understanding and demonstration of skills	<b>1 2 3 4</b> Selection and usage of tools/equipment demonstrate some industry techniques	<b>5 6 7</b> Selection and usage of tools/equipment demonstrates most industry techniques	<b>8 9</b> Selects and uses all tools/equipment correctly and safely following industry techniques	
<b>Timeline</b> 0-1 points	<b>0</b> Timeline is not used or is not accurate		Timeline is accurate		
<b>Mise en Place</b> 0-4 points	<b>0</b> Mise en place is poorly executed and displays unacceptable organizational skills	<b>1 2</b> Mise en place is fairly organized and displays marginal organizational skills	<b>3 4</b> Mise en place is organized and displays sufficient organizational skills	<b>4</b> Mise en place is well executed and displays excellent organizational skills	
<b>Use of Products</b> 0-5 points	<b>0</b> Excess amount of products are prepared and used in each preparation. Useable by-products are not incorporated in the recipes or returned to safe storage	<b>1 2</b> Uncalculated amounts of product are prepared and used in each preparation. Usable by-products are not incorporated properly into the recipes or returned to safe storage	<b>3 4</b> Proper amount of product is prepared and used in most preparations. Some usable by-products are incorporated properly into the recipes or returned to safe storage	<b>5</b> Proper amount of product is prepared and used in each preparation. Usable by-products are incorporated properly into the recipes or returned to safe storage	
FOOD ITEM #1					
<b>Cooking Methods &amp; Technique</b> 0-5 points	<b>0</b> Improper cooking methods and techniques used. Food served at unsafe temperatures. All sauces/dressings are served at incorrect temperature or consistency. Maillard reaction is poorly executed, if required	<b>1 2</b> Improper cooking methods and techniques used to produce food. Some food served at an unsafe or improper temperature. Most sauces/dressings are served at the incorrect temperature and consistency. Maillard reaction is improperly executed, if required	<b>3 4</b> Proper cooking methods and techniques mostly used to produce quality food. Most food is served at a safe and proper temperature. Most sauces/dressings are served at the correct temperature and consistency. Maillard reaction is mostly properly executed, if required	<b>5</b> Proper cooking methods and techniques used to produce quality food. Served at safe and proper temperatures. All sauces/dressings are served at the correct temperature and consistency. Maillard reaction is properly executed, if required.	
FOOD ITEM #2					
<b>Cooking Methods &amp; Technique</b> 0-5 points	<b>0</b> Improper cooking methods and techniques used. Food served at unsafe temperatures. All sauces/dressings are served at incorrect temperature or consistency. Maillard reaction is poorly executed, if required	<b>1 2</b> Improper cooking methods and techniques used to produce food. Some food served at an unsafe or improper temperature. Most sauces/dressings are served at the incorrect temperature and consistency. Maillard reaction is improperly executed, if required	<b>3 4</b> Proper cooking methods and techniques mostly used to produce quality food. Most food is served at a safe and proper temperature. Most sauces/dressings are served at the correct temperature and consistency. Maillard reaction is mostly properly executed, if required	<b>5</b> Proper cooking methods and techniques used to produce quality food. Served at safe and proper temperatures. All sauces/dressings are served at the correct temperature and consistency. Maillard reaction is properly executed, if required.	

## Culinary Arts Production Rubric (continued)

FOOD ITEM #3						
Cooking Methods & Technique	0	1	2	3	4	5
0-5 points	Improper cooking methods and techniques used. Food served at unsafe temperatures. All sauces/dressings are served at incorrect temperature or consistency. Maillard reaction is poorly executed, if required	Improper cooking methods and techniques used to produce food. Some food served at an unsafe or improper temperature. Most sauces/dressings are served at the incorrect temperature and consistency. Maillard reaction is improperly executed, if required		Proper cooking methods and techniques mostly used to produce quality food. Most food is served at a safe and proper temperature. Most sauces/dressings are served at the correct temperature and consistency. Maillard reaction is mostly properly executed, if required		Proper cooking methods and techniques used to produce quality food. Served at safe and proper temperatures. All sauces/dressings are served at the correct temperature and consistency. Maillard reaction is properly executed, if required.

**Evaluator's Comments – include two things done well and two opportunities for improvement:**

**TOTAL**  
(44 points possible)

Evaluator # \_\_\_\_\_

Evaluator Initial \_\_\_\_\_

Room Consultant Initial \_\_\_\_\_



# CULINARY ARTS

## Plating, Presentation and Tasting Rubric For use with 3 production and 2 tasting evaluators

Name of Participant \_\_\_\_\_

Chapter \_\_\_\_\_ State \_\_\_\_\_ Team # \_\_\_\_\_ Station # \_\_\_\_\_ Level \_\_\_\_\_

FOOD ITEM #1						
Plating and Presentation 0-4 points	0	1	2	3	4	
	Items are visually unappealing. Use of non-functional garnish	Obvious over or under sized portions. Improper size and/or stained plate is used with smudges	Slightly over or under portion size. Proper size plate with some smudges. No evidence of non-functioning garnish	Clean plate, appropriate portion size. No evidence of non-functional garnishing. Visually appealing		
Taste, Texture & Seasoning 0-5 points	0	1	2	3	4	5
	Poor use of contrasting colors and visible texture. All food items are seasoned incorrectly and out of balance with one another	Fair use of contrasting colors, visible texture, flavor and mouth feel. Most foods are seasoned incorrectly and are out of balance with one another	Good use of contrasting color, visible texture, flavor and mouth feel. Most foods are seasoned correctly and in balance with one another	Excellent use of contrasting colors, visible texture, flavor and mouth feel. Food items are all seasoned correctly and in balance with one another		
FOOD ITEM #2						
Plating and Presentation 0-4 points	0	1	2	3	4	
	Items are visually unappealing. Use of non-functional garnish	Obvious over or under sized portions. Improper size and/or stained plate is used with smudges	Slightly over or under portion size. Proper size plate with some smudges. No evidence of non-functioning garnish	Clean plate, appropriate portion size. No evidence of non-functional garnishing. Visually appealing		
Taste, Texture & Seasoning 0-5 points	0	1	2	3	4	5
	Poor use of contrasting colors and visible texture. All food items are seasoned incorrectly and out of balance with one another	Fair use of contrasting colors, visible texture, flavor and mouth feel. Most foods are seasoned incorrectly and are out of balance with one another	Good use of contrasting color, visible texture, flavor and mouth feel. Most foods are seasoned correctly and in balance with one another	Excellent use of contrasting colors, visible texture, flavor and mouth feel. Food items are all seasoned correctly and in balance with one another		
FOOD ITEM #3						
Plating and Presentation 0-4 points	0	1	2	3	4	
	Items are visually unappealing. Use of non-functional garnish	Obvious over or under sized portions. Improper size and/or stained plate is used with smudges	Slightly over or under portion size. Proper size plate with some smudges. No evidence of non-functioning garnish	Clean plate, appropriate portion size. No evidence of non-functional garnishing. Visually appealing		
Taste, Texture & Seasoning 0-5 points	0	1	2	3	4	5
	Poor use of contrasting colors and visible texture. All food items are seasoned incorrectly and out of balance with one another	Fair use of contrasting colors, visible texture, flavor and mouth feel. Most foods are seasoned incorrectly and are out of balance with one another	Good use of contrasting color, visible texture, flavor and mouth feel. Most foods are seasoned correctly and in balance with one another	Excellent use of contrasting colors, visible texture, flavor and mouth feel. Food items are all seasoned correctly and in balance with one another		

**Evaluator's Comments – include two things done well and two opportunities for improvement:**

**TOTAL**  
(27 points possible)

Evaluator # \_\_\_\_\_

Evaluator Initial \_\_\_\_\_

Room Consultant Initial \_\_\_\_\_



