



VIRTUAL KNIFE SKILLS New Mexico – State Event

Knife Skills, an individual event, that recognizes participants for their ability to work individually to design and prepare an attractive, edible food tray.

Eligibility

1. Participation is open to any state/national affiliated FCCLA chapter member.
2. Members must be affiliated at the time of registration and registered for the State Leadership Conference.
3. For 2020-2021 year, all district/region competitions have been canceled. Chapters may submit up to three entries in each category for state competition.

Categories

- Level 1 - Members through grade 8
- Level 2 - Members in grades 9 and 10
- Level 3 - Members in grades 11 and 12

Rules

1. No electricity will be provided.
2. Participants are required to attend orientation prior to the contest.
3. Food products on the tray are to be edible and attractive using the following guidelines:
 - Participant may choose either a fruit or vegetable tray.
 - Greens may be used as a garnish on the fruit or vegetable tray.
 - **No seafood, egg, caviar, meat or poultry** may be used.
 - Cheese or a dip is acceptable in both types of tray (no egg, seafood, caviar, meat or poultry)
 - Dips may be prepared in advance
 - At least $\frac{3}{4}$ of the items on the tray (except greens) should be ready to be eaten by guests at an informal gathering. Large garnishes which are not readily eaten in 2-3 bits, such as apple birds, onion chrysanthemums, etc. do not meet the “ready to eat” criteria. These must take up no more than $\frac{1}{4}$ the total surface space of the food tray. Outer covering of foods (skin, rind, shells, etc.) may be used to contain food or dips. These covering containers are **not** included in the $\frac{3}{4}$ to $\frac{1}{4}$ criterion.
4. Platter or tray used for display may be any size or shape, but may not exceed a 24” square space, and may not be multi-level. Displays on larger trays will have points deducted. Placemats and other décor may **NOT** be used. If dips are used, their container must be edible – no other types of containers are allowed.
5. All items used on the food tray must be prepared during the demonstration. Dips may be prepared in advance. Items must be cleaned in advance but not cut, peeled, or prepared in any manner prior to the beginning of the event.
6. Nothing artificial may be placed within the display. Toothpicks and wooden skewers may be used for support or serving purposes. All parts of vegetables or fruits may be used.
7. The participant must bring all necessary food, cutting boards, tools and equipment. No water or electricity will be available.

8. The participant(s) will need to set the display on a table.
9. Manuals, books will **not** be permitted in the work area during the competition. Participants may use 4" x 6" index cards for notes and personally drawn sketches.
10. Participants will be given **50 minutes** to complete the food tray and clean up assigned area. Participants may set a ten- and two-minute warning timer. All work must stop at the end of 50 minutes. (see details below)
11. Principles of sanitation should be followed for the participant(s), utensils and work area.
12. The participant must wear food grade disposable gloves: a uniform/smock/apron chef hat or hairnet and closed-toed, non-slip shoes (gym shoes are acceptable).

PRESENTATION RECORDING SPECIFICATIONS

Participants will submit a maximum 25-minute video recording of them completing the requirements of this event. The timing of the video is as follows:

Timing	Topic	Specifications
Up to 1 minute	Introduction	Each participant must verbally introduce themselves by name, chapter and level. Stations may be already set up with equipment and products to be used.
Up to 50 minutes production time; condensed to 19-minutes	Food Art Production	Participant will have 50 minutes to create their tray. For purposes of the video, the student will speed up the video (time condense) so that production is condensed to no more than 18 minutes of recording time. 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 and technical industry skills used during food production, and show the scraps to determine the amount of product waste. Instrumental background music may be used but should not be distracting.
Up to 5 minutes	Closing	Participant will have up to 5 minutes to present their product. Product should be display according to the details listed above in the rules. Participant should provide a close-up view of the product, and verbally measure the product during the closeup. Participants need to address the following topics: <ul style="list-style-type: none"> • Display • Setup • Preparation Techniques • Organization and Production • Cost of materials This is not a voice over, but a presentation of the product by the participant

Video Editing Software Suggestions (participant may use any from this list or any software of their choice):

[DaVinci Resolve](#)

[iMovie](#)

[Movavi](#)

[Wevideo](#)

[Windows Movie Maker](#)

[YouTube.](#)

Updated December 2020