



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.

Eligibility

1. Participation is open to any state and nationally affiliated FCCLA chapter member.
2. An event category is determined by the participants' grades in school prior to the State Leadership Conference.
3. Participants must be registered to attend the State Leadership Conference.
4. Each district may submit the three top entries per category level as identified at the district/regional competition.

Event Levels

- Level 1: through grade 8 ■ Level 2: grades 9–10 ■ Level 3: grades 11–12 ■ Level 4: Post-Secondary

PROCEDURES & TIME REQUIREMENTS

1. Participants must attend an event orientation 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 25 minutes.

GENERAL INFORMATION

1. The participant(s) must bring all necessary food, cutting boards, tools, and equipment. No water or electricity will be available. A table, approximately 6' of work space, will be provided on which to set the display in the competition room. Space will be assigned by the lead consultant.
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, and onion.
4. Manuals and books will **not** be permitted in the work area during the competition.
5. Spectators are allowed to observe this event, as space allows. Participants may only observe after they have already presented.
6. Presentations may not be recorded or photographed during competition, except by the official FCCLA photographer.
7. Terms in *italics* are defined in the glossary.

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 a hairnet if hair extends past the neckline. 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. The participant must wear food-grade disposable gloves.

Clothing and Appearance	Wear appropriate clothing and a 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 the 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 the following vegetables: carrot, potato, and onion. No substitutions are allowed. All items must be uncut, whole, and unpeeled. No pre-processed items are allowed.
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. The 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 the 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 pan 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 the 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 and pen
- Pen
- Prepared sanitizer
- Towels
- Gloves
- 1/2 sheet pan
- Small compost/waste bucket or bowl
- One each: carrot, onion, and potato

Lead Consultant/Volunteer Initials _____



Name: _____ District: _____

Chapter: _____

Level: (Circle one) Level 1 Level 2 Level 3 Level 4

Directions:

1. Make sure all information at the top is correct. If a student is not participating, cross their name(s) off. If a participant does not show, please mark “No Show” across the top and return with other forms. Do NOT change participant numbers.
2. At the conclusion of the presentation, verify evaluator scores and fill in the information below. Calculate the final score and ask for evaluators’ verification. Place this form in front of the completed rubrics and paper clip all items related to the presentation together. Please do NOT staple.
3. At the end of the competition in the room, double-check all scores, names, and participant information to ensure accuracy. Sort results by participant order and turn into the Competitive Events Consultant.
4. Please check with the Competitive Events Consultant if there are any questions regarding the evaluation process.

ROOM CONSULTANT CHECK			POINTS
Punctuality 0 or 1 point	0 Participant was late for the presentation	1 Participant was on time for the presentation	
Supplies 0 or 5 points	0 Did not bring all required supplies per participant	5 Brought all required supplies per participant	
Evaluator’s Scores Evaluator 1: _____ Initials: _____ Evaluator 2: _____ Initials: _____ Evaluator 3: _____ Initials: _____ Total Score: _____			Lead Consultant Total (6 points possible)
Total Average Score _____			Average Evaluator Score (94 points possible)
			Final Score (Average Evaluator Score plus Lead Consultant Total)

Rating Achieved: **Gold:** 90-100 **Silver:** 70-89.99 **Bronze:** 1-69.99
(Circle one)

VERIFICATION OF FINAL SCORE AND RATING (please initial)

Evaluator 1 _____ Evaluator 2 _____ Evaluator 3 _____ Event Lead Consultant _____



Name(s) of Participant(s)

School:

Level: (Circle One) Level 1 Level 2 Level 3 Level 4

Safety and Appearance **Points**

Clothing and Appearance 0-10 points	0-1-2-3-4	5-6-7-8	9-10	
	Non-professional appearance, attire, and/or grooming	Neat appearance, attire, and grooming, but lacks professionalism	Professional appearance, attire, and grooming	
Safety and Sanitation 0-10 points	0-1-2-3-4	5-6-7-8	8-10	
	Disregard of safety and sanitation practices creating an unsafe situation during preparation	Shows minimal safety and sanitation concerns during preparation	Follows all safety and sanitation practices	
Clean Up 0 or 5 points	0		5	
	Work area was not completely cleaned upon completion of the event		Work area is completely cleaned upon completion of the event	

Food Production **Points**

Equipment, Tools, and Techniques 0-11 points	0-1-2-3-4	5-6-7-8	9-10-11	
	Selection and usage of tools/equipment lack understanding and demonstration of skills	Selection and usage of tools/equipment occasionally lack appropriate industry techniques	Selects and uses all tools and equipment correctly, according to industry standards	
Mise en place, Time Management, Scraps and Waste 0-10 points	0-1-2-3-4	5-6-7-8	9-10	
	Did not manage time or utilize mise en place to complete each task, excessive waste	Managed time and mise en place to complete most tasks on time, with some waste	Utilized time and mise en place to complete each task on time, with minimal waste	

Knife Skills/Food Presentation **Points**

Overall Product Appearance and Presentation Consistent Correct Proportions 0-15 points	0-1-2-3	4-5-6-7	8-9-10-11	12-13-14-15	
	Lacks workmanship; some of the display has unacceptable proportions	Ordinary quality of workmanship, improvement needed in proportions	Competent workmanship, acceptable proportions	Extremely high-quality workmanship, accurate proportions	

Knife Cut #1 0-11 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	8-9-10-11 Correct cut, identical in size and shape	
Knife Cut #2 0-11 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	8-9-10-11 Correct cut, identical in size and shape	
Knife Cut #3 0-11 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	8-9-10-11 Correct cut, identical in size and shape	
VERIFICATION OF SCORE (please initial)				TOTAL (94 points possible)	
Evaluator _____ Lead Consultant _____ STAR Coordinator _____					

Evaluators Comments: