



## SKILL DEMONSTRATION EVENT

# Culinary Knife Skills

**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.

### EVENT CATEGORIES

Senior: grades 10–12

Occupational: grades 10–12

### ELIGIBILITY

1. Each chapter may submit up to three (3) entries in this event. Entries at participating Cluster Meeting locations will be available on a first come, first served basis. The number of entries will be determined by the conference facility and schedule.
2. Participation is open to any nationally affiliated FCCLA senior or occupational member who must be or has been enrolled in a culinary arts occupational training program (coursework for high school credit that concentrates in-class learning and/or on-the-job training in preparation for paid *employment*) or a Family and Consumer Sciences course preparing them for a career in culinary arts or hospitality careers (following a nationally recognized curriculum such as ProStart®). Students enrolled in general food and nutrition courses not preparing them for a career in Culinary Arts are not eligible.
3. Participants must be registered to attend the National Cluster Meeting and must stay at one of the official conference hotels. Hotel reservations will be verified prior to the meeting.

### PROCEDURES & TIME REQUIREMENTS

1. Participants must attend an event orientation session where they will:
  - be given a brief overview of the event
  - draw an identification number indicating the order of participation (participant must wear number during the event)
  - review time schedule
  - take a timed, 10 question test on general FCCLA knowledge, based on information found on the FCCLA national website, [www.fcclainc.org](http://www.fcclainc.org)
  - 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.
3. At the designated time, the participant will be given up to 5 minutes to take a timed, 10 question test on general FCCLA knowledge. Following the test, participants will remain in the orientation/holding room until their assigned presentation time and following presentation may not return to the holding room.
4. Participants may not bring reference materials for use in the holding room. Participants are allowed to bring a pencil for taking the test and required equipment.
5. 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.
6. Evaluators will score participants as they work and will complete the scoring within the 5-minute clean-up time period.
7. Total event time per rotation is 30 minutes.

### GENERAL INFORMATION

1. Table space will be provided. Each participant will have approximately 6' of work space.
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, onion.
4. Spectators are allowed to observe this event, as space allows. Participants may only observe after they have already presented.
5. Presentations may not be recorded or photographed, except by the official FCCLA photographer.
6. Terms in italics are defined in the glossary in the National Competitive Events Guide.

## CULINARY KNIFE SKILLS Specifications

### Testing

A 10-question test on general FCCLA knowledge will be given prior to the participant planning time. This test will be scored and included in the final event points. The test will be timed and in case of a tie, the participant with the highest score and lowest time will receive the higher rank.

### Safety and Appearance

Participants will be well groomed and wear appropriate, clean attire meeting restaurant and hotel industry standards including: chef coat or jacket (school name and logos are permitted); industry pants or commercial uniform; apron; hair covering or chef hat; closed-toe, low heel, nonskid leather shoes (canvas shoes are not appropriate); no jewelry (watches are acceptable); minimal make-up; no cologne or nail polish; facial hair is permitted if appropriate covering is used. Participants will also demonstrate the ability to keep their work area organized and clean in a safe and sanitary manner.

Clothing and Appearance	Wear appropriate clothing and 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 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 each of the following vegetables: carrot, potato, onion. No substitutions 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. 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 all participants will demonstrate during the competition. Dimensions are based on the basic classical knife cuts described in 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 pen 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 \_\_\_\_\_

State \_\_\_\_\_ Participant # \_\_\_\_\_ Category \_\_\_\_\_

Participants may bring a pencil to take the test. 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.

- Vegetable peeler
- Paring knife
- 8" or 10" French knife
- Cutting board and mat
- Parchment paper
- Pen
- Prepared sanitizer
- Towels
- Gloves
- 1/2 sheet pan
- Small compost/waste bucket or bowl
- One each: carrot, onion, and potato

Event Consultant/Volunteer Initials \_\_\_\_\_



## Skill Demonstration Events Point Summary Form **CULINARY KNIFE SKILLS**

Name(s) of Participant \_\_\_\_\_

State \_\_\_\_\_ Participant # \_\_\_\_\_ Category \_\_\_\_\_

**DIRECTIONS:**

1. Make sure all information at top is correct. If a team does not show, please write "No Show" across the top and return with other forms.
2. At the conclusion of scoring, verify evaluator scores and fill in information below. Calculate the final score and ask for evaluators' verification. Place this form in front of the completed rubrics and staple all items related to the participant together.
3. At the end of competition in the room, double check all scores, names, and team numbers to ensure accuracy.
4. Please check with the Event Coordinator or National FCCLA Staff if there are any questions regarding the evaluation process.

ROOM CONSULTANT CHECK			Points
<b>Check-in</b> 0 or 5 points	<b>0</b> Did not attend participant check-in	<b>5</b> Attended participant check-in	
<b>Testing Score</b> (0-5 points)			
<b>Testing Time in minutes and seconds</b> (will be used in case of ties)			
<b>EVALUATORS' SCORES</b>		<b>ROOM CONSULTANT TOTAL</b> (10 points possible)	
Evaluator 1 _____	Initials _____	<b>AVERAGE EVALUATOR SCORE</b> (90 points possible)	
Evaluator 2 _____	Initials _____	<b>FINAL SCORE</b> (Average Evaluator Score plus Room Consultant Total)	
Total Score _____	divided by number of evaluators	<b>FINAL RANK</b>	
_____	= <b>AVERAGE EVALUATOR SCORE</b>		
<b>VERIFICATION OF FINAL SCORE AND RATING</b> (please initial)			



## CULINARY KNIFE SKILLS Rubric

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

State \_\_\_\_\_ Participant # \_\_\_\_\_ Category \_\_\_\_\_

SAFETY AND APPEARANCE				Points
<b>Clothing and Appearance</b> 0-10 points	0-1-2-3-4 Non-professional appearance, attire and/or grooming	5-6-7-8 Neat appearance, attire and grooming, but lacks professionalism	9-10 Professional appearance, attire and grooming	
<b>Safety and Sanitation</b> 0-10 points	0-1-2-3-4 Disregard of safety and sanitation practices, creating unsafe situation during preparation	5-6-7-8 Shows minimal safety and sanitation concerns during preparation	9-10 Follows all safety and sanitation practices	
<b>Clean Up</b> 0-5 points	0 Work area not completely cleaned upon completion of event		5 Work area completely cleaned upon completion of event	
FOOD PRODUCTION				
<b>Equipment, Tools, and Techniques</b> 0-10 points	0-1-2-3-4 Selection and usage of tools/equipment lacks understanding and demonstration of skills	5-6-7-8 Selection and usage of tools/equipment occasionally lacks appropriate industry techniques	9-10 Selects and uses all tools and equipment correctly	
<b>Mise en place, Time Management Scraps and Waste</b> 0-10 points	0-1-2-3-4 Did not manage time or utilize mise en place to complete each task, excessive waste	5-6-7-8 Managed time and mise en place to complete most tasks on time, some waste	9-10 Utilized time and mise en place to complete each task on time, minimum waste	
KNIFE SKILLS/FOOD PRESENTATION				
<b>Overall Product Appearance and Presentation</b> <i>Consistent, correct proportions</i> 0-15 points	0-1-2-3 Lacks workmanship, some of the display unacceptable proportions	4-5-6-7 Ordinary quality of workmanship, improvement needed in proportions	8-9-10-11 Competent workmanship, acceptable proportions	12-13-14-15 Extremely high quality workmanship, accurate proportions
<b>Knife Cut #1:</b> _____	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 Correct cut, identical in size and shape
0-10 points				
<b>Knife Cut #2:</b> _____	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 Correct cut, identical in size and shape
0-10 points				
<b>Knife Cut #3:</b> _____	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 Correct cut, identical in size and shape
0-10 points				

VERIFICATION OF SCORE (please initial)

Evaluator \_\_\_\_\_ Room Consultant \_\_\_\_\_ Event Consultant \_\_\_\_\_

**TOTAL**  
(90 points possible)

**Evaluator's Comments:**