

CULINARY ARTS

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An *individual event* recognizes participants for their ability to produce a quality meal using industrial culinary arts/food service techniques and equipment. Participants must prepare menu items given to them at the time of the event and present prepared items to evaluators.

ELIGIBILITY & GENERAL INFORMATION

- 1. Review "Eligibility and General Rules for All Levels of Competition" on page 8 prior to event planning and preparation.
- 2. The National Leadership Conference (NLC) competition recipes and equipment list will be posted in the FCCLA Adviser Portal. Any necessary large equipment will be provided for national competition. Only items on the list may be brought to the event. Any items not on the equipment list will be removed and returned to the participant after cleanup. For regional/state competitions, recipes and equipment lists will be provided by the host facility and/or state association.
- 3. 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.
- 4. National Leadership Conference (NLC) participants are required to view the online orientation video and submit the STAR Events *Online Orientation Form* by the deadline. The video and form will be on the FCCLA Student Portal and can be found under Surveys Applications. Only one form per entry is required. **Contact your State Adviser** for orientation procedures for competitions held prior to the National Leadership Conference (NLC).

CLICK HERE TO VIEW NATIONAL DEADLINES

CAREER PATHWAYS ALIGNMENT					
Human Services	Hospitality & Tourism	Education & Training	Visual Arts & Design		

EVENT LEVELS				
Level 1:	Level 2:	Level 3:	Level 4:	
Through Grade 8	Grades 9–10	Grades 11–12	Postsecondary	
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*See page 7 for more information on event levels.				

GENERAL INFORMATION			
Number of Participants per Entry Prepare Ahead of Time		Equipment Provided for Competition	Competition Dress Code
1	Equipment	Large Equipment–Yes Food–Yes	Chef's Attire (as described)

PRESENTATION ELEMENTS ALLOWED								
Audio	Easel(s)	File Folder	Flip Chart(s)	Portfolio	Props/ Pointers	Skits	Presentation Equipment	Visuals



TOP 5 SKILLS STUDENTS REPORT LEARNING THROUGH PARTICIPATION				
Leadership	Teamwork			
Creativity	Responsibility and Time Management			
Self-Confidence				

CHAPTER SERVICE PROJECT PORTFOLIO BY THE NUMBERS: 2022 - 2023				
Participants Nationwide	Type of Event	Nationwide Impact		
540	Career Focused	8,933		

81% of Culinary Arts participants indicated this event is extremely or very useful to their future.
57% of Culinary Arts participants indicated they would pursue higher education related to the career chosen in their project.

PARTICIPANT TESTIMONIALS

"In order to complete this project, I effectively managed time in order to have enough time to cook and plate all of the food. In addition to this, I cooked according to the recipe accurately. I made sure to follow standard sanitary measures in the kitchen to safely prepare the food. I also made sure that all food was cooked to the correct temperature and properly measured using kitchen tools and techniques. I used creativity to plate food that was pleasing to the eye." -Tennessee FCCLA Members

"I will prepare a menu of three dishes, two plating's each. I will follow best practices in sanitation, safety, technique, and cooking methods to execute my competition. I will display the best professionalism through dress, attitude, responses to judges, and execution of the menu." -Michigan FCCLA Member

"In order to prepare for our project, I practiced studying and memorizing the recipes for the culinary arts menu thoroughly. To prepare all menu items in the time allowed without looking at the recipes during food preparation was one of my goals. With this project I was able to improve on memorization, responsibility, and time management skills." – California FCCLA Member

SCHOLARSHIPS

Each year FCCLA's collegiate partners award over 13 million in scholarships to the Top 3 placing Level 3 teams/individuals annually at the National Leadership Conference. Scholarship details can be found on the FCCLA Website.