

# Salad Preparation

Lorie Bagley

[lbagley@visalia.k12.ca.us](mailto:lbagley@visalia.k12.ca.us)

Mt. Whitney High School

**CHECK IN: 8:30 am      CONTEST BEGINS: 9:00 am**

**CLASS:**

Salad Preparation, Food Service, Consumer & Family Studies Education

**ELIGIBILITY:**

Open to all students enrolled in Consumer & Family Studies classes or Food Service classes or a related class. Refer to the General Information and Rules page.

**SCOPE OF CONTEST:**

1. Contestants will prepare a salad exhibiting the following:
  - Knowledge of safety and sanitation
  - Skills and preparation techniques
  - Proper use and care of equipment
  - Creativity and theme
  - Taste and texture
  - Personal appearance
2. The contestant will prepare 4 typed copies of an information sheet to be given to the chairperson during orientation. Information shall include:
  - Title of recipe
  - List of ingredients
  - Amount of ingredients
  - Directions and methods for preparation
3. A maximum of 15 MINUTES is allowed for salad preparation. Students exceeding the time limit will receive a 10-point reduction in test score.
4. Students should prepare enough salad for one serving to be tested by each judge.

**RULES AND REGULATIONS:**

1. This is an INDIVIDUAL event. No teams will be allowed.
2. Each competitor will be identified by a number. There should be no student names or school names on aprons or chef's jackets.
3. There should be no narration during the presentation. Competitors will introduce the type of salad they are making and finish with "THIS IS MY COMPLETED PROJECT."

# Salad Preparation *(continued)*

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## **EQUIPMENT AND MATERIALS:**

To be supplied by contest chairperson:

- A preparation area with a sink, water, and preparation surface
- Tables or other appropriate display areas
- Rating sheets and a stop watch or clock

To be supplied by contestant:

- All ingredients for their salad
- Proper utensils and serving dishes
- Appropriate clothing (minimum: hair covering and apron)

## **TIME:**

Roll will be taken at 9 a.m. The time allowed for this competition will be 15 MINUTES per contestant.

## **SCORECARD:**

Contestant will be judged on the following:

Salad Information	10
Sanitation/Personal Appearance	15
Organization & use of utensils and equipment	20
Creativity	20
Taste & Texture	20
Theme & Originality	15
Total Possible	100 points

## **TIE BREAKER:**

Ties will be broken by the time of completion.