



SALAD PREPARATION

Event Specifications

SCOPE OF CONTEST

The event will be held at Justin Garza High School from 9:00 to 11:00 AM on March 13, 2025.

The theme for 2025 is *Mediterranean Inspired with a Superfood component*. The contestant will be evaluated on his/her ability to prepare an attractive, nutritious, Single-Serving Entrée Salad presented on a dish no larger than 12-inches in diameter. Students will each receive a mystery bag of common ingredients and additional pantry ingredients will be available for contestants to choose from.

NUMBER OF COMPETITORS

Individual event, limited to 20 competitors. Two competitors per school site.

Fresno ROP reserves the right to modify enrollment due to limited spaces available.

RULES AND PROCEDURES

1. The contestant will demonstrate appropriate sanitation and safety techniques and proper use and care of equipment.
2. The contestant will demonstrate ability to present a salad that is pleasing to the eye and palate.
3. The contestant will demonstrate creativity in recipe development highlighting nutrition, taste, and texture.
4. Contestants will have a total of **60-minutes** to plan, prepare and present final product. The first **15-minutes** will be allowed for **Mise En Place/Product Selection** only. No food preparation will be allowed during the first **15-minutes** of the competition. This period will be followed by a **5-minute** time period in which the contestants can write their planned recipe on their 3x5 card, highlighting how the mystery basket ingredients are used. Then **40-minutes** will be allowed for preparation and presentation.
5. **Each item within the "Mystery Bag" must be utilized!**
6. The contestant will write a recipe indicating how they prepared their salad, including how they have utilized the mystery basket ingredients, on a 3x5 card to be placed in front of the finished salad on the judging table. Recipes should include what ingredients were used and in what quantity as well as how the ingredients were prepared.
7. Contestants must bring ALL necessary equipment and tools (e.g. cutting board, knives, cleaning cloths, mixing bowls, measuring tools, serving dish, etc.).
8. No outside ingredients will be allowed. All ingredients will be provided.

JUDGING CRITERIA

1. The contestant demonstrates required sanitation and safe preparation procedures and adheres to competition dress codes.
2. The contestant demonstrates organizational skills and appropriate use of utensils and equipment.
3. The contestant's finished product is eye appealing and original.
4. The contestant's finished product exhibits quality nutrition, plus a variety of textures and is pleasing to the palate.

EQUIPMENT AND MATERIALS

1. Supplied by the contestant:
 - a. Supplies and utensils needed for preparation and/or storage; including bus tub or tray to transport items from pantry to preparation.
 - b. Disposable gloves.
 - c. Serving dish no larger than 12 inches in diameter or other accessories to serve and display the salad.
 - d. 3x5 card and pen/pencil to write down how the mystery basket ingredients were utilized in the salad.
 - e. Sanitation buckets/supplies or multiple cutting boards/knives to demonstrate proper food/handling sanitation.
 - f. **NO SMALL APPLIANCES WILL BE ALLOWED.**

2. Supplied by the Career Skills Challenge:
 - a. Tablecloths for preparation tables and judging (12 for 8-foot tables and 4 for 60-inch rounds) plus tables for presentation of pantry ingredients
 - b. Score sheets
 - c. Stopwatches (3)
 - d. All food items
 - e. Plates (for judges use)
 - f. Forks (for judges use)
 - g. Serving Tongs (for judges use)
 - h. Napkins (for judges use)
 - i. Water (for judges use)
 - j. Sound system
 - k. Number #10 cans - 60 count –(1 for each contestant for trash/waste and 4 to lift each table)
 - l. Mise cups – 4.5 ounce portion cups

DRESS CODE

1. Wear standard chef attire: chef's coat or apron and long pants. **NO BLUE JEANS, TIGHTS, LEGGING, JEGGINGS.**
2. Contestant must wear closed toe shoes.
3. Contestant must provide disposable gloves.
4. Contestant will cover their hair with a hair net, chef hat, or cap.
5. Long sleeves shirts must be kept buttoned at the sleeve, or rolled/pushed up.

CAREER SKILLS CHALLENGE

SCORE SHEET

SALAD PREPARATION

| | |
|---|--------------------|
| Student ID #: | Judge ID #: |
| Total Points (100 points possible) | |

| Evaluation Item (Total possible point 100) | Points Earned | Comments |
|---|--------------------------|-----------------|
| Sanitation & Safety The student demonstrates required sanitation and safe preparation procedures and adheres to competition dress code. Possible 20 Points | | |
| Mise En Place & Technical Skills The student demonstrates organizational skills and appropriate use of utensils and equipment. Possible 20 Points | | |
| Taste Proper seasoning and balance of flavors. Possible 20 points | | |
| Plate Presentation The student's finished product is artistic, eye appealing and original. Possible 20 Points | | |
| Recipe Creativity The student's finished product exhibits quality nutrition, plus a variety of textures. Utilization of mystery baskets items. Possible 20 Points | | |
| Total Points Earned | | |
| GRAND TOTAL | | |

- Automatic disqualification will result from any of the following: contestant's failure to complete preparation and presentation during the 40-minute period; any sanitation violation that results in the judge's inability to sample product; teachers/audience communicating with contestants during competition period; or judge tampering.
- In the event of a tie, the contestant with the highest *Sanitation & Safety Skills* score will be the winner. If a tie still exists, the contestant with the highest score on *Mise En Place & Technical Skills* will be the winner.

Please distribute evaluation copies to:

Contestant
White

Event Manager
Yellow