

Create a Meal

Create a Meal, an individual event, recognizes participants who demonstrate their ability to use knowledge and skills gained from their enrollment in Family and Consumer Sciences courses related to issues of food and good nutrition. Participants must prepare a resource container related to the specifications listed in the event prior to participation. On-site, participants must plan and present a meal for evaluators in response to a case study provided during the event.

Event Categories

Junior: up to grade 9

Senior: grades 10-12

Occupational: grades 10-12

Eligibility

1. Chapters may submit one entry in each category of this event.
2. Participation is open to any nationally affiliated FCCLA chapter member in Event Categories specified above.
3. The project must be planned, conducted and prepared by the participant.
4. The project must be developed and completed within a one-year span beginning July 1 and ending June 30 of the school year before the National Leadership Meeting.

Rules

1. Each participant will submit resource container (look under resource container for particulars) to the event Room Consultant at the designated time for review prior to participation.
2. All participants will be admitted to competition room and given meal to plan at the same time.
3. Participants will have exactly 30 minutes to prepare and plate the meal based on the daily dietary and/or medical needs of the individual listed on the case study.
4. Participant will have 10 minutes after completing the meal to set table for one correctly using the supplies from their resource container.
5. Evaluators will use the rating sheet to score and write comments for each participant.
6. The total time required for this event is approximately 45 minutes.

General Information

1. Spectators may not observe any portion of this event.
2. Participants will be allowed to use listed resources only.
3. Professional dress is required for this event.
4. Costumes are not allowed for this event.

5. There will be no resources for participants to use on site for this event.
6. Participants will bring a resource box containing materials listed within the event to the site.
7. Participants may use ONLY pictures that are cut out of magazines, drawn by the participant or copied from the computer. No other models may be used.
8. Resource container will be a 13 x 9 x 2" covered metal pan. No other container may be used for this event.
9. Spectators are allowed to view displays only after judging is completed and time and space permit.
10. Glass products may not be used or brought into the event site. Only Styrofoam, plastic or paper products may be used in the event.
11. All evaluators will have a copy of the current food guide pyramid and a copy of the case study as given to the participants.

Resource Container

- 1) Must be a 13 x 9 x 2" covered pan.
- 2) Items to be included are:
 - a. up to 10 sheets construction paper
 - b. glue stick or bottle of glue
 - c. Box of crayons or colored pencils
 - d. pair of scissors
 - e. 2 paper or Styrofoam plates
 - f. place setting of utensils for one to include: fork, spoon, knife, napkin, placemat. (Cups may be drawn to save space in container)
 - g. No more than 200 pictures total from each of the following food groups as listed on the Food Guide Pyramid.
 1. Milk/dairy
 2. Meat/Protein
 3. Vegetable
 4. Fruit
 5. Grain
 6. Fats & Sweet

2create a meal

Standards for Resource Container - 20 points total

Resource Container Possible Points	Resource Container must be 13" x 9" x 2" metal pan with a plastic cover and contain materials listed below under <i>Resource Container</i> 4 points Correct size used , 1 point Incorrect size used, 0 points – no container used
<i>Resource Container</i> Pictures of foods Possible Points	Must be drawn by participant, off computer or pictures of foods from magazines, No models of foods may be used. 4 points – All pictures correct, 2 points, ½ or more correct, 1 point –less than ½ correct
<i>Resource Container</i> Construction paper Possible Points	No more than 10 sheets of construction paper, 2 points -10 sheets or less paper, 0 points more than 10 sheets of construction paper included
glue Possible Points	Glue stick or bottle of glue 2 points –glue stick or bottle of glue, 0 points - no glue stick or bottle of glue
<i>Resource Container</i> Crayons or colored pencils Possible Points	box of crayons or colored pencils, 2 points – box of crayons or colored pencils included, 0 points - no box of crayons or colored pencils included
<i>Resource Container</i> scissors Possible Points	One pair of scissors used for cutting 2 points – scissors included, 0 points - no scissors included
<i>Resource Container</i> Styrofoam plates Possible Points	2 paper or Styrofoam plates 2 points – 2 paper or Styrofoam plates included, 0 points - 2 paper or Styrofoam plates not included
<i>Resource Container</i> utensils Possible Points	place setting of utensils for one – fork, spoon, knife, napkin, placemat 2 points – place setting of all utensils included, 0 points no place setting of all utensils included

Standards – Time – 10 points total

Use of time planning meal Possible Points	30 minutes in length, may not exceed 30 minutes 5 points - 30 minutes, 3 points – 20 or less minutes, 1 point - Less than 10 minutes or not finished at 30 minutes
Use of time setting table Possible Points	10 minutes in length, may not exceed 10 minutes 5 points - 6-10 minutes, 3 points – 2-6 minutes, 1 point - Less than 2 minutes or not finished at 10

Standards - Knowledge of Food Groups – 40 points total

Followed Food Guide Pyramid guidelines Possible Points	Use correct food choices from the Food Guide Pyramid 20 points - Full, clear use of correct food choices, 14 points - Partial use of correct food choices, 6 points - Unclear, incomplete use of correct food choices, 0 – points No explanation given
Correctly identified dietary needs of case study Possible Points	Made choices based on the individual needs of the case study given 20 points - All choices made were correct, 14 points - ½ or more choices made were correct, 6 points - Less than ½ of choices made were correct

Standards – Appearance of Selections - 25 points total

Color - Possible Points	Colors used are appealing to the eye. 5 points – Captured attention right away, 3 points - Somewhat effective, 1 point – Not effective
Temperature Possible Points	Cold foods/hot foods combinations used correctly 5 points - Very knowledgeable in use, 3 points - Somewhat knowledgeable in use, 1 point - Lacking knowledge in use
Texture Possible Points	Correct use of crunchy, soft, and/or hard foods 5 points - Very knowledgeable in use, 3 points - Somewhat knowledgeable in use, 1 point - Lacking knowledge in use
Taste Possible Points	Flavors mix well 5 points - Very knowledgeable in use, 3 points - Somewhat knowledgeable in use, 1 point - Lacking knowledge in use
Shapes Possible Points	Circles, squares and rectangles used appropriately 5 points - Very knowledgeable in use, 3 points - Somewhat knowledgeable in use, 1 point - Lacking knowledge in use

Standards – Place setting - 5 points total

Utensils properly placed Possible Points	All utensils including fork, spoon, knife, napkin, and placemat used appropriately. (cup may be drawn) 5 points - all utensils correctly placed, 3 points - Most correctly placed, 1 point – Many errors
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Create a Meal Point Summary Sheet

Vital Information Complete all sections accurately!

Category (circle one) Senior Occupational

Participant's Name: _____

Room consultant Before student presentation, room consultant must check participant's presentation materials with the evaluators. If there is a discrepancy in the event, please have evaluators note this in their rating of the event. At the conclusion of the presentation, place this form in front of the completed rating sheets for this participant and have the evaluators sign below beside their scores. Please check for 10 point spread, and that all scores are matched - written numbers to actual marked score. Please do not average the scores. This will be done by tabulations.

Accountability Team – please verify scores on individual rating sheets, making sure they are the same in the columns and written on the rating sheet, then transferred to this sheet correctly. Please also make sure they are within the 10 point range. Also, staple this sheet to the front of the rating sheets of the participant. Please do not average the scores. This will be done by tabulations.

Evaluators' Scores

Evaluator 1 _____ Initials _____ Room Consultant Initials
Evaluator 2 _____ Initials _____ _____
Evaluator 3 _____ Initials _____

Accountability Team check initials- _____

For tabulations use only * DO NOT WRITE BELOW THIS LINE PLEASE * For tabulations use only:

Total Score _____

Divided by number of evaluators = Average Score _____

Tabulations signature: Verification of scores _____

Rating Achieved (circle one)

Gold 90-100 Silver 70-89 Bronze 1 – 69

Tabulations initials: _____ SDPI Final Verification of event _____

Create a Meal – Rating Sheet

Name _____ Date _____ Division: Junior Senior Occupational

Evaluation Criteria

Resource Container - 20 points	Exemplary	Satisfactory	Unsatisfactory	Not Done	Rating
Resource Container	4	n/a	n/a	0	
Pictures of foods	4	n/a	n/a	0	
Construction paper	2	n/a	n/a	0	
glue	2	n/a	n/a	0	
Crayons or colored pencils	2	n/a	n/a	0	
scissors	2	n/a	n/a	0	
Styrofoam plates	2	n/a	n/a	0	
utensils	2	n/a	n/a	0	
Time – 10 points					
Use of time planning meal	5 4	3 2	1	0	
Use of time setting table	5 4	3 2	1	0	
Knowledge of Food Groups – 40 points					
Followed Food Guide Pyramid guidelines when completing task	20 19 18 17 16 15	14 13 12 11 10 9 8 7	6 5 4 3 2 1	0	
Correctly identified dietary needs of case study	20 19 18 17 16 15	14 13 12 11 10 9 8 7	6 5 4 3 2 1	0	
Appearance of Selections – 25 points					
Color	5 4	3 2	1	0	
Temperature	5 4	3 2	1	0	
Texture	5 4	3 2	1	0	
Taste	5 4	3 2	1	0	
Shapes	5 4	3 2	1	0	
Place setting – 5 points					
Utensils properly placed	5 4	3 2	1	0	

Please remember to keep no more than a 10 point spread between evaluators

Evaluator Initials _____ Room Consultant Initial _____ SDPI Final Verification of event _____ Total Points _____