

16<sup>TH</sup> ANNUAL PROSTART CULINARY  
TEAM COMPETITIONS

KEISER UNIVERSITY  
**EDIBLE**  
**CENTERPIECE**  
COMPETITION



# KEISER UNIVERSITY EDIBLE CENTERPIECE COMPETITION

FRIDAY, FEBRUARY 6, 2016

## **ELIGIBILITY**

All participating students must be juniors or seniors in high school and enrolled in a Premier or Full ProStart® program during the 2015 – 2016 school year.

## **PURPOSE**

Contestant will demonstrate his/her creative ability during the competition through the preparation of an edible centerpiece consisting of fruits and vegetables.

## **UNIFORM**

The team must present a uniform appearance. All team members are required to wear appropriate apparel consisting of apron, white chef coat, checkered or black chef pants, non-porous closed toe, non-slip sole black shoes, and the hats provided by the FRLAEF. FRLAEF will provide hats in advance. The white chef coat may have school and/or sponsor logos on it. Per Florida health code, no jewelry may be worn with the exception of a wedding band (covered by a glove) and a medical alert bracelet (kept inside uniform and away from food). The team will be evaluated on proper uniform throughout all culinary events.

## **PROCEDURE**

1. Contestant will send all required information to the Florida Restaurant & Lodging Association Educational Foundation (FRLAEF) no later than December 18, 2015. If all required information is not received by 5:00 pm on December 18, the team will be removed from the Edible Centerpiece Competition.
2. The order in which contestants compete in the Edible Centerpiece Competition will be selected prior to the competition. Contestant start times will be drawn at random and announced in January.
3. Prior to the start of the competition the contestant can set up all supplies. However, the contestant cannot begin preparing the edible centerpiece.
4. Contestant will have 60 minutes to prepare an edible centerpiece using fruits and/or vegetables as the edible ingredients.
5. Once judging is complete, the edible centerpieces will be displayed.

## **RULES**

1. Only one (1) student per school may compete in the Edible Centerpiece Competition.
2. A student may compete in only one (1) competition.
3. All participating students must be juniors or seniors in high school and enrolled in a Premier or Full ProStart® programs during the 2015 – 2016 school year.

4. Contestant must complete the edible centerpiece in the 60 minutes provided.
5. The workspace will consist of one (1) eight-foot table provided for each contestant. Contestants may raise their table as long as the table remains steady. It will be the judge's discretion as to whether or not the table is safe. If the judges rule the table unsafe, the contestant must lower the table. The contestant may put items under the table. The contestant may not have any items beside their table. All centerpiece preparation must be done on the table provided.
6. Refrigeration space is available and is only intended for the purpose of holding food prior to the competition. Ice is available. Sinks are available for use during the competition.
7. Contestant must stand at the table while preparing the centerpiece. Contestant is not allowed to sit during the 60 minutes of centerpiece preparation time.
8. Contestant may not use any templates, stencils, cookie cutters and/or pictures when preparing the centerpiece. If any of the above is used, the contestant will be disqualified.
9. Contestant may not use a mandolin during the competition.
10. If the contestant experiences a medical emergency, competition staff, at their discretion, may stop the timer until the medical situation is resolved. The contestant will then be given the time remaining to complete the centerpiece.
11. Contestant must use fruits and/or vegetables as the edible ingredients. The following items may be used as enhancements to the centerpiece: skewers, toothpicks, gelatin/aspic, nuts, food coloring, fresh/dried herbs and spices, shredded coconut and edible flowers. There is no limit to the number of these items used. Contestant will be disqualified if edible ingredients other than those listed above are used.
12. Sugar art is not allowed.
13. Skewers, toothpicks and other non-edibles may show if an integral part of the piece.
14. No gas, electric or battery operated devices may be used.
15. There are no restrictions on the size of the finished product. **The Edible Centerpiece must be able to support its own weight without structural assistance. The finished product will be judged from 360 degrees.**
16. Dried, canned or frozen packaged items may be opened and portioned prior to the start of the event. Fresh ingredients may be washed prior to the start. No other advanced preparation will be allowed.
17. Contestant will bring all items needed to complete the centerpiece to include their own display products and garnishing tools.
18. At the completion of the 60 minute competition time, contestant must leave station in a sanitary manner. The work area should be left in the same condition as when the contestant arrived.
19. Contestant must complete the task without coaching from anyone. Contestant will be disqualified if he/she receives outside assistance.

## **PENALTIES**

1. Contestant begins before their assigned start time:
  - Deduction of 1 to 10 points. One (1) point per minute up to 10 minutes. After 10 minutes the contestant is disqualified.
2. Contestant does not complete edible centerpiece within allotted time:
  - Deduction of 1 to 10 points. One (1) point per minute up to 10 minutes. After 10 minutes the contestant is disqualified.
3. Contestant does not leave station in a sanitary manner.
  - Deduction of 3 points. Work area should be left in the same condition as when the contestant arrived.
4. Contestant uses prepared ingredients.
  - Deduction of 5 points per ingredient.
5. Contestant uses edible ingredients besides fruits, vegetables, herbs, spices, shredded coconut and edible flowers.
  - Deduction of 5 points.
6. Contestant uses non-edible ingredients not listed in Rule 11. Non-edible ingredients allowed are skewers, toothpicks, gelatin and food coloring.
  - Deduction of 5 points.

## **DISQUALIFICATION**

1. Contestant is not present at his/her appointed time to compete.
2. Contestant does not return all required paperwork by December 18, 2015 deadline.
3. Contestant receives coaching from anyone.
4. Contestant uses gas, electric or battery operated devices.
5. Contestant must use fruits and/or vegetables as the edible ingredients (i.e. sugar art is not allowed).
6. Contestant used templates and/or pictures when preparing the centerpiece.
7. Misconduct, which includes any drug or alcohol use, at the event, during competition or in activities or locations related to the event, may disqualify a participant or the participant's team from awards or further participation. Should any misconduct come to FRLAEF's attention, the matter will be investigated, as the FRLAEF deems appropriate. Any decision and sanction as to appropriate action due to misconduct is at the sole discretion of the FRLAEF and is final. By participating in this event, the student and the team he/she represents accept this requirement as well as all other conditions of the program.

## **EVENT PERSONNEL**

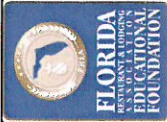
1. FRLAEF staff members
2. Judges will be from post secondary institutions and/or have industry experience.
3. All judges will be consistent from team to team (i.e. the judge scoring Product Presentation will be responsible for that category for all competitors).
4. Judges will cover the following categories. See attached score sheet for each category description. The number of judges per category may change.

| <u>Category</u>                     | <u>No. of Judges</u> |
|-------------------------------------|----------------------|
| Contestant Presentation/Work Skills | 2                    |
| Product Preparation                 | 2                    |
| Product Presentation                | 2                    |

**AWARDS**

1. The contestants finishing in the top five (5) will receive medals from the FRLAEF.

# EDIBLE CENTERPIECE COMPETITION



**CONTESTANT TEAM NUMBER:**

**CONTESTANT START TIME:**

| PRODUCT PRESENTATION                                                                                                                                                     | POOR | FAIR                                                                                                                                                                                                                                                  | GOOD | VERY GOOD | EXCELLENT | SCORE | COMMENTS (REQUIRED) |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----------|-----------|-------|---------------------|
| <b>ORIGINALITY</b><br>Including but not limited to:<br>• Creativity<br>• Uniqueness                                                                                      | 1    | 2                                                                                                                                                                                                                                                     | 3    | 4         | 5         |       |                     |
| <b>USE OF SEASONAL FRUITS &amp; VEGETABLES</b><br>Including but not limited to:<br>• Use of Various Types of Fruits and Vegetables Including Those Not Native to the USA | 1    | 2                                                                                                                                                                                                                                                     | 3    | 4         | 5         |       |                     |
| <b>DEGREE OF DIFFICULTY</b><br>Including but not limited to:<br>• Complicated Techniques                                                                                 | 1    | 2                                                                                                                                                                                                                                                     | 3    | 4         | 5         |       |                     |
| <b>APPEARANCE</b><br>Including but not limited to:<br>• Balance of Color<br>• Shape<br>• Texture                                                                         | 1    | 2                                                                                                                                                                                                                                                     | 3    | 4         | 5         |       |                     |
| <b>REASON FOR DISQUALIFICATION:</b>                                                                                                                                      |      | Did not arrive at competition on time                                                                                                                                                                                                                 |      |           |           |       |                     |
|                                                                                                                                                                          |      | Contestant received coaching during event                                                                                                                                                                                                             |      |           |           |       |                     |
|                                                                                                                                                                          |      | Contestant used gas, electric, or battery operated device                                                                                                                                                                                             |      |           |           |       |                     |
|                                                                                                                                                                          |      | Used templates and/or pictures when preparing the centerpiece                                                                                                                                                                                         |      |           |           |       |                     |
|                                                                                                                                                                          |      | Contestant must use fruits and/or vegetables as the edible ingredients (i.e. sugar art is not allowed)                                                                                                                                                |      |           |           |       |                     |
| <b>REASON FOR PENALTY:</b>                                                                                                                                               |      | Began before start time: Deduction of 1 pt per minute, up to 10 pts; Disqualified after 10 minutes                                                                                                                                                    |      |           |           |       |                     |
|                                                                                                                                                                          |      | Did not complete within allotted time: Deduction of 1 point per minute, up to 10 points<br>(Contestant is disqualified if they go over 10 minutes)                                                                                                    |      |           |           |       |                     |
|                                                                                                                                                                          |      | Did not leave station in a sanitary manner: 3 points                                                                                                                                                                                                  |      |           |           |       |                     |
|                                                                                                                                                                          |      | Used pre-prepared ingredients: 5 points                                                                                                                                                                                                               |      |           |           |       |                     |
|                                                                                                                                                                          |      | Used edible ingredients besides fruits, vegetables, nuts, herbs, spices, shredded coconut, and edible flowers: 5 pts<br>Used non-edible ingredients: 5 points<br>(Non-edible ingredients allowed are skewers, toothpicks, food coloring and gelatins) |      |           |           |       |                     |

# EDIBLE CENTERPIECE COMPETITION

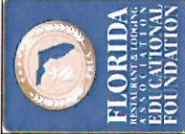


**CONTESTANT TEAM NUMBER:**

**CONTESTANT START TIME:**

| PRODUCT PREPARATION                                                                                                                                                                     | POOR | FAIR                                                                                                                                                                                                                                                                                         | GOOD | VERY GOOD | EXCELLENT | SCORE | COMMENTS (REQUIRED) |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----------|-----------|-------|---------------------|
| <b>FOLLOWS SAFETY &amp; SANITATION PROCEDURES</b><br>Including but not limited to:<br>• Personal Hygiene<br>• Proper Knife Safety<br>• Proper Use and Handling of Food Contact Surfaces | 1    | 2                                                                                                                                                                                                                                                                                            | 3    | 4         | 5         |       |                     |
| <b>PROPER USE OF TOOLS</b><br>Including but not limited to:<br>• Using Tool for the Appropriate Task                                                                                    | 1    | 2                                                                                                                                                                                                                                                                                            | 3    | 4         | 5         |       |                     |
| <b>WORK AREA CLEANED</b><br>Including but not limited to:<br>• Work Area Cleaned in Appropriate Time Frame                                                                              | 1    | 2                                                                                                                                                                                                                                                                                            | 3    | 4         | 5         |       |                     |
| <b>REASON FOR DISQUALIFICATION:</b>                                                                                                                                                     |      | Did not arrive at competition on time                                                                                                                                                                                                                                                        |      |           |           |       |                     |
|                                                                                                                                                                                         |      | Contestant received coaching during event                                                                                                                                                                                                                                                    |      |           |           |       |                     |
|                                                                                                                                                                                         |      | Contestant used gas, electric, or battery operated device                                                                                                                                                                                                                                    |      |           |           |       |                     |
|                                                                                                                                                                                         |      | Used templates and/or pictures when preparing the centerpiece<br>Contestant must use fruits and/or vegetables as the edible ingredients (i.e. sugar art is not allowed)                                                                                                                      |      |           |           |       |                     |
| <b>REASON FOR PENALTY:</b>                                                                                                                                                              |      | Began before start time: Deduction of 1 pt per minute, up to 10 pts; Disqualified after 10 minutes                                                                                                                                                                                           |      |           |           |       |                     |
|                                                                                                                                                                                         |      | Did not complete within allotted time; Deduction of 1 point per minute, up to 10 points<br>(Contestant is disqualified if they go over 10 minutes)                                                                                                                                           |      |           |           |       |                     |
|                                                                                                                                                                                         |      | Did not leave station in a sanitary manner: 3 points                                                                                                                                                                                                                                         |      |           |           |       |                     |
|                                                                                                                                                                                         |      | Used prepared ingredients: 5 points<br>Used edible ingredients besides fruits, vegetables, nuts, herbs, spices, shredded coconut, and edible flowers: 5 pts<br>Used non-edible ingredients: 5 points<br>(Non-edible ingredients allowed are skewers, toothpicks, food coloring and gelatins) |      |           |           |       |                     |

# EDIBLE CENTERPIECE COMPETITION



**CONTESTANT TEAM NUMBER:**

**CONTESTANT START TIME:**

| CONTESTANT PRESENTATION/<br>WORK SKILLS                                                                                                                                                                                                                                      | POOR | FAIR | GOOD | VERY GOOD | EXCELLENT | SCORE | COMMENTS (REQUIRED) |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|------|-----------|-----------|-------|---------------------|
| <b>CONTESTANT APPEARANCE</b><br>Including but not limited to: <ul style="list-style-type: none"> <li>• Chef Coat</li> <li>• Chef Pants</li> <li>• Apron</li> <li>• Closed Toe Non-Skid Shoes</li> <li>• Hat</li> <li>• Uniform Clean and Presentable</li> </ul>              | 1    | 2    | 3    | 4         | 5         |       |                     |
| <b>WORK ORGANIZATION/COOPERATION</b><br>Including but not limited to: <ul style="list-style-type: none"> <li>• Utilization of a Plan</li> <li>• Mastery of Skills Required for Individual Tasks</li> <li>• Proper Mise en Place</li> <li>• Proper Time Management</li> </ul> | 1    | 2    | 3    | 4         | 5         |       |                     |

**REASON FOR DISQUALIFICATION:**

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Did not arrive at competition on time  
 Contestant received coaching during event  
 Contestant used gas, electric, or battery operated device  
 Used templates and/or pictures when preparing the centerpiece  
 Contestant must use fruits and/or vegetables as the edible ingredients (i.e. sugar art is not allowed)

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|--|
|  |
|  |

Began before start time: Deduction of 1 pt per minute, up to 10 pts; Disqualified after 10 minutes  
 Did not complete within allotted time; Deduction of 1 point per minute, up to 10 points  
 (Contestant is disqualified if they go over 10 minutes )

**REASON FOR PENALTY:**

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|  |
|  |

Did not leave station in a sanitary manner: 3 points  
 Used prepared ingredients: 5 points  
 Used edible ingredients besides fruits, vegetables, nuts, herbs, spices, shredded coconut, and edible flowers: 5 pts  
 Used non-edible ingredients: 5 points  
 (Non-edible ingredients allowed are skewers, toothpicks, food coloring and gelatins)