

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

UNIVERSAL ORLANDO  
**EDIBLE**  
**CENTERPIECE**  
COMPETITION



**FLORIDA**  
**RESTAURANT &**  
**LODGING**  
**ASSOCIATION**

UNIVERSAL ORLANDO  
**EDIBLE CENTERPIECE  
COMPETITION**

SATURDAY, MARCH 9, 2025

**DESCRIPTION**

Contestant will demonstrate his/her creative ability during a 60-minute competition through the preparation of an edible centerpiece consisting of fruits and vegetables.

**ELIGIBILITY**

*Student*

1. Participating student must be enrolled in a Premier or Full ProStart Program using the ProStart® curriculum during the 2024 – 2025 school year. To advance to the National ProStart Invitational, the program must be a confirmed ProStart program as recognized by the National Restaurant Association Educational Foundation.
2. Participating student must be juniors or seniors in high school and may only compete a total of two years.
3. A student may compete in only one (1) competition.
4. Only one (1) student per school may compete in the Edible Centerpiece Competition.

**SCHEDULES**

1. Competition schedules will be distributed in advance of the event. All schedules are subject to change without notice, but changes will be communicated with as much advance notice as possible.

**GENERAL RULES**

1. Contestant will be using tools that may cause cuts, or injury if not used appropriately. Proper safety techniques must be followed. No horseplay or unduly hazardous behavior will be allowed or tolerated. The mentors, teachers, chaperones, and families are expected to ensure that students comply with all applicable laws, rules, and regulations. Student shall comply with all other written as well as verbal instructions or warnings provided by FRLA.
2. Contestant will send all required information to the Florida Restaurant & Lodging Association Educational Foundation (FRLAEF) no later than February 7, 2025. (If necessary, you will be able to make changes after you turn in your information.) If all the required information is not received by 5:00 pm on February 7, 2025, the first team on the waiting list will replace your team in the competition.
3. If contestant experiences a medical emergency competition staff, at their discretion, may stop the timer until the medical situation is resolved. The student will then be given the time remaining to complete the meal.

## UNIFORM

1. Contestant must present a uniform appearance throughout the competition.
2. Appropriate apparel required consist of:
  - Long sleeve white chef coats
    - Logos and sponsor names are permitted on chef coats
    - Accent colors are permitted provided the chef coat remains white
  - Checkered or black pants
  - Non-porous, closed toe, non-slip hard sole black shoes
  - Apron and Hat -- provided by Event Organizers
3. Per Florida health code, no jewelry may be worn except for a wedding band (covered by a glove) and a medical alert bracelet (kept inside uniform and away from food).

## COMPETITION FLOW

### *Day of Competition:*

Mise en Place (15 Minutes)

Production (60 Minutes)

Judges Critique

Station Clean-Up (20 Minutes)

## MISE EN PLACE

1. Contestant has **fifteen (15)** minutes to pre-set their station for the production segment. However, the contestant cannot begin preparing the edible centerpiece.
2. **During Production Mise en Place:**

Contestant is allowed to:	Contestant is not allowed to:
<ul style="list-style-type: none"><li>• Set their station</li><li>• Obtain water and ice from kitchen</li><li>• Set up sanitizing solution</li><li>• Measure dry and liquid ingredients</li><li>• Wash produce</li></ul>	<ul style="list-style-type: none"><li>• Talk to any spectators, coaches, educators, or mentors</li><li>• Process any ingredients (including but not limited to –mixing and knife work)</li><li>• Contestant may not alter or process any ingredients beyond their original state beyond the measuring/washing.</li></ul>

3. The timer will notify contestant when the Mise en Place segment ends, and Production segment begins.

## PRODUCTION

1. Contestant will have 60 minutes to prepare an edible centerpiece using fruits and/or vegetables along with the items listed under Planning and Preparation.
2. 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 items used. Contestant will be disqualified if non-edible and/or edible ingredients other than those listed above are used.
3. Sugar art is not allowed.
4. Skewers and toothpicks may show if an integral part of the piece.

5. 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.
6. 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.
7. Contestant may not use any templates, stencils, cookie cutters, pictures and/or a mandolin when preparing the centerpiece. If any of the above is used, the contestant will be disqualified.
8. No gas, electric or battery-operated devices may be used.
9. Glove use is not required but is left at the discretion at the contestant.
10. Contestant is not allowed to sit during the 60 minutes of centerpiece preparation time.

## **WORKSPACE AND EQUIPMENT**

### **1. THE WORKSPACE CONSISTS OF:**

- One (1) eight-foot tables
  - i. The station table will be covered with a tablecloth, which must remain in use during the competition.
  - ii. The table may not be moved prior to or during the competition.
- All preparation must be done on the tables provided.
- Equipment and supplies must be contained either on the table or underneath the table unless otherwise directed by event staff.
- Contestant may only work on the table from the interior of the space.
- Contestant may raise his/her table if the table remains steady. It will be up to the judge's discretion as to whether the table is safe. If the judges rule the table is unsafe, the contestant must lower the table.

### **2. EVENT ORGANIZERS PROVIDE:**

- One (1) eight-foot tables
- Refrigeration space is available and is only intended for the purpose of holding food prior to the competition.
- Ice is available.
- Access to running water (available prior to and after the competition)

### **3. CONTESTANT MUST PROVIDE:**

- Contestant will bring all items needed to complete the centerpiece to include their own display products and garnishing tools as well as cutting boards, enough cloths for competition and clean-up.

## **JUDGES CRITIQUE**

1. Feedback will occur on the competition floor as soon as the contestant's 60 minutes is complete. The contestant is allowed to ask questions during feedback.
2. The contestant is allowed to use an audio recording device to record the critique and feedback. The contestant may not have the audio device on him/her during the competition. He/She may retrieve it prior to feedback.
3. Due to space limitations, no one is allowed to join the contestant for the feedback.

## **STATION CLEAN-UP**

1. Contestant has twenty (20) minutes to clean and vacate the station.
  - The contestant must return the station to the condition it was in when he/she arrived.
2. Once off the competition floor, the contestant has officially completed the competition and may communicate freely.

## **PENALTIES:**

1. Contestant begins before the 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 6 points. Work area should be left in the same condition as when the contestant arrived.
4. Contestant uses prepared ingredients.
  - Deduction of 10 points per ingredient.
5. Contestant uses edible ingredients besides fruits, vegetables, nuts, herbs, spices, shredded coconut, and edible flowers.
  - Deduction of 10 points.
6. Contestant uses non-edible ingredients not listed under Planning and Preparation.
  - Deduction of 10 points.

## **DISQUALIFICATION:**

1. Contestant is not present at his/her appointed time to compete.
2. Contestant does not return all required paperwork by February 7 deadline.
3. Contestant uses gas, electric or battery-operated devices.
4. Contestant does not use fruits and/or vegetables as the main ingredients in the centerpiece (i.e. sugar art is not allowed).
5. Contestant used templates, stencils, cookie cutters, pictures or mandolin when preparing the centerpiece.
6. Teams and all associated competitors must be eligible to compete, as defined by the eligibility terms above. Teams found to be ineligible will be disqualified. Additionally, any individual students found to be ineligible will result in complete team disqualification.
7. No team member can receive coaching or any form of communication from anyone, including spectators, educators, mentors, or coaches during the competition from the team's report time until after the competing team is released from the competition floor. The determination of what constitutes coaching or communication is solely at the discretion of the NRAEF and the judges. No warnings will be provided; violations result in disqualification.
8. Misconduct including, but not limited to, any nonprescription drug use, alcohol use, unsportsmanlike conduct, or any activity that is illegal under federal, state, or local laws, at the event, during competition, during unsupervised free time, during supervised competition social activities or in activities or locations related to the event. Should such alleged misconduct

come to the FRLAEF's attention, the matter will be investigated as the FRLAEF deems appropriate. Any decision as to appropriate action due to misconduct, up to and including disqualification, is at the sole discretion of FRLAEF and is final.

9. Contestant must participate in each event segment in the competition, or he/she will be disqualified. Failure to compete in any segment will result in disqualification.
10. By entering the contest, the student, and the team he/she represents accepts this requirement as well as all other conditions of the Florida ProStart Culinary Team Competitions.

#### **EVENT PERSONNEL:**

1. FRLAEF staff members
2. Judges will be from post-secondary institutions and/or the foodservice industry.
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

E4



**FLORIDA  
RESTAURANT &  
LODGING  
ASSOCIATION**

**CONTESTANT TEAM NUMBER:**

**CONTESTANT START TIME:**

<b>CONTESTANT PRESENTATION/ WORK SKILLS</b>	POOR	FAIR	GOOD	VERY GOOD	EXCELLENT	SCORE	COMMENTS (REQUIRED)
<b>CONTESTANT APPEARANCE</b> Including but not limited to: • White Chef Coat • Black or Checkered Chef Pants • Apron (if worn, must be provided apron) • Black, Closed Toe Non-Skid Shoes • Hat (if worn, must be provided hat) • Uniform Clean and Presentable	1 2	3 4	5 6	7 8	9 10		
<b>WORK ORGANIZATION</b> Including but not limited to: • Utilization of a Plan • Mastery of Skills Required for Individual Tasks • Proper Mise en Place • Proper Time Management	1 2	3 4	5 6	7 8	9 10		
<b>FOLLOWS SAFETY &amp; SANITATION</b> Including but not limited to: • Personal Hygiene • Proper Knife Safety • Proper Use and Handling of Food Contact Surfaces	1 2	3 4	5 6	7 8	9 10		
<b>PROPER USE OF TOOLS</b> Including but not limited to: • Using Tool for the Appropriate Task	1 2	3 4	5 6	7 8	9 10		
<b>WORK AREA CLEANED</b> Including but not limited to: • Work Area Cleaned in Appropriate Time Frame	1 2	3 4	5 6	7 8	9 10		

# EDIBLE CENTERPIECE COMPETITION

<p><b>REASON FOR DISQUALIFICATION:</b></p>	<table border="1" data-bbox="1242 787 1453 1134"> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> </table> <p>Did not arrive at competition on time</p> <p>Contestant received coaching during event</p> <p>Contestant used gas, electric, or battery operated device</p> <p>Used templates and/or pictures when preparing the centerpiece</p> <p>Contestant must use fruits and/or vegetables as the edible ingredients (i.e. sugar art is not allowed)</p>					
<p><b>REASON FOR PENALTY:</b></p>	<table border="1" data-bbox="1120 787 1209 1134"> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> </table> <p>Began before start time: Deduction of 2 pts per minute, up to 20 pts; Disqualified after 10 minutes</p> <p>Did not complete within allotted time; Deduction of 2 point per minute, up to 20 points</p> <p>(Contestant is disqualified if they go over 10 minutes )</p> <p>Did not leave station in a sanitary manner: 6 points</p> <p>Used prepared ingredients: 10 points</p> <p>Used edible ingredients besides fruits, vegetables, nuts, herbs, spices, shredded coconut, and edible flowers: 10 pts</p> <p>Used non-edible ingredients: 10 points</p> <p>(Non-edible ingredients allowed are skewers, toothpicks, food coloring and gelatins)</p>					



# EDIBLE CENTERPIECE COMPETITION



ES

**CONTESTANT TEAM NUMBER:**

**CONTESTANT START TIME:**

<b>PRODUCT PRESENTATION</b>	POOR	FAIR	GOOD	VERY GOOD	EXCELLENT	SCORE	COMMENTS (REQUIRED)					
<b>ORIGINALITY</b> Including but not limited to: • Creativity • Uniqueness	1	2	3	4	5	6	7	8	9	10		
<b>PRECISION OF CUTS</b> Including but not limited to: • Clean cuts • Intricate and detailed knife work	1	2	3	4	5	6	7	8	9	10		
<b>DEGREE OF DIFFICULTY</b> Including but not limited to: • Complicated Techniques	1	2	3	4	5	6	7	8	9	10		
<b>APPEARANCE</b> Including but not limited to: • Balance of Color • Shape • Texture	1	2	3	4	5	6	7	8	9	10		
<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 2 pts per minute, up to 20 pts; Disqualified after 10 minutes Did not complete within allotted time: Deduction of 2 points per minute, up to 20 points (Contestant is disqualified if they go over 10 minutes ) Did not leave station in a sanitary manner: 6 points Used pre-prepared ingredients: 10 points Used edible ingredients besides fruits, vegetables, nuts, herbs, spices, shredded coconut, and edible flowers: 10 pts Used non-edible ingredients: 10 points (Non-edible ingredients allowed are skewers, toothpicks, food coloring and gelatins)											