



## **FOOD PREPARATION ASSISTANT**

(revised 8-8-2005)

### **Purpose**

To evaluate each contestant's ability to demonstrate the basic skills of preparation and serving food and to recognize students for excellence in the field of food preparation

First, refer to General Regulations

### **Clothing Requirement**

Clothing that is safe and appropriate to the food preparation trade and work environment

### **Eligibility**

The contest is open only to active secondary division SkillsUSA Virginia members enrolled in Trade and Industrial programs with entry-level job skills in food service trades as an occupational objective. The contestant must be classified under the provisions of Public Law 94-142 entitled "Education for Handicapped Children Act of T975". Contestants must have an IEP (Individual Education Plan) on file in their home schools.

### **Equipment and Materials**

#### **1. Supplied by the technical committee:**

- a. All necessary information, equipment, supplies, and furnishings needed for the contest

#### **2. Supplied by the contestant:**

- a. French knife
- b. Vegetable peeler
- c. One small -pot (1-2 quart)
- d. Paring knife
- e. Cutting board
- f. Pan(6 1/2"x7 1/2")
- g. One kitchen spoon (wooden) and wire whisk
- h. Stainless steel mixing bowls (2)
- i. One set of measuring spoons
- j. One set of measuring cups (dry)
- k. Liquid measuring cups (2)
- l. Small spreader
- m. Two towels for drying dishes
- n. One cloth for washing dishes
- o. **One page personal resume' to be handed in at the beginning of the contest.**

## **Scope of the Contest**

1. Contestants will demonstrate their ability to perform tasks selected from the following list of competencies as determined by the State SkillsUSA Skill Competitions Technical Committee.
    - a. Clean and cut fresh fruits and/or vegetables.
    - b. Prepare a salad to be served with an entree or sandwich.
    - c. Prepare and garnish an entree or sandwich.
    - d. Prepare and garnish a dessert.
    - e. Perform sanitation and cleaning procedures:
      1. Wash and store pots, pans, dishes, and utensils.
      2. Empty, clean, and line refuse containers
      3. Sweep and mop floor.
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## Food Preparation Assistant Rating Sheet

ITEMS EVALUATED	POSSIBLE POINTS
ONE PAGE PERSONAL RESUME'	10
Personal Appearance and Grooming	5
Sanitation Techniques	20
Quality of Food Preparation	40
Following Recipe Directions	5
Measuring and Weighing Techniques and Accuracy	5
Equipment Selection and Use (safety)	5
Cleanup	20
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SUBTOTAL	110
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TOTAL POINTS	