Participant Orientation Outline

Welcome

Reminders:

Have a box or bag available for the belongings of each team.

- Remove jewelry including earrings, necklaces, bracelets and rings.
- Place cell phones in box/bag.
- Restrain hair. Use a head covering. Check to make sure this has been done.

Review of the rules of the contest:

a. You will have 45 minutes to set up your station, prepare your dish, plan a presentation, and clear off the preparation station. Refer to the timer set by the contest official for time remaining. It may be a good idea to be working on the presentation no later than 10 minutes before your time is up.

b. Secret Ingredients: Secret ingredients are in your bag. You must use each of the secret ingredients provided in your dish. However, you do not need to use the entire amount. You also can use any items available from the “common pantry.”

c. The common pantry will be located in the center of the room.
   a. Refrigerated items will be in coolers. Look for the green label.
   b. Common pantry items are available on a first-come basis so try to only take the amount you will use. Paper cups/plates will be available for your use to transport ingredients back to your station.
   c. All fresh fruits and vegetables have been pre-washed.
   d. Knives and cutting sheets are available at the pantry so you do NOT need to take a knife to the pantry.
   e. If you need tap water, you may go to any sink.
   f. If you need boiling water for any of your ingredients, we have boiling water on the stove. You may pour the amount needed from that source rather than start with cold water.
   g. Dishes that you may use for your plated dish are labeled near the spices, oils, etc.
   h. Do NOT take packaging with nutrition information away from the pantry table.
   i. The pantry does not include sesame seeds.

d. “Surprise” Ingredients: items that weren’t on the pantry list that have been added. You do not have to use the surprise ingredients.

e. Trashcans will be located throughout the room for your use.

f. A packet of resources is located at your work station. Included are: Choose My Plate - 10 Tips to a Great Plate, Fight Bac - Fight Foodborne Bacteria Brochure, Nutrient Needs at a Glance, Altering Recipes for Good Health, Food Challenge Worksheet for presentation and blank paper.

g. Before the 45 minutes is up, one portion/serving of your team’s dish is to be plated and ready for the judges. The plate will be photographed. Judges will be encouraged to taste the food but will do so at their own discretion.
h. At the end of your 45 minutes, your area MUST be clean and cleared of all your equipment, except hot equipment. Place dirty items in your bus ben or tub. Extra food items are to be placed in a designated area. (This is a change from earlier instructions.) If you have a hot burner cooling, it should be the only equipment out on the table other than the food you are presenting to the judges. If you have hot oil, contact one of the adult volunteers and they will dispose of oil. The paper towels, timer, spoons, and resources can be left on the work space.

i. If you have any questions or need medical attention, immediately contact a contest volunteer.

j. When your team has completed their meeting with the judges, you may return to the preparation station to remove your equipment boxes and tub.

k. Team members are to remain in the designated area until the conclusion of the contest. If you need to use the restroom, please let a contest volunteer know. There is to be no talking to members of other teams.

l. Review procedures unique to the location.
   a. A first aid kit is available for your use. It is located: __________.
   b. Safety procedures for carrying a knife, location of first aid kit, fire extinguisher.
   c. Procedures for handling fire, cut, burn, and how to prevent cross contamination.
   d. Disposal of hot oil
   e. Any other procedures that are unique to the lab

m. Review the Kitchen Safety procedures found in the Team Manual and below.

n. Review the schedule of the day unless it was printed and available to teams.

o. Have teams go into the room of competition. Set the timer for 3 minutes to set up station.
   Note: Be sure that teams do not see the secret ingredients. Make a local decision as to whether the pantry will be visible. If not, cover with clean sheets or plastic table cloths.

p. Teams will return to the orientation room and draw for start times.

q. Escort first team to sink for handwashing. When finished, proceed to work station. Official will start timer on 45 minutes.

**Kitchen Safety**

1. Wash hands often. To do this properly, use warm water and lather up with hand soap. Scrub the back and front of your hands, between the fingers and your fingernails. Wash for at least 20 seconds. Rinse under running water and dry with a clean paper towel.

2. Wash all fresh fruits and vegetables before eating or adding to dishes/recipes using clear, clean water—no soap.

3. During preparation, don’t place cooked food on the same plate, tray or cutting board as raw or ready-to-eat food to prevent cross contamination and the spread of bacteria.

4. When you finish measuring perishable foods, put the remainder back in the refrigerator or ice chest.

5. If you spill something, take the time to clean it up or tell a contest official so it can be cleaned up properly.

6. Keep paper towels, dish towels and potholders away from burners or heat source so they won’t cause a fire.

7. Turn pot handles toward the back where no one will knock them off the heat source or table.

8. Do NOT add water to a pan that contains hot oil or fat. Hot fat will splatter out of the pan and could cause a burn.

9. Never put water on a cooking fire. Quickly ask an adult to put out the fire. Don’t try to move a burning object to another place.

10. Use knives safely.
a. If you don't feel comfortable with the knife, ask for help.
b. When using a knife to cut food, always cut away from your body and toward a cutting board.
c. If the cutting board moves when in use, secure it by putting a damp towel between it and the counter top or table.
d. Use the knife for cutting, not gesturing or pointing.
e. Stand still while holding knives. If you must move from one place to another, hold the knife blade downward, tell people you are coming through with a knife and walk carefully. Never run.
f. Place knives away from the edge of the table and positioned so that the blade is facing down or on its side.
g. Don't put knives or other sharp objects into a full sink where someone could reach in and get hurt.
h. Note: Knives are available at the pantry for use while collecting ingredients.

11. Dress for safety. Wear shoes that cover your feet (no sandals). Avoid loose fitting clothing. Take off jewelry that might fall into the food, such as earrings, necklaces, bracelets and rings.

12. Keep hair out of the food. Wear some kind of clean head covering such as a ball cap, bandana, chef's hat or hairnet. If you have long hair, tie it back, then cover your head with a clean head covering.

13. Be careful not to get burned.
   a. Open pan lids away from you to safely vent steam.
   b. Turn off burners and other hot equipment as soon as you finish with them.
   c. Keep hands out of hot pans.
   d. When transporting hot items, let people know you are coming through with something hot.
   e. Walk slowly when you carry something hot.
   f. Use dry pot holders.

14. Electricity and water don't mix. Keep electric appliances and cords away from water. Use dry hands to plug in or unplug cords.

15. Turn off appliances as soon as you finish using them.

16. If you have oil or pan drippings that need to be disposed, contact an adult volunteer. He/she will provide you with appropriate equipment (a metal can and turkey baster) for proper disposal.