

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 clean up 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 _____.
 - b. Common pantry items are available on a first-come basis so take only the amount you will use. Open cans or packages and take out the amount you will need. 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 a pot of boiling water on the stove. You may ladle 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 _____.
 - h. Do NOT take packaging with nutrition information away from the pantry table.
 - i. Mention any changes to the pantry since the list was published.
- 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. Trash cans 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 and items that were on the table when you arrived. Place dirty items in your bus ben or tub. Extra food items are to be placed in the designated area. 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. The remainder of your dish can be left on the table and you are welcome to eat it.

- 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/wash your equipment.
- 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 facility.
- m. Review the actual schedule and order in which activities will happen.
- n. Review the "Kitchen Safety" section of the manual and any unique safety instructions for the facility where the contest is being held.