



## UI CALS DAYS – FCS TRACK

### MENU PLANNING & TABLE SETTING

**Menu Planning and Table Setting**, an individual or team event, recognizes participants who create a menu plan and table setting. Participants will plan a lunch or dinner menu and create a table setting for two people based on a theme they choose.

**EVENT GRADE LEVEL:** grades 9-12

#### GENERAL INFORMATION

1. Participants are students who are currently or have been enrolled in a Family and Consumer Sciences program.
2. This is a skill development contest sponsored by the School of Family and Consumer Sciences, University of Idaho. Participants will draw on their family and consumer sciences experiences.
3. This contest is reflective of the FCCLA Menu Planning & Table Display IDAHO Event, but has been adapted to meet the CALS Days experience.

#### PROCEDURES & TIME REQUIREMENTS

1. Participants will complete the online event orientation prior to the event and submit the official documentation to the room consultant at their designated participation time.
2. Participants will submit a file folder with required documents to the Event Consultant at the designated participation time.
3. Participants will have 20 minutes to set up for the event. Other persons may not assist.
4. Evaluators will have 10 minutes to preview the file folder before each presentation begins, during participant set up time.
5. The oral presentation may be up to 3 minutes in length. A one-minute warning will be given at 2 minutes. Participants will be asked to stop at 5 minutes.
6. Following the presentation evaluators will have 2 minutes to interview the participant(s).
7. Evaluators will score and write comments for each entry for approximately 5 minutes.
8. Total time required for participation in this event is approximately 30 minutes including set-up time, presentation, and evaluator scoring.

GENERAL INFORMATION									
Individual or Team Event	Prepare Ahead of Time	Equipment Provided	Electrical Access	Participant Set Up/Prep Time	Event Chair & Evaluator Review Times	Maximum Oral Presentation Time	Evaluator Interview Time	Evaluator Scoring Time	Total Event Time
Individual or Team	File Folder, Oral Presentation, Table Display	Table	Not Provided	20 minutes	10 minutes	3 minutes	2 minutes	5 minutes	30 minutes

PRESENTATION ELEMENTS ALLOWED									
Audio	Costumes	Easel	File Folder	Flip Chart(s)	Portfolio	Props/Pointers	Skits	Presentation Equipment	Visuals
			X			X			X

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## Specifications

### FILE FOLDER

Participants will submit 1 file folder containing 3 identical sets, with each set stapled separately, of the items listed below to the Event Consultants at the designated participation time. The file folder must be identified in the top left corner with name of event, event category, participant's name, and chapter name.

Project Identification Page	1 -8 ½" x 11" page	Use plain paper, with no graphics or decorations; must include participant's name, school, city, state, and theme.
FCCLA Planning Process	1 -8 ½" x 11" page	Summarize how each step of the Planning Process was used to develop the project
Menu	1 -8 ½" x 11" page	Menu for given meal for two based on participants chosen theme
Recipes	1-5 -8 ½" x 11" pages	All recipes with ingredients and directions used in the menu. No photocopies of recipes from books or textbooks will be allowed. Beverages recipes are optional.
Nutritional Analysis	1-5 -8 ½" x 11" pages	Create a nutritional analysis for each recipe that includes the following: <ul style="list-style-type: none"> <li>• Serving Size</li> <li>• Calories</li> <li>• Protein</li> <li>• Fat</li> <li>• Cholesterol</li> <li>• Carbohydrates</li> <li>• Sodium</li> </ul>

### TABLE SETTING

The participant will develop a table display for two people relating to the participants menu and theme.

Place Setting	A place setting for two based on a theme chosen by participants. May include tablecloth, salt and pepper shakers, flowers, dinnerware, glassware, napkins, flatware, etc.
Centerpiece	May be Edible or Non-edible
Napkins	Fold 2 napkins in a creative and consistent manner
Menu Card	The printed card shall be no larger than 4" x 6" (mounting or frame may be larger). The card must list the title of the display/theme and menu. The title can be the selected theme or a creative name incorporating the theme.

### ORAL PRESENTATION

The presentation is intended to be a 3-minute presentation during which the student will discuss the rationale for choosing their menu as it relates to the theme, how the menu is a balanced meal and meal appeal (flavor, texture, form or shape, method of preparation, taste, and color) Following the presentation, evaluators and participants will have a 2-minute follow-up question and answer period.

Organization/ Delivery	Deliver oral presentation in an organized, sequential manner; concisely and thoroughly summarize research.
Voice	Speak clearly with appropriate pitch, tempo, and volume.
Body Language	Use appropriate body language including gestures, posture, mannerisms, eye contact, and appropriate handling of visuals or notecards if used.
Grammar/Pronunciation	Use proper grammar and pronunciation.
Responses to Evaluators' Questions	Provide clear and concise answers to evaluators' questions regarding the project.

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## Rubric

Name of Participant (s) \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

FILE FOLDER					POINTS	
<b>FCCLA Planning Process</b> 0-3 points	<b>0</b> Planning Process not provided	<b>1</b> All Planning Process steps are present but not summarized	<b>2</b> Evidence that the Planning Process was utilized to plan project but not fully explained		<b>3</b> The Planning Process is used to plan the project and each step is fully explained	
<b>Menu</b> 0-5 points	<b>0</b> Menu not provided	<b>1</b> Somewhat appropriate to theme. Limited variety, color, texture	<b>2-3</b> Appropriate to the theme. Adequate variety, color, texture		<b>4-5</b> Appropriate to the theme, has variety, color, texture, shape, and is well balanced	
<b>Recipes</b> 0-5 points	<b>0</b> Recipes not provided	<b>1</b> Recipes are incomplete and poorly written	<b>2-3</b> Recipes are complete and detailed with minimal discrepancies		<b>4-5</b> Recipes are typed, complete, concise, well written, and consistent throughout	
<b>Nutritional Analysis</b> 0-5 points	<b>0</b> Nutritional Analysis not provided	<b>1</b> Analysis in incomplete	<b>2-3</b> Analysis is complete, presented in a consistent format, and contains most recipes		<b>4-5</b> Analysis is complete, presented in a consistent format and contains all recipes	
TABLE SETTING						
<b>Place Setting</b> 0-5 points	<b>0</b> Place Setting not provided	<b>1</b> Place setting is somewhat appropriate to theme and menu, some items are missing or misplaced	<b>2-3</b> Place setting reflects theme, minimal items misplaced, appropriate for menu		<b>4-5</b> Place setting reflects and matches theme, appropriately placed, appropriate for menu	
<b>Centerpiece</b> 0-4 points	<b>0</b> Centerpiece not provided	<b>1</b> Does not reflect theme, inappropriate size and height	<b>2</b> Somewhat reflects theme, fairly creative, appropriate size and height	<b>3</b> Somewhat reflects theme, decorative and visually pleasing, appropriate size and height	<b>4</b> Reflects theme, creative, appropriate to meal service, appropriate size and height	
<b>Napkin Fold</b> 0-3 points	<b>0</b> Napkin fold not provided	<b>1</b> Inconsistent folds, no creative effort made	<b>2</b> Basic Fold used		<b>3</b> Appealing, creative, both folds are consistent	
<b>Menu Card</b> 0-3 points	<b>0</b> Menu card not provided	<b>1</b> Somewhat states title of the display and theme, card is appropriate size, some errors on card	<b>2</b> States title of the display and theme, card is appropriate size, accurate to menu, minimal errors		<b>3</b> Clearly states title of the display and theme, appropriate size, well formatted with no errors, accurate to menu, shows creativity	

<b>Appearance</b> 0-5 points	<b>0</b> None of the items used in the table setting support the chosen theme, items are not visually pleasing	<b>1-2</b> Some items in the table setting support the theme, some items are visually appealing, lacks originality	<b>3-4</b> Most items in the table setting support the theme, most items are visually appealing, demonstrates originality	<b>5</b> All items in the table setting support the theme, are visually appealing, demonstrates a unique level of originality	
<b>ORAL PRESENTATION</b>					
<b>Organization/Delivery</b> 0-5 points	<b>0</b> Presentation does not cover all relevant information	<b>1-2</b> Presentation covers relevant information but with minimal explanation	<b>3-4</b> Presentation explains all relevant information but does not flow well	<b>5</b> Presentation explains all relevant information with a seamless and logical delivery	
<b>Voice</b> 0-3 points	<b>0</b> Monotone voice, words difficult to understand	<b>1</b> Below average use of emphasis, pitch and articulation	<b>2</b> Good use of emphasis, pitch, and articulation	<b>3</b> Excellent use of force, emphasis, pitch, and articulation	
<b>Body Language</b> 0-3 points	<b>0</b> Body Language shows unease	<b>1</b> Body language shows minimal amount of nervousness	<b>2</b> Body language portrays participant at ease	<b>3</b> Body language enhances the presentation	
<b>Grammar/Pronunciation</b> 0-3 points	<b>0</b> More than 5 grammatical and pronunciation errors	<b>1</b> Some (3-5) grammatical and pronunciation errors	<b>2</b> Few (1-2) grammatical and pronunciation errors	<b>3</b> Presentation has no grammatical or pronunciation errors	
<b>Response to Evaluators' Questions</b> 0-5 points	<b>0</b> Did not answer questions	<b>1-2</b> Appropriate responses but appears unsure	<b>3-4</b> Appropriate responses that reflect good understanding of project	<b>5</b> Concise, well-constructed, genuine responses that convey a strong understanding of project	

**Evaluators Comments:**

TOTAL  
(57 points possible)

Evaluator # \_\_\_\_\_

Evaluator Initial \_\_\_\_\_

Event Chair Initial \_\_\_\_\_