



OREGON

STATE ASSOCIATION

Knife Skills – State Only Event

Knife Skills, an individual event, showcases the student’s knowledge of knife skills and cuts, knife cut identification, and knife skills demonstration.

ELIGIBILITY

1. Participation is open to any Oregon state affiliated FCCLA chapter member.
2. Participants will bring all necessary tools and equipment for this event as listed in the event specifications. Additional items are NOT allowed.
3. Participants MUST bring **one** each of the following vegetables: potato, carrot, and onion.

PROCEDURES & TIME REQUIREMENTS

1. All participants will have five (5) minutes to take a 10-question test derived from questions and answers based on general FCCLA knowledge. Each question will count for one point for a maximum of 10 points.
2. All participants will have ten (10) minutes to identify five (5) knife cuts. Five vegetables will be placed in front of the participants; they must identify the knife cut used and write it on the given identification form. Three points will be awarded for each knife cut identified correctly for a maximum of fifteen (15) points.
3. All participants will have five (5) minutes to set up the workstation, fifteen (15) minutes to produce and arrange three knife cuts, and five (5) minutes to clean the work area. Participants will be judged on technique, safety, waste, and finished cut, with a maximum of 70 points awarded.
4. Total event time per rotation is 40 minutes.

GENERAL INFORMATION

1. Spectators may not observe this event.
2. Participants must be dressed appropriately and professionally.
3. Participants must bring one of each of the following vegetables: onion, carrot, and potato.

APPROPRIATE AND PROFESSIONAL DRESS

Participants must be well groomed and wear appropriate, clean attire that meets restaurant and hotel industry standards including: chef coat/apron, industry pants, hair covering or chef hat—hair must be off the face and shoulders—and closed-toed, low-heeled shoes. Please do not wear any jewelry (rings, watches, bracelets, dangling earrings, etc.), nail polish, or artificial nails.





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KNIFE SKILLS SPECIFICATIONS

WRITTEN TEST

Participants will have five (5) minutes to take a 10-question test on general FCCLA knowledge. Each question will count for one point each for a maximum total of 10 points.

FOOD PRODUCTION

Participants may bring only the items listed below to the event. No other equipment will be allowed in the competition site. Additional items will be removed from the participants until after they have finished competing. Participants will demonstrate industry standards in use of equipment, tools, and techniques.

Equipment, Tools, & Techniques	Use proper equipment, tools, products, vocabulary, and techniques. No external rulers are allowed. The following are the only tools allowed: <i>Vegetable peeler Paring knife 8" or 10" French Knife Cutting board and mat Parchment paper and pen Prepared sanitizer Towels Gloves ½ sheet pan Small compost/waste bucket or bowl</i>
Food Product	Participants must bring one (1) each of each of the following vegetables: carrot, potato, onion. No substitutions are allowed.
Time Management/Scraps & Wasting of Supplies	Demonstrate careful planning for completing tasks efficiently. All scraps will be presented for evaluation of product waste.

IDENTIFICATION

All participants will have ten (10) minutes to identify five (5) knife cuts. Five vegetables will be placed in front of the participants; they must identify the knife cut used and write it on the given identification form. Three points will be awarded to each knife cut identified correctly for a maximum of 15 points.

KNIFE DEMONSTRATION

All participants will have five (5) minutes to set up the workstation, fifteen (15) minutes to produce and arrange three different knife cuts, and five (5) minutes to clean the work area. Participants will be judged on technique, safety, waste, and finished cut, with a maximum of 70 points awarded.

Knife Cuts	A total of six (6) uniform and appropriate pieces are cut from the vegetable provided to demonstrate three (3) from the following cuts: Julienne; fine julienne; brunoise; fine brunoise; small, medium, large dice; paysanne; batonnet; rondelle; peel and small dice. Event evaluators will determine which three (3) cuts from specific vegetables all participants will demonstrate during the competition. Knife cuts will be displayed on a ½ sheet pan, and all cuts will be identified using the pen and parchment paper.
Overall Product Appearance and Presentation	Prepare knife cuts consistently, with appropriate proportions. Demonstrate a high quality of workmanship.





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EQUIPMENT CHECK IN FORM

Name of Participant: _____

School: _____ Category: _____

Participants may bring a pencil to take the test. Only the following items are allowed in the Knife Skills event. Any additional items will not be allowed for competition and must be removed from the participant's supplies.

- Vegetable Peeler
- Paring Knife
- 8" or 10" French Knife
- Cutting Board and Mat
- Parchment Paper
- Pen
- Prepared Sanitizer
- Towels
- Gloves
- ½ Sheet Pan
- Small Compost/Waste Bucket or Bowl
- One Each: Carrot, Onion, and Potato

Event Consultant Initials _____





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IDENTIFICATION RUBRIC

INSTRUCTIONS: Identify the vegetable and list the knife cut. Three points will be awarded to each correctly identified vegetable and knife cut for a maximum of 15 points.

Vegetable	Knife Cut	Points
1.		/3
2.		/3
3.		/3
4.		/3
5.		/3
TOTAL POINTS		/15

Name:			
Chapter:		Division	
Evaluator Signature:		Date:	

Level: _____





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DIRECTIONS:

1. Make sure all participant information at the bottom of this form is correct. If the participant does not show, please write "No Show" across the form and return with other forms.
2. At the end of competition in the room, double-check all scores and participant information to ensure accuracy. Sort results by highest score to lowest score, record results on green final score sheet, and submit.

ROOM CONSULTANT CHECK

Contest Orientation <i>0 or 5 points</i>	0 The individual did not attend	5 The individual attended	
Room Consultant Score (5 points possible)			/5
Written Test (10 points possible)			/10
Identification Cuts (15 points possible)			/15
Evaluator Scores <i>0-70 points</i>	Evaluator 1: _____ Initials: _____ Evaluator 2: _____ Initials: _____ Evaluator 3: _____ Initials: _____ Score Total _____	Demonstration (70 points possible— Average Evaluator Scores)	/70
FINAL SCORE (Written Test, Identification Cuts, & Demonstration Scores plus Room Consultant Score)			/100

Circle Rating Achieved: **Gold:** 90-100 pts.
 Silver: 70-89.9 pts. **VERIFIED:** Room Consultant Initials _____
 Bronze: 1-69.9 pts.

Name:			
Chapter:		Division	
Evaluator Signature:		Date:	

Comments:





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KNIFE SKILLS RUBRIC

	0-1-2-3-4	5-6-7-8	9-10	Points	
Clothing and Appearance <i>0-10 points</i>	Non-professional appearance, attire, and/or grooming	Neat appearance, attire, and grooming but lacks polish	Professional appearance, attire, and grooming	/10	
Safety & Sanitation <i>0-10 points</i>	Disregard of safety and sanitation practices, creating unsafe situation during preparation	Shows minimal safety and sanitation concerns during preparation	Follows all safety and sanitation practices	/10	
Equipment, Tools, and Techniques <i>0-10 points</i>	Selection and usage of tools/equipment lacks understanding and demonstration of skills	Selection and usage of tools/equipment occasionally lacks appropriate industry techniques	Selects and uses all tools and equipment correctly	/10	
Mise en place, Time Management, Scraps and Waste <i>0-10 points</i>	Did not manage time or utilize mise en place to complete each task, excessive waste	Managed time and mise en place to complete most tasks on time, some waste	Utilized time and mise en place to complete each task on time, minimum waste	/10	
	0-1	2-3-4	5-6-7	8-9-10	Points
Knife Cut #1 <hr/> <i>0-10 points</i>	Incorrect cut or not uniform in size or shape	Correct, but pieces inconsistent in size and shape	Correct cut, nearly all consistent in size and shape	Correct cut, identical in size and shape	/10
Knife Cut #2 <hr/> <i>0-10 points</i>	Incorrect cut or not uniform in size or shape	Correct, but pieces inconsistent in size and shape	Correct cut, nearly all consistent in size and shape	Correct cut, identical in size and shape	/10
Knife Cut #3 <hr/> <i>0-10 points</i>	Incorrect cut or not uniform in size or shape	Correct, but pieces inconsistent in size and shape	Correct cut, nearly all consistent in size and shape	Correct cut, identical in size and shape	/10
TOTAL POINTS				/70	

Name:			
Chapter:		Division	
Evaluator Signature:		Date:	

Comments:

