



National ProStart Invitational Judging Rubric

Menu and Recipe Presentation

Required in each folder:

- State Name on cover
- Menu with Prices (simple typed menu 8 ½ x 11)
- Plate Photographs (color)-One 8 ½ x 11 page per plate
- Recipes; typed on official template
- Recipe costing sheets; typed on official template
- Menu price sheet; typed on official template
- Knife Skills form

Score

5

Typed and easily readable
All spelling and grammar correct
Pricing is within guidelines and reasonable
Photographs are clear and depict actual menu items
Recipes are in correct format
Recipes are correct for dishes presented
Recipe costing calculations are correct and complete
Menu price calculations are correct at 33% and rounded
All sources are properly acknowledged

3-4

Typed and easily readable
Most spelling and grammar correct
Pricing is within guidelines and reasonable
Photographs are mostly clear and depict actual menu items
Recipes are in correct format
Recipes are correct for dishes presented
Most recipe costing calculations are correct and complete
Most menu price calculations are correct at 33% and rounded
Most sources are properly acknowledged

1-2

Most is typed and easily readable
Some spelling and grammar correct
Some pricing is within guidelines and reasonable
Some photographs are clear and depict actual menu items
Some recipes are in correct format
Some recipes are correct for dishes presented
Some recipe costing calculations are correct and complete
Some menu price calculations are correct at 33% and rounded
Some sources are properly acknowledged
Items are missing



National ProStart Invitational Judging Rubric

Product Check-in

Score

4-5

Complete ingredients list displayed inside each container in a plastic sleeve
All items well packed, no leaking, no cross contamination
All items properly labeled and dated
All items at proper temperatures
No disallowed items

3-4

Ingredients lists displayed inside each container in a plastic sleeve
Most items well packed, no leaking, no cross contamination
Most items properly labeled and dated
Most items at proper temperatures
No disallowed items

1-2

Incomplete ingredients lists displayed inside containers, missing lists
Some items well packed, some leaking, possible cross contamination
Some items properly labeled and dated
Some items at proper temperatures
Some disallowed items

0-1

Ingredients lists missing, very incomplete
Items badly packed, much leaking, obvious cross contamination
Few items properly labeled and dated
Many items not at proper temperatures
Some disallowed items

Special Notes

- If any product fails to meet temperature or cross contamination criteria, it must be discarded
- The team's teacher or mentor can present a replacement for the product to the product check in judges up to the start of the team's Meal Production time.
- Teams are submitting 5 soft bound folders



National ProStart Invitational Judging Rubric

Knife Cuts

<u>Score</u>	
4-5	All cuts uniform in size and shape All cuts appropriate in size for cut All cuts clean Minimal waste Waste accounted for in containers Team has cut list
3-4	Most cuts uniform in size and shape Most cuts appropriate in size for cut Most cuts clean Some Waste Wasted somewhat accounted for, containers Team has partial cut list
1-2	Some/none cuts uniform in size and shape Some/none cuts appropriate in size for cut Some/none cuts clean Waste missing, unaccounted for-no containers No cut list

Special Notes:

The cuts should be evenly distributed.

- 2 person = 2 cuts per student
- 3 person = 1 cut for 2 students and 2 cuts for 1 student
- 4 person = 1 cut per student

Knife Cut Options

Rondelle	Diagonal	Batonnet
Julienne	Large Dice	Medium Dice
Small Dice	Brunoise	Paysanne
Chiffonade	Tourne	



National ProStart Invitational Judging Rubric

Taste and Finished Product Starter

Taste Score

9-10

Hot foods/Hot plate- Cold food/Cold plate as appropriate
Very good product color, evidence of proper cooking techniques.
All items cooked properly.
Sauces of very good consistency, viscosity, and color.
Very good, fully developed flavors
Balanced, layered flavors

7-8

Generally hot food-cold food as appropriate
Good color.
Items mostly properly cooked, slightly over/under cooked
Sauces slightly thick or thin, color somewhat light or dark
Good flavors, not fully developed
Mostly balanced, layered flavors.

5-6

Generally hot food-cold food as appropriate
Some items have appropriate color.
Some items properly cooked, slightly over/under cooked
Some sauces slightly thick or thin, color somewhat light or dark
Some good flavors, not fully developed
Some balanced flavors, lacking layered flavors.

3-4

Hot food served cool/Cold food served cool
Little color.
Few items properly cooked, over/under cooked
Many sauces thick or thin, color light or dark
Average flavors, little development
Few balanced flavors, little layered flavors.

1-2

Hot food served cold / Cold food served room temperature
Items not properly cooked, very under or over cooked
Sauces very thick, pasty or thin
Poor flavors, off flavors, very underdeveloped
Very poor color, no or inappropriate garnish
Very unbalanced flavors
Missing items



National ProStart Invitational Judging Rubric

Appearance Score

5

Very good colors
All portion sizes appropriate
Clean plate, clean appetizing appearance and presentation.
Balanced presentation.
Multiple textures and shapes displayed
No inedible garnish

3-4

Good colors
Most portion sizes appropriate.
Mostly clean plate. Clean appetizing appearance and presentation.
Mostly balanced presentation.
Some textures/shapes displayed
Little inedible garnish

1-2

Very little, or confusing colors
Inappropriate portion sizes.
Messy/dirty plate, appearance and/or presentation.
Poorly balanced presentation.
Few textures and/or shapes displayed
Inedible garnish



National ProStart Invitational Judging Rubric

Taste and Finished Product Entrée

Taste Score

13-15

Hot foods/Hot plate.
Very good product color, evidence of proper cooking techniques.
All items cooked properly.
Sauces of very good consistency, viscosity, and color.
Very good, fully developed flavors
Balanced, layered flavors

10-12

Hot food served very warm
Good color.
Items mostly properly cooked, slightly over/under cooked
Sauces slightly thick or thin, color somewhat light or dark
Good flavors, not fully developed
Mostly balanced, layered flavors.

7-9

Hot food served warm
Some items have appropriate color.
Some items properly cooked, slightly over/under cooked
Some sauces slightly thick or thin, color somewhat light or dark
Some good flavors, not fully developed
Some balanced flavors, lacking layered flavors.

4-6

Hot food served cool/Cold food served cool
Little color.
Few items properly cooked, over/under cooked
Many sauces thick or thin, color light or dark
Average flavors, little development
Few balanced flavors, little layered flavors.

1-3

Hot food served cold
Items not properly cooked, very under or over cooked
Sauces very thick, pasty or thin
Poor flavors, off flavors, very underdeveloped
Very poor color, no or inappropriate garnish
Very unbalanced flavors
Missing items



National ProStart Invitational Judging Rubric

Appearance Score

5	Very good colors All portion sizes appropriate Clean plate, clean appetizing appearance and presentation. Balanced presentation. Multiple textures and shapes displayed No inedible garnish
3-4	Good colors Most portion sizes appropriate. Mostly clean plate. Clean appetizing appearance and presentation. Mostly balanced presentation. Some textures/shapes displayed Little inedible garnish
1-2	Very little, or confusing colors Inappropriate portion sizes. Messy/dirty plate, appearance and/or presentation. Poorly balanced presentation. Few textures and/or shapes displayed Inedible garnish



National ProStart Invitational Judging Rubric

Taste and Finished Product Dessert

Taste Score

9-10

Hot foods/Hot plate- Cold food/Cold plate as appropriate
Very good product color, evidence of proper cooking techniques.
All items cooked properly.
Sauces of very good consistency, viscosity, and color.
Very good, fully developed flavors
Balanced, layered flavors

7-8

Generally hot food-cold food as appropriate
Good color.
Items mostly properly cooked, slightly over/under cooked
Sauces slightly thick or thin, color somewhat light or dark
Good flavors, not fully developed
Mostly balanced, layered flavors.

5-6

Generally hot food-cold food as appropriate
Some items have appropriate color.
Some items properly cooked, slightly over/under cooked
Some sauces slightly thick or thin, color somewhat light or dark
Some good flavors, not fully developed
Some balanced flavors, lacking layered flavors.

3-4

Hot food served cool/Cold food served cool
Little color.
Few items properly cooked, over/under cooked
Many sauces thick or thin, color light or dark
Average flavors, little development
Few balanced flavors, little layered flavors.

1-2

Hot food served cold/Cold food served room temperature
Items not properly cooked, very under or over cooked
Sauces very thick, pasty or thin
Poor flavors, off flavors, very underdeveloped
Very poor color, no or inappropriate garnish
Very unbalanced flavors
Missing items



National ProStart Invitational Judging Rubric

Appearance Score

5	Very good colors All portion sizes appropriate Clean plate, clean appetizing appearance and presentation. Balanced presentation. Multiple textures and shapes displayed No inedible garnish
3-4	Good colors Most portion sizes appropriate. Mostly clean plate. Clean appetizing appearance and presentation. Mostly balanced presentation. Some textures/shapes displayed Little inedible garnish
1-2	Very little, or confusing colors Inappropriate portion sizes. Messy/dirty plate, appearance and/or presentation. Poorly balanced presentation. Few textures and/or shapes displayed Inedible garnish



National ProStart Invitational Judging Rubric

Safety and Sanitation

Follows Safety and Sanitation Procedures Score

- | | |
|-----|---|
| 4-5 | Always keeps station clean and neat
Washes hands often
Wipes station and utensils with sanitation towels and solution throughout the day
Mostly keeps station neat and clean
Washes hands regularly
Wipes station and utensils with sanitation towels and solutions many times during the day
Always works in a safe manner |
| 3-4 | Sometimes keeps station clean
Sometimes washes hands
Occasionally wipes stations and utensils with sanitation towels and solution
Sometimes works in a safe manner |
| 1-2 | Rarely/never keeps station neat and clean
Does not/rarely washes hands
Rarely/never wipes stations and utensils with sanitation towels and solution
Rarely/never works in a safe manner |

Proper Food Handling Score

- | | |
|-----|--|
| 4-5 | Always wears gloves when handling foods that are not going to be further cooked
Changes gloves often, as needed
Always keeps uncooked proteins on ice or under refrigeration
Minimizes time in danger zone during prep
Always sanitizes cutting board and utensils after working with potentially hazardous foods
Always stores potentially hazardous foods beneath other foods
Uses side towels only for handling pots and pans
Does not wipe hands or knives on apron |
| 3-4 | Usually keeps uncooked proteins on ice or under refrigeration
Mostly minimizes time in danger zone during prep
Usually stores potentially hazardous foods beneath other foods
Usually uses side towels only for handling pots and pans
Usually sanitizes cutting board and utensils after working with potentially hazardous foods
Rarely wipes hands or knives on apron
Usually wears gloves when handling foods that are not going to be further cooked
Changes gloves occasionally |
| 2-3 | Sometimes wears gloves when handling foods that are not going to be further cooked
Sometimes changes gloves
Sometimes sanitizes cutting board and utensils after working with potentially hazardous foods |



National ProStart Invitational Judging Rubric

Sometimes stores potentially hazardous foods beneath other foods
Sometimes uses side towels only for handling pots and pans
Occasionally not wipe hands or knives on apron
Sometimes keeps uncooked proteins on ice or under refrigeration
Somewhat minimizes time in danger zone during prep

- 1-2 Rarely/ never keeps uncooked proteins on ice or under refrigeration
Does not minimize time in danger zone during prep
Rarely/never sanitizes cutting board and utensils after working with potentially hazardous foods
Rarely/never stores potentially hazardous foods beneath other foods
Regularly uses side towels only for handling pots and pans
Wipes hands or knives on apron often
Rarely/never wears gloves when handling foods that are not going to be further cooked
Rarely/never changes gloves

Work Area Cleaned Score

- 5 Area very clean
Completed on time
- 3-4 Area mostly clean, some debris
Completed on time
- 1-2 Area not cleaned, much debris, floor not swept
Not completed on time



National ProStart Invitational Judging Rubric

Team Presentation / Work Skills / Organization

Team Appearance Score

- | | |
|-----|--|
| 4-5 | All uniforms complete
All uniforms very clean-pressed
Team identical
All have proper shoes |
| 3-4 | Most uniforms complete
Most uniforms clean-some wrinkles, soil
Team mostly identical
Most have proper shoes |
| 1-2 | Team members missing uniform components
Uniforms soiled, wrinkled
Do not look like a team
Improper footwear |

Work Organization/Cooperation Score

- | | |
|-----|--|
| 4-5 | Detailed timeline/prep list displayed and utilized
Always display mastery of skills
Workload evenly distributed among all team members
Team communicates effectively
Mise en place maintained throughout competition
Always display professional attitude |
| 3-4 | Timeline/prep list displayed, mostly utilized
Usually display mastery of skills
Workload somewhat evenly distributed among team members
Team mostly communicates effectively
Mise en place maintained throughout most of competition
Usually display professional attitude |
| 1-2 | Timeline/prep lists missing, not followed
Rarely display mastery of skills
Workload not evenly distributed
Team rarely/never communicates or communicates ineffectively
Mise en place rarely maintained, station excessively cluttered
Rarely display professional attitude |

Proper Cooking Procedures/Equipment Use Score

- | | |
|-----|---|
| 4-5 | Always uses appropriate cooking method for product
3 or more of required cooking methods used
Procedures follow plan/timeline
Procedures correct for recipe
All waste visible and accounted for |
|-----|---|



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	Always use proper equipment for task Mastery of all equipment used
3-4	Usually uses appropriate cooking method for product 3 required cooking methods used Procedures usually follow plan/timeline Procedures usually correct for recipe Most waste visible and accounted for Usually use proper equipment for task Mastery of most equipment used
1-2	Sometimes uses appropriate cooking method for product 2-3 required cooking methods used Procedures sometimes follow plan/timeline Procedures sometimes correct for recipe Some waste visible and accounted for Sometimes use proper equipment for task Mastery of some equipment used
0-1	Rarely/never uses appropriate cooking method for product 1-2 required cooking methods used Procedures rarely follow plan/timeline Procedures rarely correct for recipe Little waste visible or accounted for Rarely/never use proper equipment for task Mastery of little/none equipment used

Degree of Difficulty Score

4-5	Innovative creativity displayed and mastered Fundamental techniques perfected Multiple high level techniques displayed and mastered
3-4	Creativity displayed and mastered Most fundamental techniques perfected Some higher level techniques displayed/mastered
1-2	Little creativity displayed and/or mastered Some/few fundamental techniques perfected Few higher level techniques displayed and/or mastered

Special Notes:

- Match the level-of-difficulty-expectation to the competitors (These are High School students)
- Key on fundamental skills, not intricacy or exotic