



South Dakota FCCLA

Beef It Up

FCCLA Cook-Off Challenge

Quick, Easy and Affordable Beef Preparation

SD FCCLA

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RULES:

FCCLA Beef Cook-Off Challenge is a two level competition.

Regional competition will be through online submission. One regional winner will advance to the **FCCLA State Leadership Conference Cook-Off** where the team/individual will create their menu item for the judges and give a short presentation.

The members must submit final online submissions to Megan.Jaquet@k12.sd.us one week prior to the regional meeting.

The contest is open to SD FCCLA members in Junior and Senior Divisions. Contestants are allowed to enter as individuals or in teams of up to three.

Only one submission per division per chapter.

Create a quick and easy main dish that can be made in 60 minutes. The menu item must showcase beef as the main focus of a meal. Each submission must include the following:

- Recipe of your own design
- Photo of your final plate
- Nutritional Analysis per serving
- Cost Analysis per serving
- Beef Promotional Materials (**choose one**)
 - Flyer
 - Poster
 - Brochure

The following criteria must be taken into consideration when creating the dish. Menu item:

- Student(s) must create (or alter/improve) the recipe
- Dish must be prepared within 60 minutes. (Beef can be pre marinated)
- Beef must be the main focus of the dish.
- Cost = no more than \$2.00 per serving for the full plate.
- Beef cuts that may be used are...(suggested but not limited to)
 - Ground Beef
 - Chuck Eye Steak
 - Ranch Steak
 - Sirloin Steak
- Must utilize stovetop or oven cooking methods.
- Menu recipe must contain a starch and/or vegetable.
- All materials will be submitted to the judges in a digital folder.

One winner per region will be selected to advance to the FCCLA State Leadership Conference in Sioux Falls. The competition will take place on the Sunday of the State Leadership Conference. Cash stipend will be given to the regional winners to help cover the cost of the beef utilized in competition.

Regional Applications must be submitted one week prior to the Regional Meeting date.

Standards

Possible standards to teach meal preparation for this competition include the following:

- DN 2.4 Construct food preparation techniques to maximize nutrient retention and meet specialized dietary requirements.
- NW 1.1 Apply dietary guidelines to meet nutrition and wellness needs.
- NW 3.1 Explain how the steps in the food-processing system affect nutritional content.
- NW 3.3 Evaluate how food preparation techniques affect nutrition.
- 2RMCA 2.1 Describe techniques for food preparation that preserve nutrients.
- 2 RMCA 3.5 Demonstrate food preparation techniques used with meats, poultry, and seafood.

Score Card

Online Submission

Recipe

Is the recipe easy to read?

Are the steps easy to follow?

Is the recipe written in standard format?

Is beef the main focus of the dish?

Was the recipe created/written by the students? _____/ 35 points

Photo

Is the photo of the dish appealing?

Is it visually understood that the dish contains beef?

Was the photo submitted an original and taken by the student? _____/ 15 points

Nutritional Analysis

Is the nutritional analysis complete?

Was the nutritional analysis completed by the students?

Is the analysis written in an easy to understand format? _____/ 25 points

Cost Analysis

Is the cost analysis complete?

Was the cost analysis completed by the students?

Is the math correct? _____/ 25 points

Beef Promotional Material

Is it visual appealing to consumers?

Is it eye catching?

Is it easy to read?

Does it include all required information? _____/50 points

- recipe
- photo
- nutritional analysis
- cost analysis