



The Ohio FCCLA
“Culinary Wars!”
At The 2011 Ohio State Fair

The “Culinary War” Competition will be at the 2011 Ohio State Fair on Friday, July 29th, 2011. In this competition participants will create their own nutritious recipe which must include the following food items, in addition to other ingredients of their choice:

- whole wheat flour
- all natural honey
- blueberries.

All participants must sign in at the Ohio FCCLA booth inside of the Youth Center by 12:00 PM on July 29th, 2011. The competition will begin at 12:30 PM and will end with awards at 2:30 PM.

The participants will bring the food item with them and go through an interview process about the food item and provide nutrition information for each ingredient by using the following website, in addition to a cost analysis of your product, using the Ohio FCCLA login information:

Create a food label- http://caloriecount.about.com/cc/recipe_analysis.php

Nutrition for ingredients- <http://www.foodapedia.gov/Default.aspx>

Use the Custom Entry Tool for each of your ingredients, and print off the food summary for the interviews. A copy of the rubric for scoring the participants is published.

50% of the total score will come from the interview process and 50% of the total score will be determined on taste.

IMPORTANT- All participants *must* follow proper food safety procedures. This includes storing the item at proper temperature while at The Ohio State Fair. A judge has the right to refuse to taste the food prepared if they believe that the food prepared was not done properly.