



IOWA
STATE ASSOCIATION

Pride of Iowa

Event Details: (Level 1, 2, or 3. This is an individual or team of two)

Directions: Pride of Iowa, an individual or team event, recognizes members who demonstrate preparing a recipe that represents ingredients from Iowa. Participants will choose one food item to make during the competition or bring an already prepared item. Participants must bring all necessary equipment to prepare item.

Identification: Make sure the project is labeled with member name, chapter, and level.

Submission: Turn in at the registration desk.

SPECIFICATIONS

- Participants should choose one recipe that includes ingredients that represent Iowa and include these items in a portfolio along with name and chapter.
 - A short write-up about why the recipe was selected and what ingredient represents Iowa.
 - A recipe card along with nutrition facts
- Cooking Portion
 - Participants will have 30 minutes to prepare one food item
 - If item takes longer than 30 minutes to prepare, participants must bring an already finished item, along with ingredients to prepare the item
 - Participants should ensure ingredients are well refrigerated in a cooler.
 - Participants should demonstrate food safety at all times.

PARTICIPANT QUESTIONS

There is no formal oral presentation for this event, however, participants should be prepared to answer the following questions at the designated set up time. These questions are designed to be asked conversationally. Participants will be evaluated on the quality of their answer, not on their presentation of responses.

1. What was your concern?
2. What was your goal?
3. What did you learn?
4. What would you change if you did this event again?



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Name(s)	
School	
Level	

	Incomplete	Does not meet expectations	Somewhat meets expectations	Meets Expectations	Exceeds Expectations	Points
Demonstrated food safety steps	2	4	6	8	10	
Taste/Flavor	2	4	6	8	10	
Looks/ Presentation of Product	1	2	3	4	5	
Plating is visually appealing	1	2	3	4	5	
Recipe Card Included	1	2	3	4	5	
Recipe represents Iowa	2	4	6	8	10	
Participant Questions	1	2	3	4	5	
Total Points Possible 50						
Ranking (complete after scoring)						
Comments:						