



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 a recipe that represents ingredients from Iowa. Participants will choose one food item to present during the competition. Participants must bring all necessary equipment.

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
- Tasting Portion
 - Participants will have 15 minutes to share the food item
 - Participants should bring the item prepared and may use the 15 minutes to do last steps of assembly, heating up, etc.
 - Participants should ensure the food items are 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?



IOWA
STATE ASSOCIATION

Pride of Iowa

Name(s)	
School	
Level	

	Incomplete	Does not meet expectations	Somewhat meets expectations	Meets Expectations	Exceeds Expectations	Points
Demonstrated food safety steps	1-2	3-4	5-6	7-8	9-10	
Taste/Flavor	1-2	3-4	5-6	7-8	9-10	
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	1-2	3-4	5-6	7-8	9-10	
Participant Questions	1	2	3	4	5	
Total Points Possible 50						
Ranking (complete after scoring)						
Comments:						