



Michigan Restaurant & Lodging Association
E D U C A T I O N A L F O U N D A T I O N
MRLAEF

2023 Michigan ProStart Invitational® March 5th & 6th, 2023

Nutrition Competition Procedures & Rules

Participating teams are responsible for understanding and following all the procedures and rules contained in this document; they will not be reviewed at the Michigan ProStart Invitational. Please read this document carefully to maximize your opportunity for success and to avoid receiving penalties during the competition.

Questions regarding competition rules should be sent to Mallory Schluchter mschluchter@mrla.org or 517.377.3924 PRIOR to the start of the competition.

Eligibility Student and Teams

1. All high school students, currently enrolled in a **confirmed ProStart program recognized by the National Restaurant Association**
2. Participating teams will consist of two (2) to four (4) team members. One (1) alternate may attend. However, the alternate may only participate if an original team member is injured or unable to participate. In case of student injury, an alternate, with judge's approval, may replace the injured student during the competition.
3. Students may only compete for two years.

General Disqualifications

1. Teams must arrive at the appointed time to compete or they will be disqualified. Including check-in and all feedback sessions. The only exception made will be for travel delays beyond the control of the team.
2. Teams may not receive coaching or any form of communication from anyone during the competition time or they will be disqualified. There will be no verbal or non-verbal communication allowed between any spectators, educators, mentors or coaches and competing teams. No exceptions.
3. Misconduct, which includes any nonprescription drug use, alcohol use, or any activity that is illegal under federal, state or local laws, at the event, during competition or in activities or locations related to the event, may disqualify a participant or the participant's team from awards or further participation. Should any misconduct come to the MRLAEF's attention, the matter will be investigated as the MRLAEF deems appropriate. Any decision and sanction as to appropriate action due to misconduct is at the sole discretion of the MRLAEF and is final. By entering into the contest, the student and the team they represent accept this requirement as well as all other conditions of the program.
4. Teams must compete in each event segment in the competition or they will be disqualified.

Schedules

Competition schedules will be distributed in advance of the competition once all teams have been identified. All schedules are subject to change.

Nutrition Competition Purpose

In recent years the USDA has set stringent guidelines or nutritional standards for children. These guidelines are required in school food service and the new USDA snack guidelines have impacted ProStart programs across the country. Diet is a critical component of a healthy lifestyle. There is an increasing demand from American diners for healthy kids' choices on restaurant menus. Teams participating in this discipline will demonstrate a basic understanding of nutrition, the ability to build flavor without adding unnecessary salt and fat to foods. Your team will develop a menu that embodies the foundation of good health practices using information contained in: Foundations of Restaurant Management and Culinary Arts textbook; the website www.chooseMYPlate.gov and the Kids Live Well Criteria.

Uniform

The team must present a uniform appearance. All team members are required to wear appropriate apparel consisting of white chef coats, checkered or black pants, nonporous, closed toe, non-slip hard sole black shoes and apron, as well as the hat provided by Event Organizers.

Event Organizers will provide chef hats at registration. The team will be evaluated on proper uniform throughout all events.

Scoring

The total number of points possible in the nutrition competition is 100 points.

Preparation for Competition

1. Mentors and educators may assist teams in preparing for the competition. Their expertise is limited to acting as a sounding board and critiquing practice presentations.
2. Students will want to reference the following materials: Foundations of Restaurant Management and Culinary Arts; www.chooseMyPlate.gov; and the Kids Live Well Criteria *Exhibit A*.
3. Students will be given a copy of Master Cook software and are expected to use the software to prepare the nutritional analysis. Your team may use alternative software. The alternative software must provide calories, total fat, saturated fat, cholesterol, sodium, total carbohydrates, and protein.
4. The workspace will consist of two (2) eight-foot tables provided for each team. The tables will be set up in an "L" formation within a 10' x 10' space. All food preparation must be done within the workspace on the tables provided. All equipment and supplies must be contained within the allotted 10' x 10' space.
5. No electric or battery-operated equipment may be used with the exception of electric timers or clocks, thermometers and digital scales.
6. The only heat sources allowed will consist of two butane burners.

Written Submission

The team will create a **Full Meal** that meets the Nutrition Criteria for Kids Live Well Program (for kids' ≤ 12 years old). The written submissions will be turned in at the same time as food product check-in.

1. Full meal: entrée, side option and beverage
2. Photo of the completed plate
3. A copy of the presentation menu
4. For each component of the Full Meal, team must:
 - a. Complete the recipe worksheet *Exhibit C*
 - b. Complete cost sheets of the products *Exhibit D*
 - c. Menu Price Example *Exhibit E*
 - d. Develop the nutrition analysis *Exhibit F*
5. The written proposal must be typewritten following the outline in *Exhibit B*, and each section should be separated by tabs. Teams will prepare 5 copies of the proposal in a clear front, soft-bound report format.
6. Written submissions should be free of errors.

Presentation Menu

Teams must create a display menu. The menu should be appropriate for a children's menu and will be displayed with the display plates. Creativity is encouraged while keeping in mind the menu should be appropriate for the target age group. Any necessary display materials are the responsibility of the team and should be checked in with the menu and written submissions.

Team Check-in

Check in times will be assigned and released prior to competition

1. A complete printed list of every item contained in each cooler or other container holding food items must be attached to the inside of the cooler and/or container. The list must be attached in a plastic sleeve. All ingredients must be checked in with event personnel. Each team's food will be placed in an appropriate and secure location at the competition site until just prior to the designated Station Pre-Set time.
2. Teams will be evaluated on the proper temperature and storage of ingredients. If a food item is found to be compromised it will be disposed. Missing food items or disposed food items can be replaced until the team's station pre-set time.
3. Menus and dishes must be turned in during Check-In. Teams are expected to bring their own plates/ serving items as they see fit to present the children's meal, the items will be stored in dry storage.

Station Pre-Set Time (10 minutes)

- Teams may arrive 15 minutes before their assigned Station Pre-set time to retrieve their items from storage.
- When station pre-set time starts the team is able to take the floor ▪ During Station Pre-Set Time teams are allowed to:
 - Ice perishable products of any type for proper food safety
 - Organize equipment to allow an unobstructed work area
 - Set cutting boards and knives
 - Procurement of water and sanitizing solution from kitchen ▪ Mise en place of food is NOT allowed.

Cooking of Kids Live Well Full Meal

Team will have 30 minutes to prepare and plate two identical meals. Under the terms of Kids Live Well a full meal includes: entrée, side option and beverage. Remember Kids' Live Well Menu items are designed for Children ≤12.

1. During the competition, final meal production, including plating, must be completed in a thirty-minute time period. Event personnel will announce the time at 5-minute intervals. It is the responsibility of each team to know their start time and be ready to begin when their assigned time is announced. Teams may bring a manual or battery-operated timer. Event personnel will keep and display the official time.
2. A team is considered done when the food is plated, on the service trays, and all team members have stepped away from the trays and raised their hands to signal they are finished.
3. After a team completes their two (2) identical meals, the team will determine which meal will be evaluated and which will be for display. Team members will transport all plates and their presentation menu to the judges' table and leave immediately.
4. Teams will return to their station for the Work Skills/Organization feedback.

5. Judges will have ten (10) minutes to evaluate the plates. At that time the team will return to the tasting area for a five (5) minute feedback session. Teachers and mentors may accompany the team.
6. Teams will proceed to the recipe and Nutrition judges for a five (5) minute feedback session. Teachers and mentors may accompany the team.
7. Teams will then take display plates and Presentation Menu to the display area. The competition is not completed and teams may not converse with anyone other than teammates.
8. Teams will return to their station to begin Station Clean-up

Judges

1. Nutrition Judges will consist of registered dieticians, industry professionals and college/university educators.
2. Industry Tasting Judges will consist of qualified culinary professionals who will evaluate flavor, taste, and balance.
3. Target Market Judges will be children. The children will be old enough to read the menus.
4. You are cooking for a high-risk population! Sanitation and cooking to proper temperature is required and will be monitored by the floor judges closely.

Station Clean-Up

1. Teams have ten (10) minutes to clean and vacate their station. The team will leave the food preparation area only when their station is returned to the condition it was in when they arrived. (*See Penalties*).
2. Teams will receive the Sanitation feedback.

Attendees

Mentors, teachers, chaperones, parents, general public, etc., are encouraged to attend the competition. However, space is limited.

Exhibit A



Nutrition Criteria for Kids Live Well Program (for kids' ≤ 12 years old).

A restaurant's featured Kids Live Well menu items must meet specific nutrition criteria recommended by leading health organizations' scientific guidelines and verified by Healthy Dining's team of registered dietitians. Criteria are listed here and also available on [Healthy Dining's website](#).

Kids Live Well Nutrition Criteria for Full Kids' Meals (entrée, side option and beverage):

- 600 calories or less
- ≤ 35% of calories from total fat
- ≤ 10% of calories from saturated fat
- < 0.5 grams trans fat (artificial trans fat only)
- ≤ 35% of calories from total sugars (added and naturally occurring)
- ≤ 770 mg of sodium
- 2 or more food groups (see below)

Kids Live Well Nutrition Criteria for Side Items:

- 200 calories or less
- ≤ 35% of calories from total fat
- ≤ 10% of calories from saturated fat
- < 0.5 grams trans fat (artificial trans fat only)
- ≤ 35% of calories from total sugars (added and naturally occurring)
- ≤ 250 mg of sodium
- 1 food group (see below)

Full meals must include two sources & sides must include one source of the following:

- **Fruit:** > ½ cup (includes 100% juice)
- **Vegetable:** > ½ cup
- **Whole grains:** contains whole grains
- **Lean protein** (skinless white meat poultry, fish/seafood, beef, pork, tofu, beans, egg): > 2 ounces meat, 1 egg or egg equivalent, 1 oz nuts/seeds/dry bean/peas (lean as defined by USDA)
- **Lower-fat dairy** (1% or skim milk and dairy): > ½ cup (while not considered low-fat, 2% milk is allowed if included in the meal and the meal still fits the full meal criteria)
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Exhibit B

Written Submission Outline and Checklist

The information in the written submission must be presented in the following order **in sections separated by tabs:**

Table of Content

Photo of Completed Plate

A copy of the presentation menu

ProStart recipe sheet

ProStart recipe cost sheet

ProStart menu price sheet

Master Cook menu analysis print out

Exhibit C

Recipe Example

School Name	ProStart High School		
Educator Name	Chef Jones		

Menu Item	Stuffed Won Tons		
Number of Portions	2	Portion Size	3 oz
Cooking Method	Baked		
Recipe Source	Class Developed		

Ingredients	
Item	Amount
Cream Cheese	8 oz
Powdered Sugar	2 oz
Vanilla	.5 oz
Won Ton Wraps	8

Procedure

Procedure written in practical order.

Exhibit D

Recipe Cost Example

School Name	ProStart High School
Educator Name	Chef Jones
Menu Item	Stuffed Won Tons
Number of Portions	2

Ingredients		Ingredient Cost	
Item	Amount	Unit Cost	Total Cost
Cream Cheese	8 oz	\$1.30/lb	\$0.65
Powdered Sugar	2 oz	\$0.48/lb	\$0.06
Vanilla	.5 oz	\$5.12/qt	\$0.08
Won Ton Wraps	8	.055 each	\$0.44

Total Recipe Cost	\$1.23
Portion Cost	\$0.615

Exhibit E Menu Price Example

Nutrition teams must complete this form prior to the competition. It is unnecessary to send this in with your registration. Nutrition teams need to make one (1) copy to turn in at Team Check-in, in addition to copies included in the written proposal.

School Name	ProStart High School
Educator Name	Chef Jones
Menu Item	Stuffed Won Ton Appetizer
Number of Portions	2

Item	Portion Cost
Stuffed Won Tons	\$0.615
Caramel Sauce <i>(this recipe would be on separate recipe and costing sheets)</i>	\$0.33

Total Item Portion Cost	\$0.945
Item Menu Price at 33% Food Cost	\$2.863 Menu Price \$2.95

Exhibit F Stuffed Won Tons

Calories (kcal):	583
% Calories from Fat:	62.3%
% Calories from Carbohydrates:	30.5%
% Calories from Protein:	7.2%

Per Serving Nutritional Information

Total Fat (g):	40g	62%	Vitamin B6 (mg):	.1mg	3%
Saturated Fat (g):	25g	125%	Vitamin B12 (mcg):	.5mcg	9%
Monounsaturated Fat (g):	11g	51%	Thiamin B1 (mg):	.1mg	8%
Polyunsaturated Fat (g):	2g	7%	Riboflavin B2 (mg):	.3mg	18%
Cholesterol (mg):	138mg	46%	Folacin (mcg):	38mcg	10%
Total Carbohydrate (g):	44g trace	15%	Niacin (mg):	1mg	5%
Dietary Fiber (g):	10g	2%	Caffeine (mg):	0mg	N/A
Protein (g):	473mg	21%	Alcohol (kcal):	21	N/A
Sodium (mg):	155mg	20%	% Refuse:		N/A
Potassium (mg):	96mg	4%			
Calcium (mg):	2mg	10%	Food Exchanges		
Iron (mg):	1mg	12%	Grain (Starch):		1/2
Zinc (mg):	0mg	5%	Lean Meat:		1/2
Vitamin C (mg):	1633IU	0%	Vegetable:		0
Vitamin A (i.u.):	492RE	33%	Fruit:		0
Vitamin A (r.e.):		49%	Non-Fat Milk:		0
			Fat:		7 1/2
			Other Carbohydrates:		2

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Competition Judging Sheets

Evaluation Criteria

Evaluation Criteria	Poor	Fair	Good	Very Good	Excellent	Score
Written Submission						
Presentation menu is included	1	2	3	4	5	
	1-2	3-4	5-6	7-8	9-10	
Recipe quality Development of flavor without excess salt and fat						
Nutrition Analysis Meets the Kids Live Well Criteria: entrée, side and beverage	1-5	6-10	11-14	15-19	20-25	
Presentation Menu						
Appropriate for Children's menu	1-2	3-4	5-6	7-8	9-10	
Product check-in						
Proper temperature/ proper labeling	1	2	3	4	5	
Team Presentation/Work Skills/Organization						
Uniform	1	2	3	4	5	
	1	2	3	4	5	
Teamwork						

Proper cooking technique 1 2 3 4 5

Sanitation

1-2 3-4 5-6 7-8 9-10

Safety and Sanitation
Including clean workstation

Quality of Meal

1-2 3-4 5-6 7-8 9-10

Presentation of Plate

Appropriate for a Kids Meal,
included entrée, side, and
beverage

Taste of Meal

1-2 3-4 5-6 7-8 9-10

Flavors

DISQUALIFICATION	PENALTY
Reason for Disqualification:	Reason for Penalty:
_____ Team received coaching during the event.	_____ Team did not leave station in a sanitary manner. 3 points.
_____ Team used an electric/battery operated device or additional butane burner.	_____ Team did not complete within allotted time. 1/4 point/15 seconds up to 10 minutes
_____ Team did not produce two (2) complete meals.	_____ Missing food items due to temperature abuse or forgotten product 3 points.
_____ Team did not arrive at proper time.	_____ Team produced two meals, but not identical. 2 points.
_____ Team did not compete in each segment.	_____ Team did not submit folders with menu, plate photographs, recipe and recipe costing at Product Check-in. 2 points.