

**Kapi'olani Community College
Culinary Arts Department**

4303 Diamond Head Road
Honolulu, HI 96816
Phone: (808) 734-9429 Fax:
E-Mail: warren@hawaii.edu
Web: culinary.kcc.hawaii.edu

Kahala Nui Healthy Cooking Competition Scholarship

The following is the *Guidelines for Students* and *Scoring Rubric* for “The Art of Healthy-licous Cooking” competition.*

GUIDELINES FOR STUDENTS

General Information:

- EVENT: 3rd Annual Kahala Nui Healthy Cooking Contest: The Art of Healthy-licous Cooking
- DATE: Saturday, October 12th, 2013
- LOCATION: Kapi'olani Community College, Ohia 118
- TIME: Actual Event 12:00 to 2:00pm
- PREMISE: To develop delicious healthy recipes which can be easily reproduced by Seniors

**(In order to provide an opportunity for new competitors, students who have been selected in the past to compete will not be eligible for this scholarship competition.)*

Team Selection:

- TEAMS: Four 2-Person Teams will be selected for the competition.
- MAIN INGREDIENT: Chicken or Vegetarian Protein Option
- STUDENTS APPLICATION: Students will form their own 2-person team and submit the following for review and selection:
 - (1) An Essay based upon what sparked your interest in this “Healthy Cooking” competition along with how your dish supports the theme of this event. **Please note that the essay is the “Major Criteria” for being selected.**
 - (2) A Short Bio of the team’s competitors.
 - (3) A copy of the team Recipe (title of dish, ingredients list and directions).
- SELECTION PROCESS: An appointed committee will select the top four teams based on submittal and review of the above application.
- DUE DATE FOR APPLICATION: **Monday, September 16th, 2013**
- NOTIFICATION OF SELECTION: Students will be notified if their application has been selected as one of the four finalists for the competition by Monday, September 23rd, 2013.

If Selected:

• RULES and GUIDELINES:

- Teams will provide a 20 minute food demonstration of their recipes to attendees and judges.
- Teams will need to provide 120 individual tasting portions of ~1 to 1.5 ounce protein portion regardless of dish type (i.e. entrée vs. appetizer).
- Students are allotted a maximum budget of \$500 in total for ingredients only. This is a combined total to include both the competition and trial runs of dishes.
- Culinary student volunteers from Kapi'olani Community College will assist in food plating.
- Judging based on the following criteria:
 - Taste
 - Simplicity
 - Nutrition
 - Organization and Delivery
 - Visual Presentation
- Winning Team will be awarded a \$1200 scholarship from Kahala Nui that will be split by the two team members.

Scoring Rubric

CRITERIA	1	2	3	4	5
<i>Taste</i>	Not so Ono	Kind of Ono	Very Ono	Extremely Ono	Ono-licious (Broke da Mouth)
<i>Simplicity</i>	Would <u>not</u> attempt to prepare	<u>Unlikely</u> to prepare	<u>Somewhat</u> likely to prepare	<u>Very</u> likely to prepare	<u>Extremely</u> likely to prepare
<i>Nutrition</i>	No nutritional benefit noted	<u>Minimal</u> nutritional tips & information provided on Kupuna issues	<u>Several</u> useful nutritional tips & information provided on Kupuna issues	Filled with <u>many</u> useful nutritional tips & information on Kupuna issues	Filled with <u>many</u> useful nutritional tips & information on Kupuna issues along with use of <u>vegetarian</u> options
<i>Organization and Delivery (Oral Presentation)</i>	Unorganized and difficult to follow	Fairly organized yet somewhat difficult to follow	Organized and relatively easy to follow	Well organized and easy to follow	Educational, very easy to follow and extremely organized
<i>Visual Presentation</i>	Not appetizing	Slightly appetizing	Moderately appetizing	Very appetizing	Extremely appetizing

F.A.Q.

What size dishes will the samples be placed on for attendees and judges?

Both attendees and judges sample will be served on a 6 inch plate or a 8 ounce bowl depending on how you wish to present it.

What about the display plate?

You will be required to bring your own plate for display and presentation. The portion for the display plate should be for a typical serving.

Who will be judging the competition?

There will be 4 individual guest judges along with the attendees who will each have a voting percentage of 20%.