

# U.S. REGIONS: The Next Advanced Food Stars



For this project, your group will prepare and execute the running of a cooking show based on the assigned United States region. Your show should not only be educational in terms of the concepts that must be covered regarding your region, but it should also be something that you would WANT to watch.

## Objective:

To demonstrate mise en place and prepare a recipe associated with the assigned U.S. region. Regions for this assignment will include:

- **New England**
- **Mid-Atlantic**
- **South**
- **West/Southwest**
- **Pacific Coast**
- **Hawaiian Islands**

**Time you will be given for mise en place/demonstration/clean-up:** One class period

**Tools/Supplies:** You must show your knowledge of mise en place. All of your tools and supplies should be assembled PRIOR to beginning your show. All foods items should be premeasured.

Note: You do not need to provide full servings to all members of the class. You are only required to prepare one serving of food. However, if a recipe naturally makes many servings (i.e. cake), you may still prepare the item and plate one serving for the show.

## What to include in your file folder (ALL must be turned in for part of your grade):

- Recipe (typed and 1 copy for each group **and** instructor)
- List of equipment and ingredients (see guide sheet)
- Verbal presentation and step by step directions for yourselves on note cards.

## Cooking show should include:

- Region and required information (see rubric)
- Multimedia component to relay information, in addition to verbal presentation
- Fun and creative introduction
- Techniques appropriate to your level
- Realistic theme that is carried out throughout the show and appropriate to U.S. region
- Safety and sanitation
- Plating/Presentation
- Clean up

## Time Line:

- Friday, 4/10: Begin planning process
- Monday: Work Day
- Tuesday: Work Time **Grocery Orders Due**
- Wednesday: Work Time
- Thursday, 4/16: Group \_\_\_\_\_
- Friday, 4/17: Group \_\_\_\_\_
- Monday 4/20: Group \_\_\_\_\_
- Tuesday 4/21: Group \_\_\_\_\_
- Wednesday 4/23: Group \_\_\_\_\_
- Thursday, 4/24: Group \_\_\_\_\_
- Friday: Review (US Regions & Mise en Place)

*Review and exam to follow after final group's presentation*



# The Next Advanced Food Stars Guide Sheet

Names: \_\_\_\_\_

Region: \_\_\_\_\_

Title of Show: \_\_\_\_\_

Date of presentation: \_\_\_\_\_

Recipe to be demonstrated (must be approved by your instructor): \_\_\_\_\_

## Checklist:

\_\_\_\_\_ Grocery order completed

\_\_\_\_\_ Recipe printed for group

\_\_\_\_\_ Recipe printed for instructor

\_\_\_\_\_ Note cards, script, or presentation memorized to elaborate on information

\_\_\_\_\_ List of equipment needed for demonstration (include all measuring tools, prep equipment, etc):

\_\_\_\_\_ Things to bring from home (centerpieces, flowers, visuals, placemats, cookbooks, etc):