

<b>HEALTHY LIFESTYLE</b>	
<b>Competition Code:</b>	S3
<b>Competition Name:</b>	HEALTHY LIFESTYLE
<b>Division:</b>	Student
<b>Type:</b>	Team
<b>Participants:</b>	Two (2) Students, and Three (3) assistants to aid with set-up only
<b>Description:</b>	Live cooking of a three-course set menu of nutritionally balanced dishes with two (2) portions each consisting of one (1) appetizer, one (1) main dish and one (1) dessert, applying healthy cooking principles and modern preparation techniques.

**Objectives:**

1. To promote, develop, and create deep appreciation of the importance of healthy cooking through nutritionally balanced meals, while practicing modern cooking and presentation techniques.

**Specific Guidelines, pointers for the judging criteria:**

1. Competitors will register one (1) hour and thirty (30) minutes before the actual start of the competition and will submit their recipes in six (6) copies at the registration table. Teams who are late for their registration will be disqualified.
2. Should a team forget or be short of a recipe copy, 50% will be deducted from mise en place points.
3. Each team will be given standard COP Title Cards to be placed during the event on top of the display table to identify the name of the entries, as well as standard recipe forms which must be handed in upon registration.
4. Each team shall consist of two (2) student Chefs, and Three (3) assistants to aid with set-up only.
5. Teams cannot wear any uniform with a logo, any pin or name tag which may identify an establishment, a hotel, or a restaurant
6. Work stations will be set up for the competitors each having a stove with four (4) open gas burners and an oven, a working table, a sink, a utility rack, and a common back set of equipments to be shared by stations, please refer to the layout provided for the exact list of common back equipments. All teams are required to check all equipments before starting to cook. No complaints will be accepted afterwards other than emergency situations.
7. Competitors are required to bring their own tools, knives, pots, pans and small electrical or mechanical tools.
8. Plates to be used for presentation must be plain white not exceeding thirty-two (32) cm in diameter.
9. Preparation and presentation time shall be 2 hours or 120 minutes. Team is to prepare two (2) portions of one (1) appetizer, one (1) Main dish with starch & vegetable to accompany, and one (1) dessert. One portion (1) will be served to the judges on the presentation table of each cooking station, while the other one (1) will be for display on the display area at the end of the event.
10. Each team will be given an additional ten (10) minutes to clean their respective areas.
11. All materials ingredients and components should be edible including garnishes and carvings.

12. Vegetables can be brought in peeled, however not cut or cooked in any form prior to the competition.
13. Basic stocks such as vegetable, chicken, and the likes can be pre-prepared.
14. Dried Ingredients can be presoaked but not be cut, cooked or prepped in any way.
15. All dishes components like starches and vegetables to accompany the main dish, sauces, and other preparations must be made entirely on the spot. Teams who bring in cooked item(s) will be disqualified
16. A pre-competition briefing will be conducted by members of the competitions and judging committee on the day prior to the actual competition to address and clarify various key points of these regulations and will be allowed to ask questions related to this competition.

17. Healthy cooking principles must be applied to:

- Cooking methods:
  1. Should be limited to: steaming, poaching, baking, grilling, steaming, roasting with very minimal use of fats and oils
- Choice of ingredients:
  1. Must be with high nutritive value (rich in vitamins and minerals)
  2. Must be high in fiber and must prioritize use of complex carbohydrates
  3. Use of lean meats, poultry, fish or seafood, with no visible fats
- Portion Size:
  1. Limit portions to:
    - 2 exchanges of meat (60-80 grams of fish, meats, poultry or seafood)
    - 1 exchange of rice or starch (1/2 cup of rice or its equivalent)
    - 2 exchanges of vegetables (1 cup of vegetables)
- Balance and Calories:
  1. Menu should reflect all major nutrients and must represent 1/3 of the recommended dietary allowance; set menu should not be more than 500 calories

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**Guidelines for Assessment****Mise en Place**

0 – 10 Points

- Orderly preparation of materials 2 Points
- Neat working area and style 2 Points
- Observes professional grooming and hygiene 2 Points
- Adherence to work schedule 2 Points
- Punctual completion of work 2 Points

**Production and Creativity**

0 – 30 Points

- Practical and no time consuming methods in preparation. 5 Points  
Ingredients used are based on the recipe
- Freshness of ingredients used 5 Points
- Creativity level is unique and displays new ideas with distinct healthy characteristics 10 Points
- Proportion and use of ingredients are considered and based on established nutritional standards, applies healthy cooking, food safety and sanitation principles in production and plating 10 Points

**Presentation**

0 – 25 Points

- Composed of a visually appetizing, tasteful, healthy looking dish with modern and elegant presentation 10 Points
- Components are balanced in terms of correct proportions, no redundancy on any elements observed 10 Points
- All components are edible 5 Points

**Sensory Evaluation**

0 – 35 Points

- Natural flavor of the dish should be predominant 20 Points
- Appropriate/unique blending of flavors and textures 15 Points

**TOTAL POSSIBLE POINTS****100 Points**

CHEFS ON PARADE  
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2013



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# JUDGE SCORESHEET

# SET MENU A3, S2, S3

**Important Instruction: (Please fill up)**

<b>Entry Code:</b> (Assigned in briefing prior to competition)				
<b>Division</b>	<input type="checkbox"/> <b>Professional</b>	<input type="checkbox"/> <b>Student</b>		
<b>Competition Category:</b> (Example: A1, A2, B1, etc.)	<input type="checkbox"/> <b>A3 Healthy Lifestyle</b>	<input type="checkbox"/> <b>S2 Continental</b>	<input type="checkbox"/> <b>S3 Healthy Lifestyle</b>	
<b>Competition Date:</b>	<input type="checkbox"/> <b>Feb. 28 (Thur)</b>	<input type="checkbox"/> <b>Mar. 01 (Fri)</b>	<input type="checkbox"/> <b>Mar. 02 (Sat)</b>	<input type="checkbox"/> <b>Mar. 03 (Sun)</b>

	FRONT SET OF JUDGES			BACK SET OF JUDGES		
	Mise-En-Place	Production & Creativity	Total Possible Points	Presentation	Sensory Evaluation / Creativity	Total Possible Points
	0 – 10 pts.	0 – 30 pts.	40 pts.	0 – 25 pts.	0 – 35 pts.	60 pts.
Soup / Hors D'Oeuvre Starter						
Main Dish						
Dessert						
<b>Gross Total</b>				<b>Gross Total</b>		
<b>Divided by 3</b>			<b>÷ 3</b>	<b>Divided by 3</b>		
<b>Overall Total</b>				<b>Overall Total</b>		

RANKING (SCALE OF MEDALS)	
Gold with Honors	100 pts.
Gold	94-99 pts.
Silver	88-93 pts.
Bronze	82-87 pts.
Diploma	75- 81 pts.

 Judged by:
   
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 Judge (Print Name and Sign)
   
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 Reviewed by:
   
 \_\_\_\_\_

 SGV Representative
   
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