**MODEL 1. Menu preparation of 4 courses (2 persons/hosts +2 for the Jury**

**NAME OF THE MENU**

**Course 1. – name Preparation**

**Course 2. –name Preparation**

**Course 3. – name Preparation**

**Course 4. – name Preparation**

1. **STUDENT'S EATING HABITS**

**QUESTIONNAIRE FOR THE INTERVIEW BEFORE THE COMPETITION IN THE REP. OF CROATIA**

1.Do you have your morning meal before going to school ?

2.What do you usually have for breakfast ?

3. How often do you eat fast food ?

4. How often do you eat seasonal vegetables with your meal ?

5. Do you eat seasonal fruits every day ?

6. Do you know why it is important to consume fresh vegetables and fruits daily ? Why?

7. How often do you eat fish?

8. What do you think is healthier to eat , fish or meat ?Why?

9. What do you eat domestic or imported food ?

10. What do you usually drink during a meal ?

11. How often do you eat with your family ?

12. What do you expect from this project ?

13. Are you familiar with the term „ sustainable development“ ?

14. As a cook , how could you reduce CO2 emission in the atmosphere ?

**PREPARATION OF THE MENU**

1. **THE AIM**

The competition aim in the discipline of the menu preparation, in the testing and evaluation of the professional theorical knowledge and the professional skills of the students /participants in the field of gastronomy.

1. **IMPORTANT INFORMATION**

\*The participants from different schools compete in groups

\* The student's competences are tested - Practical skills important for the cook (chef) profession through several modules.

**Module 1. Cold side dish ( hors d'oeuvre)**

**Module 2. Soups**

**Module 3. Main dish**

**Module 4. Desserts**

* The emphasis of the competition refers to the reported skills, the expertise, creativity, professionalism and to the successful problem solving of food preparation.
* The student/participant is to write / draw up a menu according to the foodstuffs in the offered basket. The participant must only use the foodstuffs from the offered basket.
* **The dishes from all the 4 modules are preprared for 4 persons (2 persons/hosts + 2 for the Jury) – served on a plate**
* The evaluation is based on a professional approach in the assignments making, the creativity of the dishes, so as the consistency of the dishes on the menu and their taste .
* The participants are required to abide by all the rules and regulations of the profession, which means, we expect from them to show us a culinary perfectly healthy and digestive food, to respect the rule of stacking dishes, and above all that the dishes look natural, delicious and harmonious.
* The School- host to the regional /state competition should provide technical and material conditions for the implementation of the competition ( place, equipment, appliances, utensils,tools, food).

1. **WORK PLANNING**

* The student in the field of gastronomy, established by the Curriculum, has max. 30 minutes of time , at the competition, to compose the recipe upon the current form of officially sent foodstuffs requisition, ( ones own notes can be used).
* The menu, with the made description (the recipe) should be written on the official form, The menu and the foodstuffs are final and cannot be changed. The competitors are allowed to get acquainted with the place (room) , where they will be preparing the menu.
* The menu form will be prepared by the organizers and contains :

1. List menu and a brief description of the same.
2. **PRACTICAL TASK**
3. The participant is to present the courses (modules) in the order as described in the menu, which is delivered to the Jury.
4. The participant is responsible for the safety,accurancy and usability of the food and is required to ensure food safety according HACCP.
5. All equipment and utensils are provided by the competition organizer, but the participants can bring their personal set of knives.
6. The participants are to wear their own uniforms.
7. The jury might do some testing even for the duration of the competition.
8. All dishes predicted by the modules must be prepared (cooked) within the allowed period of the working time\_ **max. working time period :5 hours**
9. With the student-waiter ------ the partner, the time and the way of serving the courses(modules) of the menu must be coordinated. All the dish ingredients must be edible and at an appropriate temperature when delivered from the kitchen.
10. The persons insured by the organizer---host serve the jury for this discipline.
11. After completing the evaluation, the president of the jury must **explain in detail** to each participant what are the oversights or lapses being done during the preparation work , and in particular he must emphasize what was good and positive.
12. **FOOD**

The students are briefly required to use the following foodstuffs:

* For the M1 –smoked ham, soft cheese
* For the M2- wild asparagus
* For the M3- beefsteack, arugula, Pag cheese
* For the M4 – apples, cottage cheese, sour cream, honey, almonds, lemon, and strawberry marmelade ecologically made.