



2021 Michigan ProStart Competition March 22-25, 2021

Nutrition Discipline Procedures and Rules

Participating teams, educators and mentors are responsible for understanding and following all the procedures and guidelines contained in this document. Please read through these rules carefully to avoid receiving any penalties during the competition.

Questions regarding competition rules should be sent to Jake Osburn-josburn@mrla.org 517.377.3924 **PRIOR** to the start of the competition.

Eligibility: Students and Teams

1. High school students currently enrolled in a **ProStart program recognized by the National Restaurant Association**
2. Participating teams consist of two (2) to four (4) students.
3. Students may only compete for two years.

General Disqualifications

1. Teams must complete each event segment in the competition or they will be disqualified.
2. Submission must be sent before 12 o'clock midnight on **March 16, 2021. No late submissions will be accepted.**

Nutrition Competition Purpose

In recent years, the USDA has set stringent guidelines and nutritional standards for children. These guidelines are required in school food service. 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 for healthy “kids’ choices” on restaurant menus. Teams must demonstrate a basic understanding of nutrition and the ability to build flavor without adding unnecessary salt and fat to foods. Teams must develop two kid-friendly menu choices that embody the foundation of good health practices as required in the Foundations of Restaurant Management and Culinary Arts textbook, the website www.chooseMYPlate.gov, and the Kids LiveWell Criteria.

Scoring

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

1. Menu Submission 50 points
2. Nutrition analysis 25 points
3. Recipes 25 points. At their discretion, judges may actually test cook the recipes submitted.

Preparation for Competition

1. Mentors and educators may assist teams in preparing for the competition. Their expertise is limited to acting as sounding boards 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 LiveWell 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. Teams may use alternative software. The alternative software must provide calories, total fat, saturated fat, cholesterol, sodium, total carbohydrates, and protein.

Digital Submission

Teams will create two children's meals that meet the Nutrition Criteria for the Kids LiveWell Program (for kids' ≤ 12 years old).

1. Photo of one completed entree
2. A photo of the presentation menu
3. For each component of the Full Meal, teams 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*)
4. Digital submissions must be free of errors.

Presentation Menu

Teams must create a display menu. Menus should be appropriate for a "children's menu". Creativity is encouraged while keeping in mind that the menu should be appropriate for the targeted age group. Allergan and dietary concerns will be considered.

Judges

1. Nutrition judges will be registered dietitians, industry professionals, or college/university educators.
2. Industry judges will be qualified culinary professionals who will evaluate the practicality of the menu, flavor, taste, and balance.



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

A restaurant's Kids LiveWell menu items must meet specific nutrition criteria as recommended by the scientific guidelines of leading health organizations and verified by Healthy Dining's team of registered dietitians. Criteria are listed here and are also available on Healthy Dining's website.

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

Kids LiveWell requires participating restaurants to offer **at least two children's meals** that meet the following criteria:

- Calories: ≤ 550
- Calories from saturated fat: ≤ 10%
- Trans fat: 0 g
- Added sugars: ≤15 g
- Sodium: ≤700 mg
- Food groups: KLV meals must include servings in the specified amounts from **at least two of the following five food groups. At least one of the two food groups must be a fruit or vegetable.**
 - Fruit: ≥ ½ cup (includes 100% juice)
 - Vegetable: ≥ ½ cup
 - Non/low-fat dairy: ≥ 1 cup
 - Meat or meat alternate: Includes meat, poultry, seafood, eggs, legumes (beans and peas), soy products, and nuts and seeds: ≥ 1 ounce.
 - Examples of 1-ounce equivalents: 1 ounce of meat, poultry or seafood; 1 egg; ¼ cup of cooked beans or tofu; 2 tbsp peanut butter; or 1 ounce of nuts or seeds.
 - Whole grains: ½ serving
 - To provide a half-serving of whole grains, a food must provide ≥ 8 grams of whole grains and meet at least one of the following: 1) First ingredient a whole grain; 2) ≥ 50% whole grains by weight of product; or 3) 50% whole grains by weight of grains.

Kids LiveWell Nutrition Criteria for Side Items:

Restaurants participating in Kids LiveWell must offer **at least two side dishes for children** that meet the following nutrition criteria:

- Calories: ≤ 200
- Calories from saturated fat: $\leq 10\%$
- Trans fat: 0 g
- Added sugars: ≤ 5 g
- Sodium: ≤ 225 mg
- Food groups: Kids LiveWell side dishes must include at least 1 serving from the following five food groups:
 - Fruit: $\geq \frac{1}{2}$ cup (includes 100% juice)
 - Vegetable: $\geq \frac{1}{2}$ cup
 - Non/low-fat dairy: ≥ 1 cup
 - Meat or meat alternate: Meat, poultry, seafood, eggs, legumes (beans and peas), soy products, and nuts and seeds. ≥ 1 ounce.
 - Examples of 1-ounce equivalents: 1 ounce of meat, poultry, or seafood; 1 egg; $\frac{1}{4}$ cup of cooked beans or tofu; 2 tbsp peanut butter; or 1 ounce of nuts or seeds.
 - Whole grains: $\frac{1}{2}$ serving
 - To provide a half-serving of whole grains, a food must provide ≥ 8 grams of whole grains and meet at least one of the following: 1) First ingredient a whole grain, 2) $\geq 50\%$ whole grains by weight of product; or 3) 50% whole grains by weight of grains

Beverage policy: The Kids LiveWell program requires participating restaurants to ensure that the “default beverage” you make available with any of your children’s meals meet certain criteria. “Default beverage” refers to the beverage or beverages that are automatically included or offered as part of a children’s meal. Customers are free, of course, to make a specific request for an alternative beverage that’s not on the list.

Specifically, to participate in Kids LiveWell, a restaurant that sells a children’s meal must make the default beverage(s) offered with children’s meals one or more of the following:

- **Water** — Options include water, sparkling water or flavored water with no added natural or artificial sweeteners.
- **Milk** — Options include flavored or unflavored nonfat or low-fat (1%) dairy milk or non-dairy beverage that is nutritionally equivalent to fluid milk (e.g., fortified soymilk) in a serving size of 8 ounces or less.
- **Juice** — Options include 100% fruit or vegetable juice, or fruit and/or vegetable juice combined with water or carbonated water, with no added natural or artificial sweeteners, in a serving size of 8 ounces or less.

Exhibit B

Digital Submission Outline and Checklist

The information in the Digital submission must be digitally submitted in the following order.

- Table of Contents
- Photo of Competed 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 |
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| 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 |
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|--------------------------|---------|
| 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. In addition to copies included in the Digital proposal, nutrition teams need to have a copy to turn in at Team Check-in.

| | |
|---------------------------|---------------------------|
| 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 |
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| 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%

Total Fat (g): 40g 62%
 Saturated Fat (g): 25g 125%
 Monounsaturated Fat (g): 11g 51%
 Polyunsaturated Fat (g): 2g 7%
 Cholesterol (mg): 138mg 46%
 Total Carbohydrate (g): 44g trace 15%
 Dietary Fiber (g): 10g 2%
 Protein (g): 473mg 21%
 Sodium (mg): 155mg 20%
 Potassium (mg): 96mg 4%
 Calcium (mg): 2mg 10%
 Iron (mg): 1mg 12%
 Zinc (mg): 0mg 5%
 Vitamin C (mg): Vitamin 1633IU 0%
 A (i.u.): 492RE 33%
 Vitamin A (r.e.): 49%

Vitamin B6 (mg): .1mg 3%
 Vitamin B12 (mcg): .5mcg 9%
 Thiamin B1 (mg): .1mg Riboflavin B2 (mg): .3mg Folacin (mcg): 38mcg 18%
 Niacin (mg): 1mg Caffeine (mg): 0mg Alcohol (kcal): 21 10%
 % Refuse: N/A
 N/A

Food Exchanges

Grain (Starch): 1/2
 Lean Meat: 1/2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 7 1/2
 Other Carbohydrates: 2

Per Serving Nutritional Information

* 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 |
| Digital Submission | | | | | | |
| Presentation menu is included | 1 | 2 | 3 | 4 | 5 | |
| Recipe quality Development of flavor without excess salt and fat | 1-2 | 3-4 | 5-6 | 7-8 | 9-10 | |
| Nutrition Analysis Meets the Kids LiveWell 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 | |
| Organization | | | | | | |
| Cost Analysis | 1 | 2 | 3 | 4 | 5 | |
| Submission Organization | 1-2 | 3-4 | 5-6 | 7-8 | 9-10 | |
| Written recipe | 1 | 2 | 3 | 4 | 5 | |
| Practical Application | | | | | | |
| Do these menu items work in a real restaurant | 1-2 | 3-4 | 5-6 | 7-8 | 9-10 | |
| Quality of Meal | | | | | | |

| | | | | | |
|--|-----|-----|-----|-----|------|
| | 1-2 | 3-4 | 5-6 | 7-8 | 9-10 |
| Presentation of Plate (High resolution photo) | | | | | |

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|-----------------------|-----|-----|-----|-----|------|
| Flavor Profile | 1-2 | 3-4 | 5-6 | 7-8 | 9-10 |
|-----------------------|-----|-----|-----|-----|------|

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| DISQUALIFICATION |
| Reason for Disqualification: |
| Submission not received by 3-16-21 |