



Date: October 15, 2021  
Time: 8:30 a.m. to 4:00 p.m.  
Host School: The Culinary Institute of New York at Monroe College  
Location: Main Hall, 434 Main Hall, New Rochelle, NY 10801  
Instructor: Dr. Frank C. Costantino CEC CCE CCA AAC, Assistant Vice President  
and Dean for The Culinary Institute of New York at Monroe College

**“Preparing yourself and your students for success in culinary competitions”**

**About the workshop:** Culinary competitions provide excellent opportunities for faculty professional development, student skills development, team-building, camaraderie, school spirit and potential brand recognition for culinary programs. This workshop will explore the benefits of competition programs as extra-curricular opportunities for students in informal competitions in the classroom as well as potential scholarship opportunities for programs such as CCAP®, Prostart®, SkillsUSA® and medal opportunities in ACF-approved competitions. For instructors, competitions are potential opportunities for professional development and fulfillment of in-service training requirements. This workshop is intended for foodservice educators of all levels of education.

**Objectives:**

1. To explore strategies for success in setting up competitions; from concept through execution.
2. To understand the competition outcome from the judge’s scoring perspectives; reading a scoresheet, developing a scoresheet.
3. Structuring and sustaining a competition program.

**Modes:** Lectures/demos/hands on culminating activity

**Learning aids and materials:** lecture notes and other information as well as all food items for hands on will be provided by CINY.

**For the attendees:** Coffee and beverages will be provided throughout the day and a “working” lunch will be served in the middle of the workshop, setting the stage for the afternoons culminating activity.

**Attire:** Chefs Whites, Kitchen Shoes, aprons and hats are required in the labs.

**Agenda:**

Class meets in the Culinary Arts Center at  
The Culinary Institute of New York at Monroe College  
Enter through Main Hall, 434 Main Street, New Rochelle, NY 10801

8:30AM	Check-in, icebreaker, coffee and continental breakfast
9:00AM-9:45AM	Overview of day; expectations, discuss challenges and barriers to establishing a top-notch culinary competition program
9:45AM-11:45AM	Observe a live competition practice with members of Team CINY 2022 with narration, questions and answers; tasting of final dishes
Noon-1:00PM	Lunch in the Dining Lab
	Market Basket Ingredients displayed for afternoon task
1:00PM-3:45PM	Concept and execution of a competition dish
3:45PM-4:00PM	Clean-up and breakdown
4:00PM	Final Critiques, Questions and Answers

## **Instructor Bio:**

**Dr. Frank C. Costantino** CEC CCE CCA AAC, Assistant Vice President and Dean for The Culinary Institute of New York at Monroe College

**About the Instructor:** Dr. Costantino has been a culinary coach for 21 years, leading programs at CityTech, The Art Institute of New York and now at the Culinary Institute of New York where he led his program to its 1000<sup>th</sup> ACF medal in his 12-year tenure at the school. He is a certified ACF culinary competition judge, served as the New York State SkillsUSA® chair for 5 years and has judged ProStart in 5 states and at nationals several times. He conducted the very first CCAP professional development workshops in the early years of the program's development in New York. His competition teams at CINY are revered, winning 4 of the last 5 state championships, 3 regional championships including the last regionals in 2019. That same year, he won the Northeast Regional ACF Chef of the Year Competition---adding to an impressive individual competition career that has seen Olympic medals, international championships and more than 30 ACF individual medals.

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