

Congratulations!



Upcoming Events:

Mon Sept 14th.
ACF Meeting
The Breakers Hotel
at 4PM
Wed Sept 16th
U.S. Foods Show
Thurs Sept 17th
Last Day of School
Mon Nov 30th
Week 9, Day 1
Winter
Wonderland

Did You Know?

Americans on average eat 18 acres of pizza everyday.

Tip of the Week

"Bring into play the almighty power within you, so that on the stage of life you can fulfill your high destined role."

Paramahansa Yogananda

Congratulations goes out to our very own Florida Culinary Institute team, who competed at the Florida Restaurant & Lodging Show, on Friday Sept 11th, 2009. They arrived in Orlando very early that morning, and began their journey to winning with a score of 31.25, 4th Place and a Bronze medal. They are Mauricio Burgoa, Gunja Kim, Simon Temporo, Kyle C. Sykes, and Joseph Louvaris. A special thanks goes to Chef Lecaroz for guiding the team along. All of the hard work and effort paid off.

Hi Everyone,

Just a quick update regarding the H1N1 Flu. As I'm sure you have noticed, there has been an increase in the number of reported cases in the Palm Beach area. This is bound to increase even further as the Fall arrives and children pass it all around their school. To help prevent the spread here on campus, please remember to follow these few basic rules:

- Wash you hands.... A lot! Especially after you touch your nose, mouth, & hair
 - Sneeze into your elbow, and not into the air or even your hands. Same with coughing
 - If you have a fever stay away from school. Do not return until 24 hours after the fever breaks. CONTACT YOUR CHEF INSTRUCTOR AND SHEA EVERY DAY!!! You will need a doctor's note to return
 - Drink plenty of fluids, eat a well balanced diet, and maintain a regular exercise program.
- All of these will help to promote a healthy immune system

Dean Pantone



Scholarship Opportunities

Palm Beach County Hotel & Lodging Association Scholarship
Deadline Sept 25th:
They are based on financial need and other criteria. Please go to the front desk for more information & application.

Competitions

Splenda: Make an original recipe using Splenda. Two Grand Prizes: \$3000, Two 2nd Place Prizes: Professional Kitchen Aid and \$500. Two 3rd place Prizes: Personal Chef Coat and \$300.

Deadline Oct 30th, 2009

French's Cook-Off: Make an original recipe that includes at least 1 French's product. Grand Prize: Live cook-off in NYC to compete for a prize of \$25000 and a six month supply of French's product.

Deadline Oct 31st, 2009.

Avocado Recipe Contest: Create a recipe for fall and winter featuring Chilean Avocados. 1st Prize \$1000, 2nd Prize \$500, 2-3rd Prizes \$250.

Deadline Dec 20th, 2009

Answers to US Constitution Questions

- 50,
- Legislative, Executive, and Judicial
- Senate & the House of Representatives
- Pennsylvania (Spelled "Pensylvania" in the Constitution.)
- Zero or none
- Philadelphia
- George Washington
- John Adams
- Alexander Hamilton
- James Madison
- Articles of Confederation
- 27

US Constitution Day



On Sept. 17, 1787, the U.S. Constitution was signed by thirty-nine brave men who changed the course of history. This Tuesday Evening and Wednesday, Sept. 15th & 16th, FCI will celebrate the U.S. Constitution, with trivia and All-American hotdogs. Please join us, answer a trivia question correctly and earn a free hot dog.

US Constitution Questions

- How many states make up the United States of America?
- What are the three branches of government?
- What are the 2 components that make up the United States Congress?
- What state's name was misspelled in the Constitution?
- How many times does the word "democracy" appear in the Constitution?
- Known as the City of Brotherly Love this is the city where the Constitutional Convention was held.
- A founding father he was also the first president of the United States.
- This founding father was 1st Vice President & 2nd President of the US.
- This founding father lost a duel with Aaron Burr & is found on the \$10 bill.
- This is the person credited with writing most of the Constitution, as well as the Bill of Rights. He was also our country's 4th President.
- The United States Constitution actually replaced this document, which came before it and is sometimes referred to as the "original" constitution.
- Since 1787, this is the total number of amendments to the US constitution.

"PROFESSIONALISM" means:

Accountability to others. Students who are accountable to their colleagues and faculty demonstrate respect for others.

"PROFESSIONALISM" means: a way of life, a personal standard of excellence, and an individual choice to be the best you can be.

Submit your ideas in the What's Cooking? toque in the lobby.

According to the Institute of Food Technologies, which is considered to be the greatest food innovation in the past 100 years? A) pop tops on cans b) drinks in boxes/pouches or c) frozen food?

Drop your answer in the What's Cooking? toque located in the lobby.

Previous question: The Alothea Officinalis is the name of a plant that gives us what? A) mallow sap b) maple syrup sap or c) gelatin sap.

Answer: A) mallow sap

