It is not just important to prepare the food well, but present it in a pleasing and eye appealing manner.
When we sit down to eat, we eat with our eyes first. The way we plate and present the food is as important as the taste of the food. The way the food is cut and cooked affects how food is plated. Before food is served, wipe the edges of the plate so they are clean. A key to plating is artistic flare by creating eye appeal. This will lead to enhanced customer satisfaction.
Colors, cooking, textures, shape, and flavors are all factors in plating your food.

- Make your plate eye catching by adding vibrant colors
- Cooking and plating with a mixture of textures can not only be pleasing to the eye but also to the palate
- Various shapes on your plate add contrast and variety
- While flavors cannot be seen, it is important to take into account when plating because you want to excite all the senses
When you are plating, remember KISS – Keep It Simple Silly! Create your plating arrangement with an editing eye. What is really needed and what will enhance the food you are presenting.
GARNISHING

Whether simple or elaborate, the finishing touch on your plate is important. While many Chefs stick to a sprinkle of herbs or chocolate curls, more intricate garnishes can be made from fruits and vegetables.

When planning your dish, don’t forget to plan the garnish. Many chefs reinforce using edible garnishes when plating food. Remember, the garnish needs to be calculated into your plate cost.
REFERENCES AND RESOURCES

Pictures:
- Microsoft Office Online images
- J. Gorell, FCS Teacher, Athens H.S. student competition plate for ProStart Invitational

Textbook:

Websites:
- Chef Curtis Stone on How to Plate a Cobb Salad
  http://www.3min.com/Video/How-to-Plate-a-Cobb-Salad-411061983