

CHAPTER EVENTS (1–3 students)

Chapter in Review Portfolio

A chapter event - recognizes chapters that develop and implement a well-balanced program of work and promote FCCLA and Family and Consumer Sciences (FCS) and/or related occupations and skills to the community. (J, S, +)

Chapter Service Project Display (State Only)

A chapter event - recognizes chapters that develop and implement an in-depth service project that makes a worthwhile contribution to families, schools, and communities. Students must use Family and Consumer Sciences content and skills to address and take action on a community need. **Chapter must present an update at Spring Meeting.** (J, S, +)

National Programs in Action (State Only)

A chapter event - recognizes participants who explain how the FCCLA Planning Process was used to implement a national program project. **Chapter must present an update at Spring Meeting.** (J, S, +)

Parliamentary Procedure (State Only)

A chapter event - recognizes chapters that develop a working knowledge of parliamentary law and the ability to conduct a business meeting. (Chapter team of 4–8 members) (J, S, +)

Promote and Publicize FCCLA

A chapter event - recognizes participants who use communications skills and techniques to educate their schools and communities about FCCLA with the intention of growing chapters and strengthening FCS and FCCLA programs. (J, S, +)

TEAM EVENTS (1–3 students)

NEW Pilot Event: Sports Nutrition

A team event - recognizes participants who use Family and Consumer Sciences skills to plan and develop an individualized nutritional plan to meet the needs of a competitive student athlete in a specific sport. (J, S, +)

Applied Math for Culinary Management

A team event - recognizes participants who use Family and Consumer Sciences skills to demonstrate the application of mathematical concepts in the culinary arts industry. (S, +)

Culinary Arts

A team event - recognizes participants enrolled in an occupational culinary arts/food service training program for their ability to work as members of a team to produce a quality meal using industrial culinary arts/food service techniques and equipment. (O, +)

Entrepreneurship

A team event - recognizes participants who develop a plan for a small business using Family and Consumer Sciences skills and sound business practices. The business must relate to an area of Family and Consumer Sciences education or related occupations. (J, S, +)

Environmental Ambassador

A team event - recognizes participants that address environmental issues that adversely impact human health and well-being and who actively empower others to get involved. (J, S, +)

Food Innovations

A team event - recognizes participants who demonstrate knowledge of the basic concepts of food product development by creating an original *prototype formula*, testing the product through *focus groups*, and developing a marketing strategy. (J, S, +)

Hospitality, Tourism, and Recreation

A team event - recognizes participants who demonstrate their knowledge of the hospitality, tourism, and recreation industries and ability to translate their knowledge into a hypothetical or real business. Project must relate to culinary, lodging, recreation, tourism, or event coordination. (S, +)

California State Events
INDIVIDUAL EVENTS ONLY

☐ Illustrated Talk

A team event - recognizes participants who make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations. Participants use the state topics and provide visuals to illustrate the presentation. **(J, S, +)**

☐ Interior Design

A team event - recognizes participants who apply interior design skills learned in Family and Consumer Sciences courses to design interiors that meet the living space needs of clients based on the current national design scenario. **(S, +)**

☐ Life Event Planning

A team event - recognizes participants who apply skills learned in Family and Consumer Sciences courses to manage the costs of an event. **(J, S, +)**

INDIVIDUAL EVENTS ONLY

☐ Fashion Design

An individual event - recognizes participants who apply fashion design skills learned in Family and Consumer Sciences courses to design and market clothing styles based on the state theme. **(S, +)**

☐ Job Interview

An individual event - recognizes participants who use Family and Consumer Sciences and/or related occupations skills to develop a portfolio, participate in an interview, and communicate a personal understanding of job requirements. **(S, +)**

☐ Nutrition and Wellness

An individual event - recognizes participants who track food intake and physical activity for themselves, their family, or a community group and determine goals and strategies for improving their overall health. **(J, S, +)**

☐ Recycled Garment Fashion Show Contest

(State Only) An individual event - recognizes participants who select a used fashion or home apparel item to recycle into a new product. **(S, +)**

☐ Teach and Train

An individual event - recognizes participants enrolled in occupational training for their exploration of the education and training fields through research and hands-on experience. **(O, +)**

☐ Child Development

An individual event - recognizes participants who develop and refine child development skills. Participants demonstrate their ability to select and present a song or story for preschool children. **(J, S)**

☐ Culinary Display

An individual event - recognizes participants enrolled in occupational culinary arts/food service training programs for their ability to demonstrate their skill in presenting foods for a buffet table and for fine restaurant dining. State themes will be provided and categories will include: advanced presentation cakes, appetizers, art display, breads, decorated wedding cakes, patisserie, and tortes. **(O)**

☐ Fashion Construction

An individual event - recognizes participants who demonstrate construction techniques, effective management skills, and knowledge of the consumer aspects of clothing selection, design, and care. **At State Competition, (S) Division will use STAR Event rules. (J, S, + for S only)**

☐ Interior Design

An individual event - recognizes participants who apply interior design skills learned in Family and Consumer Sciences courses to design interiors that meet the living space needs of clients based on the current state theme. **(J)**

☐ Menu Planning and Table Display

An individual event - recognizes participants who demonstrate their skill in menu planning. Participant plans a lunch or dinner menu based on the state theme for two people and bring all materials for a creative display. A nutritional analysis is included in the judging. **(J, S)**

☐ Salad Preparation

An individual event - participants demonstrate the knowledge and skills developed in Family and Consumer Sciences courses to prepare a salad and salad dressing for home use based on the state theme. Participants are critiqued on their workspace, safety and sanitation, and knife skills. **(J, S)**

Key: (J) Junior Division, grades 6–9

(S) Senior Division, grades 10–12

(O) Occupational, student is currently

enrolled in a FCS capstone course/FCS ROP course

(+) Event advances to the FCCLA National Competition

