

TEAM EVENTS (1–3 students)

❑ Entrepreneurship

Recognizes participants who develop a plan for a small business using FCS skills and sound business practices. The business must relate to an area of FCS education. **(Levels 2, 3 +)**

❑ Event Management

Recognizes participants who apply skills learned in FCS courses to plan an event for an educational institution, community or non-profit organization, business, or governmental institution. Levels 2 and 3 include an event volunteering experience. **(Levels 2, 3 +)**

❑ Fashion Design

Recognizes participants who apply fashion design skills learned in FCS courses to design and market clothing styles with a 4-piece collection. **(Level 3, +)**

❑ Focus on Children

Recognizes participants who plan and conduct a child development project that has a positive impact on children and the community. **(Levels 1, 2, 3 +)**

❑ Food Innovations

Recognizes participants who apply food product development by creating an original prototype formula, testing the product through focus groups, and developing a marketing strategy based on an annual topic. **(Levels 1, 2, 3 +)**

❑ Hospitality, Tourism, and Recreation

Recognizes participants who demonstrate their knowledge into a hypothetical or real business. Project must relate to culinary, lodging, recreation, tourism, or event coordination. **(Levels 2, 3, +)**

❑ Interior Design

Recognizes participants who apply interior design skills to meet the living space needs of clients based on the current national design scenario **(Levels 2, 3 +)**

❑ National Programs in Action

Represented by a team who explains how the FCCLA Planning Process was used to implement a national program project. **(Levels 1, 2 or 3 +)**

❑ Nutrition and Wellness

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. **(Levels 1,2,3 +)**

❑ Parliamentary Procedure (Compete at State Only)

Represented by a team of 4–8 members who develop a working knowledge of parliamentary law and the ability to conduct a business meeting. **(Level 2 or 3 +)**

❑ Professional Presentation

Recognizes participants who make an oral presentation about issues concerning FCS and/or related occupations and provide visuals to illustrate the presentation. **(Levels 1, 2, 3 +)**

❑ Public Policy Advocate

Recognizes participants who identify a local, state, national/global concern, research the topic, identify a target audience, potential partnerships, form action plan, and advocate to affect a policy or law. **(Levels 2, 3 +)**

❑ Repurpose and Redesign

Recognizes participants who apply recycling and redesign skills learned in FCS courses to create a display with a used fashion, home, or other post-consumer items to repurpose into a new product. **(Levels 1, 2, 3 +)**

❑ Sports Nutrition

Recognizes participants who use FCS skills to plan and develop an individualized nutritional plan to meet the needs of a competitive student-athlete in a specific sport. **(Levels 1, 2, 3 +)**

❑ Sustainability Challenge

Recognizes participants that address environmental issues and actively empower others by researching one of the five topics provided, investigate areas where they can make a difference, and develop a project for their home, school, or community. **(Levels 2, 3 +)**

INDIVIDUAL EVENTS

☐ Baking and Pastry (Compete at State Only)

Recognizes participants who are enrolled in an occupational food service training program and demonstrate skills through the preparation of a quick bread, choux pastry, cookie, and shaped yeast bread. **(Level 3, **, +)**

☐ Culinary Arts

Recognizes participants enrolled in an occupational food service training program for their ability to work as a team to produce a quality meal using industrial culinary arts/food service techniques and equipment. **(Level 3, **, +)**

☐ Fashion Construction

Recognizes participants who apply Fashion Construction skills and create a display using samples of their skills. Participants construct a garment or ensemble in advance. The project must include eight fashion construction techniques. The display must include the sample garment, file folder, and an oral presentation. **(Levels 1—does not advance to Nationals, 2,3 +)**

☐ Job Interview

Recognizes participants who use FCS skills to develop a portfolio, participate in an interview, and communicate a personal understanding of job requirements. **(Levels 3, +)**

☐ Say Yes to FCS Education

Recognizes participants who demonstrate the knowledge and skills needed to explore and experience the career of being an FCS teacher. Participants will observe, plan and implement a lesson and deliver an oral presentation **(Level 2, 3 +)**

☐ Teach and Train

Recognizes participants as they prepare a portfolio of the teaching/training career, prepare and execute a complete lesson/workshop plan, and an oral presentation. **(Level 3, +)**

C-STAR: INDIVIDUAL EVENTS

☐ Child Development

Recognizes participants who demonstrate their ability to select and present a song or story for preschool children. **(Levels 1, 2)**

☐ Culinary Display

Recognizes participants for their ability to demonstrate their skills in presenting foods for a buffet table/or fine restaurant dining. State themes will be provided, and categories will include: appetizers, breads, creative mini cakes, cupcakes, decorated wedding cakes, and patisserie. **(Levels 1, 2, 3—category dependent)** **Category A:** Appetizers, Levels 2,3; **Category B:** Breads, Levels 1, 2, 3; **Category C:** Creative Mini (6-8") Cake, Levels 1, 2; **Category D:** Cupcakes: Level 1; **Category E:** Decorated Wedding Cakes: Level 3; **Category F:** Patisserie: Level 3

☐ Menu Planning and Table Display

Recognizes participants who demonstrate their skill in menu planning, plan a lunch or dinner menu based on the state theme for two people and provide a nutritional analysis. **(Levels 1, 2)**

☐ Room Design

Recognizes participants who apply interior design skills learned in FCS courses to design interiors that meet the living space needs of clients based on the current state theme. **(Level 1)**

☐ Salad Preparation

Participants demonstrate knife skills/safety and sanitation skills developed in FCS courses to prepare a salad and salad dressing for home use based on the state theme. **(Levels 1, 2, 3)**

KEY: Level 1, grades 6-8

Level 2, grades 9-10

Level 3, grades 11-12

**** Students Must be enrolled in Occupational Course**
(+) Event Advances to the National Competition

Mixed Level Teams:

- Team Events with only Level 2 or Level 3 may not include members through grade 8.
- Team events with only Level 3 may not include members through Grade 10.
- Events that have all three levels can have a mixed team of any level but must enter at the level of the highest participant member's grade level.