

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. **(Level 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, 2–3 +)**

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. **(Levels 1, 2, 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 or global concern, research the topic, identify a target audience and potential partnerships, form an action plan, and advocate to affect a policy or law. **(Levels 1, 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 1, 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 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. **(Level 1 - does not advance to Nationals; Levels 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 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, 3)**

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; **Category C:** Creative Mini (6-8") Cake, Level 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, 3)**

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 an 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.**