

2019–2020 REQUIRED TOPICS AND THEMES (Revised 11–21–2019)

C-STAR EVENTS (CALIFORNIA EVENTS)	Topics and Themes for 2019–2020
Culinary Display Individual Event Level 1,2,3 (see categories)	A. Art Display: Holiday Cookies (Level 1) B. Advanced Presentation Cakes: Music Inspired (Level 2) C. Appetizers: Street Foods (Level 2) D. Breads: “With the Grain”—To include fancy breads and rolls with 4 different whole grains (Level 3) E. Decorated Wedding Cakes: “Destination Wedding” – Minimum of 3 tier stacked cakes. Competitors must demonstrate flower piping techniques. (Level 3) F. Patisserie: “Winter Holiday Tea Party” (Level 3)
Sewing Construction Individual Event Level 1,2	Competitors are allowed to select their own pattern for this event. They should make sure the pattern selected meets the competitive event rules and guidelines. \$0.99 patterns can be found at: http://www.sewcoolinschool.com/
Room Design Individual Event Level 1,2,3	Level 1: Disney Bedroom, 10’ x 10’ Level 2: “Tiny House” 500 square feet Level 3: “Tiny House” 500 square feet
Menu Planning & Table Display Individual Event Level 1,2,3	Level 1: “Dinner for a Sleepover” Level 2: “California Inspired Dinner” Level 3: “California Inspired Dinner”
Salad Preparation Individual Event Level 1	“A Salad Containing a Root Vegetable” No tofu, beef, poultry, pork, fish, seafood, or eggs that <u>require refrigeration can be used</u> . Students may use sealed canned or shelf stable vacuum-packed products, including meat, seafood, or poultry. These must be commercially canned/packaged and must not require refrigeration. Students must open their product in front of the Evaluators.
Salad Preparation Individual Event Levels 2 and 3	“Sweet and Salty” No tofu, beef, poultry, pork, fish, seafood, or eggs that <u>require refrigeration can be used</u> . Students may use sealed canned or shelf stable vacuum-packed products, including meat, seafood, or poultry. These must be commercially canned/packaged and must not require refrigeration. Students must open their product in front of the Evaluators.

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STAR EVENTS	REQUIRED THEME
Baking and Pastry (Competes at State Only) Team Event (1 to 3 students) Level 3	A list of equipment, tools, and recipes will be provided 30 days prior to competition in accordance with the STAR Rules and Guidelines. All recipes and food will be provided at the site.
Chapter Service Project Display Team Event Level 1, 2–3	Develop and implement an in-depth service project that makes a worthwhile contribution to families, schools, and communities. Must use Family and Consumer Sciences content and skills to address and take action on a community need.
Culinary Arts Team Event (1 to 3 students) Level 3	A list of equipment, tools, and recipes will be provided 30 days prior to competition in accordance with the STAR Rules and Guidelines. All recipes and food will be provided at the site.
Fashion Design Team Event Level 3	Develop a clothing label, research the intended audience, design the label's first 4-piece collection and construct one collection sample using an original flat pattern designed by the participant.
Food Innovations Team Event Level 1,2,3	Develop a plant-based "traditional" food item as described for the level that is part of a healthy diet: Level 1: breakfast entree Level 2: lunch entree Level 3: dinner entree
Interior Design Team Event Level 3	Level 3: Design a floor plan, an elevation and a furniture/interior plan addressing the specifics of the design scenario
National Programs In Action Team Event Level 1, 2–3	Plan and implement a national program project.
Professional Presentation Team Event Level 1,2,3	Make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations.
Public Policy Advocate Team Event Level 1,2,3	Demonstrate knowledge, skills, and abilities to actively identify a local, state, national or global concern, research the topic, identify a target audience and potential partnerships, form an action plan, & advocate for the issue in an effort to positively affect a policy or law.
Sustainability Challenge Team Event Level 1,2,3	Research one of the topics, investigate where student(s) can make a difference, develop & carry out a project for their home, school, or community & educate others in the school or community. Topics include: <ul style="list-style-type: none"> ● Efforts to reduce, reuse or recycle ● Efforts to promote chemical safety for families & communities ● Efforts to conserve fuel, including alternative fuels & advanced vehicles ● Efforts to increase usage of renewable energy ● Efforts to produce healthy environments through sustainable design.