



2021–2022 REQUIRED TOPICS AND THEMES

C-STAR EVENTS (CALIFORNIA EVENTS)	Topics and Themes for 2021-2022
Culinary Display Individual Event Level 1,2,3 (see categories)	<ul style="list-style-type: none"> ● Category A: Appetizers: (Levels 2,3) - (at least 4 different appetizers must be included) <ul style="list-style-type: none"> ● Level 2: Take Me Out to the Ball Games (can be baseball or any other sport using a ball) ● Level 3: Charcuterie Board with a Graduation Theme ● Category B: Breads (Levels 1,2,3) - (at least 3 different breads must be included) <ul style="list-style-type: none"> ● Level 1: Quick Bread ● Level 2: Garden Art Focaccia Bread ● Level 3: Bread Scoring Art ● Category C: Creative Cakes (Level 1,2): <ul style="list-style-type: none"> ● Level 1: Cupcakes (at least 12 cupcakes must be displayed). "Choose your own Adventure" (theme) and specify your theme choice ● Level 2: Illusion Cake ● Category D: Cookies (Level 1) <ul style="list-style-type: none"> ● Cookies: at least 4 different kinds showcasing at least 2 methods (1 dozen of each cookie). Choose your own theme and specify your theme choice. ● Category E: Decorated Wedding Cakes (Level 3): at least 3 tiers must be included <ul style="list-style-type: none"> ● Seasons ● Category F: Patisserie: (Level 3) - (minimum of 5 different pastisseries) <ul style="list-style-type: none"> ● "California Inspired" This can be created by utilizing one of the following: <ul style="list-style-type: none"> ● CA foods ● CA city ● CA region ● Competitor must identify how one of these is used to demonstrate the theme <p>Best of Show at Region - Level of competition will be determined by the top ranked of all categories and levels. (One Best of Show awarded at Region)</p> <p>Best of Show at State - Level of competition will be determined by the top ranked of all categories in each level (Three Best of Shows awarded at State).</p>
Menu Planning & Table Display Levels 1,2 Individual Event	<p>Level 1: (Lunch): Favorite Book Theme</p> <p>Level 2: (Dinner): Music (student to specify)</p>
Room Design	<p>Level 1: Home Office/Homeschool Room</p>
Salad Preparation Levels 1,2,3 Individual Event	<p>Level 1: Citrus</p> <p>Level 2: Ancient Grains</p> <p>Level 3: Sweet-and-Sour Flavors; a composed salad</p> <p>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.</p>



2021–2022 REQUIRED TOPICS AND THEMES

STAR EVENTS

STAR EVENTS	REQUIRED THEME
Baking and Pastry (STATE) ONLY Individual Event 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.
Culinary Arts Individual Event 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	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	<p>All participants will create a meal kit that could be sold in a retail location. All items in the meal kit must include preparation instructions and may not be consumed "as-is" or by simply peeling. The product is intended to be prepared in the home of the consumer and eaten after preparation (cooking).</p> <p>Level 1: Create a dry seasoning mix that can be used in the entrée. Kit must include items to make entrée and one side in 30 minutes or less. Target audience: students</p> <p>Level 2: Create a sauce or marinade to be included in the kit. Kit must include items to make entrée and one side in a slow cooker or oven. Target audience: young families</p> <p>Level 3: Create a sauce or marinade to be included in the kit. Kit must include items to make an entrée and two sides May include advanced preparation skills. Target audience: those with advanced culinary skills or adventuresome palates. All entries must not exceed 720 mg of salt.</p>
Interior Design	Supporting the Spectrum
National Programs in Action	Plan and implement a national program project.
Professional Presentation	Make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations
Public Policy Advocate	Identify a target audience and potential partnerships, form an action plan, and advocate for the issue in an effort to positively affect policy or law.
Sustainability Challenge	Participants are encouraged to conduct projects to improve children's health in school settings based on one of the following topics <ol style="list-style-type: none"> 1. Indoor Air Quality 2. Emergency Preparedness 3. Greener Transportation 4. Ozone Depletion 5. Sustainable Communities