TEAM EVENTS (1–3 students)

- **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, **, +)

- **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 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 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**

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

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**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.