

## **Texas FCCLA Competitive Event Descriptions**

### **STAR EVENTS**

**STAR Events (Students Taking Action with Recognition)** recognize members for proficiency and achievement in chapter and individual projects, leadership skills, and career preparation. STAR Events offer individual skill development and application of learning through cooperative, individualized, and competitive activities. Students entered in STAR Events compete first at the Region Conference. The top 5 in each event level advance to State Conference competition. The top 2\* in each event level then advance to National Conference competition. (\*Exception: Baking and Pastry and Culinary Arts allow 3 individuals to advance to National Conference competition.)

#### **Baking and Pastry**

An individual event recognizes participants for their ability to demonstrate their baking and pastry skills through the preparation of items. Participants must develop a plan for the time allotted, prepare menu items given to them at the time of the event, and present prepared items to evaluators. There will be level 3 only.

#### **Career Investigation**

An individual event recognizes participants for their ability to perform self-assessments, research and explore a career, set career goals, and create a plan for achieving them. Participants must prepare a portfolio and an oral presentation. There will be level 1, level 2, and level 3.

#### **Chapter in Review Display**

A team event recognizes chapters that develop and implement a well-balanced program of work (POW) and promote FCCLA and Family and Consumer Sciences to the community. Participants must prepare a display and an oral presentation. There will be level 1, level 2 & level 3.

#### **Chapter in Review Portfolio**

A team event recognizes chapters that develop and implement a well-balanced program of work (POW) and promote FCCLA and Family and Consumer Sciences to the community. Participants must prepare a portfolio and an oral presentation. There will be level 1, level 2 & level 3.

#### **Chapter Service Project Display**

A team event recognizes chapters that develop and implement an in-depth service project that makes a worthwhile contribution to families, schools, and communities. Students must use Family and Consumer Sciences content and skills to address and take action on a community need. Participants must prepare a display and an oral presentation. There will be level 1, level 2, and level 3.

#### **Chapter Service Project Portfolio**

A team event recognizes chapters that develop and implement an in-depth service project that makes a worthwhile contribution to families, schools, and communities. Students must use Family and Consumer Sciences content and skills to address and take action on a community need. Participants must prepare a portfolio and an oral presentation. There will be level 1, level 2, and level 3.

#### **Culinary Arts**

An individual event recognizes participants for their ability to produce a quality meal using industrial culinary arts/food service techniques and equipment. Participants must prepare menu items given to them at the time of the event, and present prepared items to evaluators. There will only be level 3 only.

### **Early Childhood Education**

An individual event recognizes participants who demonstrate their ability to use knowledge and skills gained from their enrollment in a Family and Consumer Sciences program. Participants must prepare a portfolio and a resource container. On site, participants must plan and present to evaluators an activity related to the theme in response to a case study provided during the event and an oral presentation describing the activity. There will be level 2 and level 3.

### **Entrepreneurship**

An individual or team event recognizes participants who develop a plan for a new small business using Family and Consumer Sciences skills and sound business practices. The business must relate to an area of Family and Consumer Sciences education or related occupations. Participants must prepare a portfolio containing a written business plan, which they are not required to have implemented, and an oral presentation. There will be level 1, level 2, and level 3.

### **Event Management**

An individual or team event that recognizes participants who apply skills learned in Family and Consumer Sciences courses to plan an event and prepare a researched proposal for an educational institution, community or non-profit organization, business, or government institution. Participants must prepare a portfolio and an oral presentation. Level 2 and 3 participants will also complete an event volunteering experience. There will be level 1, level 2, and level 3.

### **Fashion Construction**

An individual event that recognizes participants who apply Fashion Construction skills learned in Family and Consumer Sciences courses and create a display using samples of their skills. Prior to conference and using new materials, participants construct a garment or ensemble that dresses a child or adult's upper and lower body. Garment/ensemble must include fashion construction techniques. Display finished product along with appropriate accessories. Participants must prepare a display, sample garment, file folder and an oral presentation. There will be level 1, level 2 and level 3.

### **Fashion Design**

An individual or team event recognizes participants who apply fashion design skills learned in Family and Consumer Sciences courses to design and market clothing styles. Participants will develop a clothing label, research the intended audience, design the label's first 2 or 4-piece collection, and construct one collection sample. Students will exhibit knowledge of all the aspects that surround design, including design basics, fabric choice, and pricing. For competition, participants must prepare a portfolio, sample garment and an oral presentation. There will be level 2 & level 3.

### **Focus on Children**

An individual or team event, recognizes participants who use Family and Consumer Sciences skills to plan and conduct a child development project that has a positive impact on children and the community. Child development encompasses birth through adolescence. Participants must prepare a display and an oral presentation. There will be level 1, level 2, and level 3.

### **Food Innovations**

An individual or team event recognizes participants who demonstrate knowledge of the basic concepts of food product development by creating an original prototype formula, testing the product through focus groups, and developing a marketing strategy. Participants will demonstrate their knowledge of food science, nutrition, food preparation safety, and product marketing. Participants must prepare a display, suggested product packaging, and an oral presentation. There will be level 1, level 2, and level 3.

### **Hospitality, Tourism, and Recreation**

An individual or team event, recognizes participants who demonstrate their knowledge of the hospitality, tourism, and recreation industries and ability to translate their knowledge into a hypothetical or real business. Project must relate to culinary, lodging, recreation, tourism, or event coordination. Participant(s) will research existing businesses which are similar to their project, develop a basic business plan and client services information, and create a website that highlights the business. Participant(s) will demonstrate their customer service knowledge and ability to problem solve through an on-site case study. Participant(s) must prepare a portfolio, an oral presentation, and complete a case study. There will be level 1, level 2 and level 3.

### **Interior Design**

An individual or team event, recognizes participants who apply interior design skills learned in Family and Consumer Sciences courses to design spaces to meet client needs. In advance, participants will create design deliverables addressing the specifics of the design scenario. Participants must prepare a file folder, an oral presentation, and visuals. There will be level 1, level 2 and level 3.

### **Interpersonal Communications**

An individual or team event, recognizes participants who use Family and Consumer Sciences and/or related occupation skills and apply communication techniques to develop a project designed to strengthen communication in a chosen area: community, employment relationships, family, peer groups, or school groups. Participants must prepare a file folder, an oral presentation, and a response to a related case study. There will be level 1, level 2, and level 3.

### **Job Interview**

An individual event, recognizes participants who use Family and Consumer Sciences and/or related occupations skills to develop a portfolio, participate in an interview, and communicate a personal understanding of job requirements. Participants must prepare a portfolio, including a job application, and express their communication skills and job knowledge through an interview. There will be level 1, level 2 & level 3.

### **Leadership**

An individual event recognizes participants who actively evaluate and grow in their leadership potential. Participants choose a book to read and then investigate their leadership ability, assess leadership and employability skills, and develop and implement a plan to further their leadership development. Participants must prepare a portfolio and an oral presentation. There will be level 1, level 2 & level 3.

### **National Programs in Action**

An individual or team event, recognizes participants who explain how the planning process was used to plan and implement a national program project. Participants must prepare a file folder, an oral presentation, and visuals. There will be level 1, level 2, and level 3.

### **Nutrition and Wellness**

An individual or team event, 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. Participants must prepare a portfolio, visuals, and an oral presentation. There will be level 1, level 2, & level 3.

### **Parliamentary Procedure**

A team event, recognizes chapters that develop a working knowledge of parliamentary law and the ability to conduct an FCCLA business meeting. Participants must take a Parliamentary Procedure Knowledge Test

(online at the conference), present a demonstration meeting using provided planning materials, and prepare minutes of the meeting. There will be level 1, level 2, and level 3.

### **Professional Presentation**

An individual or team event, recognizes participants who make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations. Participants must prepare a file folder, an oral presentation, and visuals. There will be level 1, level 2 & level 3.

### **Promote and Publicize FCCLA**

An individual or team event that recognizes participants who develop an FCCLA promotion and publicity campaign to raise awareness and educate the school, parents, and members of the community about the importance of FCCLA and Family and Consumer Sciences education. Participants must prepare an oral presentation and portfolio. There will be level 1, level 2 & level 3.

### **Public Policy Advocate**

An individual or team event, recognizes participants who demonstrate their knowledge, skills, and abilities to actively identify a local, state, national, or global issue relating to an area concerning Family and Consumer Sciences and/or related occupations, research the topic, identify a target audience and potential partnerships, form an action plan, and advocate for the issue in an effort to positively affect a policy or law. Participants must prepare a portfolio and oral presentation. There will be level 1, level 2 & level 3.

### **Repurpose and Redesign**

An individual or team event that recognizes participants who apply recycling and redesign skills learned in Family and Consumer Sciences courses and create a display using a sample of their skills. Participants select a used fashion, home or another post-consumer item to repurpose into a new product. Participants will create a brand-new product, but may not simply embellish an old one. However, participants may use additional materials if needed to redesign and creatively embellish the new product. At the event site, participants set up their displays and present the results of their projects to evaluators. There will be level 1, level 2 & level 3.

### **Say Yes to FCS Education**

An individual event, recognizes participants who demonstrate the knowledge and skills needed to explore and experience the career of being a Family and Consumer Sciences educator. Participants must prepare a portfolio, conduct classroom observations, plan and execute a lesson, develop an FCCLA integration plan, and deliver an oral presentation. There will be level 1, level 2 and level 3.

### **Sports Nutrition**

An individual or team event, recognizes participants who use Family and Consumer Sciences skills to plan and develop an individualized nutritional plan to meet the needs of a competitive student athlete in a specific sport. In advance, participants will prepare a sample nutrition and hydration plan based upon nutritional and energy needs of the student athlete. The participants must prepare a file folder, visuals, an oral presentation, and demonstrate a method to be used by the athlete to assist with nutrition management. There will be level 1, level 2, and level 3.

### **Sustainability Challenge**

An individual or team event, recognizes participants who address sustainability concerns that adversely impact human health and well-being and who actively empower others to get involved. Participants will research one of the five annual topics, investigate areas where they can make a difference, develop and carry out a project for their home, school, or community, and educate others in their school or community. Participants must prepare a portfolio and an oral presentation. There will be level 1, level 2, and level 3.

### **Teach or Train**

An individual event, recognizes participants who demonstrate their ability to explore and experience the career of teaching or training. Participants must prepare a portfolio of the teaching/training career, prepare and execute a complete lesson/workshop plan and an oral presentation. Level 2 and Level 3 participants will also complete a shadowing experience of a “best practices” educator. There will be level 1, level 2, and level 3.

## **TEXAS PROFICIENCY EVENTS**

**Texas Proficiency Events** are competitive events offered exclusively to Texas members. Students entered in Proficiency Events compete first at the Region Conference. The top 5 in each event level advance to State Conference competition. Proficiency Events do not advance to National Conference competition.

### **Texas Cupcake Presentation**

Texas Cupcake Presentation, an individual event, promotes Hospitality and Culinary Arts. Individuals must bake, decorate and display 6 cupcakes. Cupcakes will be evaluated on overall appearance, cake flavor, texture, frosting consistency, flavor, originality, safety and sanitation, and mise en place. Individuals are required to bake, decorate, and display 6 cupcakes, prepare a file folder, and an oral presentation. There will be level 2 and level 3.

### **Texas Mystery Basket**

Texas Mystery Basket, an individual event, recognizes participants for their ability to display knowledge and skill-based learning of the culinary arts. Individuals produce a single plate containing a serving of protein, starch and vegetable. The focus of this event is the individual participant’s proper use of commercial culinary tools and equipment, professional culinary technique, personal creativity and safety and sanitation procedures. Individuals are required to develop a plan for their time allotment, create a menu to be produced, prepare menu items of their choice, present their prepared plate to the evaluating panel of professionals, and respond to evaluator questions. This event focuses on both culinary skill & creativity. There will be level 3 only.

### **Texas Serving Up Success**

Texas Serving Up Success is an individual event that introduces students to the food and beverage industry. It has three parts: pre-event interview, restaurant serving simulation and a situation question. There will be level 2 & level 3.

### **Texas Toys That Teach**

Texas Toys That Teach, an individual or team event, recognizes members for their ability to design, build, and demonstrate an original homemade toy which provides learning and play for either an individual child or small group of children. The toy is to be constructed of common, everyday items, meet safety guidelines, and be easy to carry and use. There will be level 1, level 2, and level 3.

## **NATIONAL FCCLA ONLINE STAR EVENTS**

These events are online only directly through National FCCLA and do not compete at Texas Region or State conferences. Find more detailed information in the National FCCLA STAR Event Guidelines. National FCCLA Online STAR Events do **not** count toward a chapter's number of entries allowed.

### **Digital Stories for Change**

A team event recognizes participants who demonstrate their knowledge, skills and abilities to actively identify an issue concerning families, careers or communities; research the topic; and develop a digital story to advocate for positive change.

### **FCCLA Chapter Website**

An individual or team event recognizes participants who use a chapter website to educate, inform and involve members and the general public about the importance of the Family and Consumer Sciences program and the FCCLA chapter.

### **Instructional Video Design**

An individual or team event recognizes participants who demonstrate their knowledge, skills and abilities to research, plan and create an instructions video to deliver content as part of a lesson or unit of instruction.

### **RED Talks on Education**

An individual event recognizing participant(s) who prepare and deliver a TED Talk-style presentation on an education related-topic based on the annual scenario.