

# NJ FCCLA Spring STAR Event Descriptions

(See separate website tab for the official Guidelines.)

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| Baking and Pastry         | Baking and Pastry, an <i>individual event</i> , recognizes participants enrolled in a Family and Consumer Sciences culinary arts industry training program for their ability to demonstrate their baking and pastry skills through the preparation of a quick bread, choux pastry, shaped yeast bread and demonstration of cake decorating skills. Participants must <b>develop a plan</b> for the time allotted, <b>prepare menu items</b> and <b>present their prepared items</b> to evaluators. The competition menu will be provided by <b>February 1<sup>st</sup></b> . |
| Career Investigation      | Career Investigation, an <i>individual event</i> , recognizes participants for their ability to perform self-assessments, research and explore a career, set career goals, create a plan for achieving goals, and describe the relationship of Family and Consumer Sciences coursework to the selected career. Participants must prepare a <b>portfolio</b> and an <b>oral presentation</b> .  |
| Chapter in Review         | Chapter in Review, an <i>individual or team event</i> , recognizes chapters that develop and implement a well-balanced program of work and promote FCCLA and Family and Consumer Sciences and/or related occupations and skills to the <i>community</i> . Participants must prepare a <b>display <u>or</u> portfolio</b> and an <b>oral presentation</b> .   |
| Chapter Service Project   | Chapter Service Project, an <i>individual or team event</i> , recognizes chapters that develop and implement an <i>in-depth service project</i> that makes a worthwhile contribution to <i>families</i> , schools, and <i>communities</i> . Students must use Family and Consumer Sciences <i>content</i> and skills to address and take action on a <i>community</i> need. Participants must prepare either a <b>display <u>or</u> portfolio</b> and an <b>oral presentation</b> .  |
| Culinary Arts             | Culinary Arts, an <i>individual event</i> , recognizes participants enrolled in a Family and Consumer Sciences culinary arts industry training program for their ability to produce a quality meal using industry culinary arts/ food service techniques and equipment. Participants must <b>develop a plan</b> for the time allotted, <b>prepare menu items</b> , and <b>present their prepared items</b> to evaluators. The competition menu will be provided by <b>February 1<sup>st</sup></b> .  |
| Culinary Math Management  | Culinary Math Management, an <i>individual or team event</i> , recognizes participants who use Family and Consumer Sciences skills to demonstrate the application of mathematical concepts in the culinary arts industry using the annual topic. Prior to competition, participants must prepare a <b>file folder</b> , <b>oral presentation</b> , and <b>visuals</b> . On site, participants take an <b>applied math test</b> and <b>respond to a case study</b> .<br><b>2022-2023 TOPIC: COST CONTROL IN PURCHASING, RECEIVING, AND STORAGE</b>                            |
| Early Childhood Education | Early Childhood Education, an <i>individual event</i> , recognizes participants who  |

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|                      | <p>demonstrate their ability to use knowledge and skills gained from their enrollment in a Family and Consumer Sciences early childhood education program. Participants must prepare a <b>portfolio</b> and a <b>resource container</b>. On-site, participants must plan and present to evaluators an activity related to the theme in <b>response to a case study</b> provided during the event and an <b>oral presentation</b> describing the activity.</p> <p><b>**The theme for 2022-2023 is “ STEAM in Early Childhood Education.”</b></p>   |
| Entrepreneurship     | <p>Entrepreneurship, an <i>individual or team event</i>, recognizes participants who develop a plan for a new small business using Family and Consumer Sciences skills and <i>sound business practices</i>. The business must relate to an area of Family and Consumer Sciences education or related occupations. Participants must prepare a <b>portfolio</b> containing a <b>written business plan</b>, which they are not required to have implemented, and an <b>oral presentation</b>.</p>   |
| Event Management     |   |
| Fashion Construction | <p>Fashion Construction is an <i>individual event</i> that recognizes participants who apply Fashion Construction skills learned in Family and Consumer Sciences courses and create a <i>display</i> using samples of their skills. Using new materials, participants construct in advance a garment or ensemble that dresses both the upper and lower body of a child or adult. Garment/ensemble must include at least eight (8) fashion construction techniques. Display finished product along with appropriate accessories. Participants must prepare a <b>display, sample garment, file folder</b> and an <b>oral presentation</b>.</p>  |
| Fashion Design       | <p>Fashion Design, an <i>individual or team event</i>, 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 <i>audience</i>, design the label’s first 4-piece collection, and construct one (1) collection sample using an original flat pattern designed by the participant(s). Students will exhibit knowledge of all the aspects that surround design, including design basics, fabric choice, and pricing. For competition, participants must prepare a <b>portfolio, sample garment</b>, and an <b>oral presentation</b>.</p> |
| Focus on Children    | <p>Focus on Children, an <i>individual or team event</i>, 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 <i>community</i>. Child development encompasses birth through adolescence. Participants must prepare a <b>display</b> and an <b>oral presentation</b>.</p>   |
| Food Innovations     | <p>Food Innovations, an <i>individual or team event</i>, recognizes participants who demonstrate knowledge of the basic concepts of food product development by creating an original <i>prototype formula</i>, testing the product through <i>focus groups</i>, and developing a marketing strategy. Participants will demonstrate their knowledge of food science, nutrition, food preparation safety, and product marketing. Participants must prepare a <b>display</b>, suggested <b>product packaging</b>, and an <b>oral presentation</b>.</p>   |

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| Hospitality, Tourism and Recreation | Hospitality, Tourism, and Recreation, an <i>individual</i> or <i>team event</i> , 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 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 onsite case study. Participant(s) must prepare a <b>portfolio</b> , an <b>oral presentation</b> , and complete a <b>case study</b> . |
| Interior Design                     | Interior Design, an <i>individual</i> or <i>team event</i> , 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 <b>file folder</b> , an <b>oral presentation</b> , and <b>visuals</b> .   |
| Interpersonal Communications        | Interpersonal Communications, an <i>individual</i> or <i>team event</i> , 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: <i>community</i> , <i>employment</i> relationships, <i>family</i> , <i>peer</i> groups, or school groups. Participant(s) must prepare a <b>file folder</b> , an <b>oral presentation</b> and a <b>response to a related case study</b> .  |
| Job Interview                       | Job Interview, an <i>individual event</i> , recognizes participants who use Family and Consumer Sciences and/or related occupations skills to develop a <i>portfolio</i> , participate in an interview, and communicate a personal understanding of job requirements. Participants must prepare a <b>portfolio</b> , including a <b>job application</b> , and express their communication skills and job knowledge through an <b>interview</b> .   |
| Leadership                          | Leadership, an <i>individual</i> event, recognizes participants who actively evaluate and grow in their leadership potential. Participants choose a leadership 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 <b>portfolio</b> and an <b>oral presentation</b> .  |
| National Programs in Action         | National Programs in Action, an <i>individual</i> or <i>team event</i> , recognizes participants who explain how the <i>Planning Process</i> was used to plan and implement a <i>National Program project</i> . Participants must prepare a <b>file folder</b> , an <b>oral presentation</b> , and <b>visuals</b> .  |
| Nutrition and Wellness              | Nutrition and Wellness, an <i>individual</i> event, recognizes participants who track food intake and physical activity for themselves, their <i>family</i> , or a <i>community</i> group and determine goals and strategies for improving their overall health. Participants must prepare a <b>portfolio</b> , <b>visuals</b> , and an <b>oral presentation</b> .   |
| Parliamentary Procedure             | Parliamentary Procedure, a <i>team event</i> , recognizes chapters that develop a working knowledge of parliamentary law and the ability to conduct an FCCLA business meeting. Participants must take a <b>Parliamentary Procedure Knowledge Test</b> , present a <b>demonstration meeting</b> using provided planning materials, and prepare <b>minutes</b> of the meeting.   |
| Professional                        | Professional Presentation, an <i>individual</i> or <i>team event</i> , recognizes participants who   |

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| Presentation                 | make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations. Participants must prepare a hard copy and digital <b>file folder</b> , an <b>oral presentation</b> and <b>visuals</b> .   |
| Promote and Publicize FCCLA! | Promote and Publicize FCCLA! is an <i>individual</i> or <i>team event</i> that recognizes participants who develop an FCCLA promotion and publicity <i>campaign</i> to raise awareness and educate the school, parents, and members of the <i>community</i> about the importance of FCCLA and Family and Consumer Sciences education. Participants must prepare a <b>portfolio</b> and an <b>oral presentation</b> .   |
| Public Policy Advocate       | Public Policy Advocate, an <i>individual</i> or <i>team event</i> , recognizes participants who demonstrate their knowledge, skills, and abilities to actively identify a local, state, national, or global concern, research the topic, identify a target <i>audience</i> 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 <b>portfolio</b> and <b>oral presentation</b> .  |
| Repurpose and Redesign       | Repurpose and Redesign is an <i>individual</i> or <i>team event</i> that recognizes participants who apply recycling and redesign skills learned in Family and Consumer Sciences courses to create a <i>display</i> using a sample of their skills. Participants select a <b>used</b> fashion, home, or other postconsumer item to repurpose into a new product. Participants will create a brand new product, 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 <b>displays</b> and present the results of their projects to evaluators. |
| Say Yes to FCS Education     | Say Yes to FCS Education, an <i>individual event</i> , 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 <b>portfolio</b> , conduct classroom observations, plan and execute a lesson, develop an FCCLA integration plan, and deliver an <b>oral presentation</b> .   |
| Sports Nutrition             | Sports Nutrition, an <i>individual</i> or <i>team event</i> , 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 a student athlete. Participants must prepare a <b>file folder</b> , <b>visuals</b> , an <b>oral presentation</b> , and demonstrate a method to be used by the athlete to assist with nutrition management.   |
| Sustainability Challenge     | Sustainability Challenge, an <i>individual</i> or <i>team event</i> , recognizes participants who address environmental issues that adversely impact human health and well-being and who actively empower others to get involved. Participants will research one of the five 2022-2023 topics, investigate areas where they can make a difference, develop and carry out a <i>project</i> for their home, school, or <i>community</i> , and educate others in their school or <i>community</i> about the problems, effects, and solutions regarding the environmental concern. Participants must prepare a <b>portfolio</b> and an <b>oral presentation</b> .                            |
| Teach and Train              | Teach and Train, an <i>individual event</i> , recognizes participants who demonstrate their  |

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|                              | ability to explore and experience the career of teaching or training. Participants must prepare a <b>portfolio</b> of the teaching/training career, prepare and execute a complete <b>lesson/workshop plan</b> , and an <b>oral presentation</b> . Level 2 and Level 3 participants will also complete a <b>shadowing experience</b> of a “ <i>best practices</i> ” educator. |
| Online STAR Events           |   |
| · Digital Stories for Change | See National Guidelines   |
| · FCCLA Chapter Website      | See National Guidelines   |
| · Instructional Video Design | See National Guidelines   |