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| **Event** | **Level 1 (Through Grade 8)** | **Level 2 (Grades 9-10)** | **Level 3 (Grades 11-12)** |
| **Baking and Pastry**  Recognizes participants who demonstrate their baking and pastry skills through the preparation of a quick bread, choux pastry, cookie, and shaped yeast bread. |  |  |  |
| **Career Investigation**  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. |  |  |  |
| **Chapter in Review Display**  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 community. |  |  |  |
| **Chapter in Review Portfolio**  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 community. |  |  |  |
| **Chapter Service Project Display**  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. |  |  |  |
| **Chapter Service Project Portfolio**  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. |  |  |  |
| **Event** | **Level 1 (Through Grade 8)** | **Level 2 (Grades 9-10)** | **Level 3 (Grades 11-12)** |
| **Culinary Arts**  Recognizes participants enrolled in occupational culinary arts/ food service training programs for their ability to work as members of a team to produce a quality meal using industrial culinary arts/food service techniques and equipment. |  |  |  |
| **Culinary Math Management**  Recognizes participants who use Family and Consumer Sciences skills to demonstrate the application of mathematical concepts in the culinary arts industry. |  |  |  |
| **Digital Stories for Change (Online 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. |  |  |  |
| **Early Childhood Education**  Recognizes participants who demonstrate their ability to use knowledge and skills gained from their enrollment in an occupational early childhood program. |  |  |  |
| **Entrepreneurship**  Recognizes participants who develop a plan for a 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. |  |  |  |
| **Event Management**  Recognizes participants who apply skills in FCS courses to plan an event for a client (an educational institution, community or non-profit organization, business, or government institution). |  |  |  |

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| **Event** | **Level 1 (Through Grade 8)** | **Level 2 (Grades 9-10)** | **Level 3 (Grades 11-12)** |
| **Fashion Construction**  Recognizes participants who apply Fashion Construction skills learned in Family and Consumer Sciences courses and create a display 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. |  |  |  |
| **Fashion Design**  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 4-piece collection,  and construct one collection sample using an original flat pattern designed by the participant. |  |  |  |
| **FCCLA Chapter Website (Online 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.  **\*Note: Chapters may only submit one entry in this event per year.** |  |  |  |
| **Focus on Children**  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. |  |  |  |
| **Food Innovations**  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. |  |  |  |
| **Hospitality, Tourism, and Recreation**  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. |  |  |  |
| **Event** | **Level 1 (Through Grade 8)** | **Level 2 (Grades 9-10)** | **Level 3 (Grades 11-12)** |
| **Instructional Video Design**  Recognizes participants who demonstrate their knowledge, skills, and abilities to research, plan, and create an instructional video to deliver content as part of a lesson or unit of instruction. |  |  |  |
| **Interior Design**  Recognizes participants who apply interior design skills learned in Family and Consumer Sciences courses to design interiors to meet the living space needs of clients. In advance, participants will create a floor plan, an elevation and a furniture/ interior plan  addressing the specifics of the design scenario. |  |  |  |
| **Interpersonal Communications**  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. |  |  |  |
| **Job Interview**  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. |  |  |  |
| **Leadership**  Recognizes participants who actively evaluate and grow in their  leadership potential. Participants investigate their leadership ability, assess leadership and employability skills, and develop and implement a plan to further their leadership development. |  |  |  |
| **National Programs in Action**  Recognizes participants who explain how the Planning Process was used to plan and implement a national program project. |  |  |  |
| **Event** | **Level 1 (Through Grade 8)** | **Level 2 (Grades 9-10)** | **Level 3 (Grades 11-12)** |
| **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. |  |  |  |
| **Parliamentary Procedure**  Recognizes chapters that develop a working knowledge of  parliamentary law and the ability to conduct an FCCLA business meeting. |  |  |  |
| **Professional Presentation**  Recognizes participants who make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations. |  |  |  |
| **Promote and Publicize FCCLA!**  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. |  |  |  |
| **Public Policy Advocate**  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 audience and potential partnerships, form an action plan, and advocate for the issue in an effort to positively affect a policy or law. |  |  |  |
| **Repurpose and Redesign**  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 other postconsumer item to recycle into a  new product. |  |  |  |
| **Event** | **Level 1 (Through Grade 8)** | **Level 2 (Grades 9-10)** | **Level 3 (Grades 11-12)** |
| **Say Yes to FCS Education**  Recognizes participants who demonstrate the knowledge and skills needed to explore and experience the career of being a Family and  Consumer Sciences educator. |  |  |  |
| **Sports Nutrition**  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. |  |  |  |
| **Sustainability Challenge**  Recognizes participants who address environmental issues that adversely impact human health and well-being and who actively empower others to get involved. |  |  |  |
| **Teach and Train**  Recognizes participants who demonstrate their ability to  explore and experience the career of teaching or training. |  |  |  |

**Important Terms**

Individual Event – An event completed by one person.

Team – A team may be composed of one, two, or three participants from the same chapter and/or school with the following exception: the Parliamentary Procedure team may have four to eight participants from the same chapter and/or school.