

Georgia FCCLA
2022 Knowledge Bowl
Family and Consumer Sciences
Study Guide – Part #1

Reminders:

- **Phase 1- Online Testing Qualification questions will not contain FCCLA Knowledge questions. Please be prepared to see content-related questions on the qualification test.**
- **Phase 2-4 - Questions can be taken from this Study Guide. However, phrasing of questions may be different than seen below. Not all questions for the Team Interviews, Live Knockout Buzzer Rounds and Finals will come from the Study Guides.**

Reminders:

- **These questions (in Part 1) will NOT be used for the Middle School Knowledge Bowl**
- **These questions will be used for the High School Knowledge Bowl**

Nutrition and Food Science

1. Organic foods are grown without
 - a. **Pesticides, synthetic fertilizers, sewage sludge, GMOs, ionizing radiation**
2. Percent Daily Values that appear on food labels are based on a diet of how many calories?
 - a. **2,000 calories**
3. The number of nutrients in a food, relative to the number of calories is called
 - a. **Nutrient density**
4. Milk is most often fortified with this vitamin
 - a. **Vitamin D**
5. The serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss is called
 - a. **Anorexia nervosa or anorexia**
6. The rate at which the body uses energy just for maintaining its own tissue, without doing involuntary work is known as
 - a. **Basal metabolic rate (BMR)**
7. These are enzymes or organic molecules that help protect from harmful radicals
 - a. **Antioxidants**
8. Elements that regulate the activity of the heart, nerves, and muscles are called
 - a. **Minerals**
9. What is the purpose of beating egg whites when preparing omelets?
 - a. **To increase volume and provide smooth texture**

10. How many calories make up one pound of fat?
 - a. **3,500 calories**
11. A grain of wheat contains three parts:
 - a. **Bran, germ, endosperm**
12. The reaction that occurs when fruit or vegetable flesh are exposed to air
 - a. **Enzymatic browning**
13. Three conditions are necessary for yeast to grow:
 - a. **Moisture, food, hospitable environment**
14. As yeast cells feed, they release
 - a. **Carbon dioxide and alcohol**
15. In organic chemistry, this name has been given to all carbohydrates classified as sugars
 - a. **Saccharide**
16. This occurs when a large molecule, such as sugar, is divided into smaller parts by adding water
 - a. **Hydrolysis**
17. These are breads leavened by agents that allow for immediate baking.
 - a. **Quick Breads**
18. Zapping kitchen sponges in this small appliance for two minutes at full power kills 99% of all living germs and bacteria spores.
 - a. **Microwave**
19. This refers to the force between molecules at the outside edge of a substance
 - a. **Surface tension**
20. Name the type of protein that contains all the amino acids.
 - a. **Complete Protein**
21. Name two common signs of dehydration.
 - a. **Fatigue, loss of energy, dizziness, muscle weakness, muscle cramps, thirst, nausea, vomiting, shallow breathing, increased heart rate, change in body temperature, headache, dry mouth, no urine output, no tears, sunken eyes or other soft tissue**
22. These are two classifications of vitamins
 - a. **Fat soluble and water soluble**
23. Under the food labeling laws, a product with one-third fewer calories than the reference product may be labeled with what term?
 - a. **Light**
24. What type of method involves adding a solid fat to dry ingredients before mixing in liquid?
 - a. **Biscuit Method**

25. What is the process called that allows for the kitchen conditions to be clean and healthy?
 - a. **Sanitation**
26. Carrots contain this provitamin, which the body converts to Vitamin A
 - a. **Beta carotene**
27. This is a nonprotein combined with an inactive enzyme to form an active enzyme
 - a. **Coenzyme**
28. Healthy enhancing compounds found in plant foods that are active in the body at the cellular level are
 - a. **Phytochemicals**
29. This is the process of adding vitamins and minerals that were lost during processing back into foods
 - a. **Enriched (Enrichment)**
30. What is the term referring to the spread of harmful bacteria from one food to another?
 - a. **Cross contamination**
31. What organization requires Safety Data Sheets?
 - a. **Occupational Safety and Health Administration (OSHA)**
32. How many calories does it take to gain or lose 1 pound?
 - a. **3,500 Calories**
33. This is a fatty substance found in foods from animal sources.
 - a. **Cholesterol**
34. How many calories are in one gram of pure fat?
 - a. **9 Calories**
35. What type of sugar is often found in milk products?
 - a. **Lactose**
36. This chemical process turns vegetable oils into solids and is often found in processed foods.
 - a. **Hydrogenation**
37. The presence of this encourages the formation of a gel in cooked and cooled starch mixtures.
 - a. **Amylose**
38. Kiwis, oranges, papayas and red peppers are all good sources of this vitamin
 - a. **Vitamin C**
39. What is the minimum time an iodine sanitizer solution must be in contact with the object being sanitized?
 - a. **30 seconds**
40. This is a process through which living cells use nutrients in chemical reactions in order to provide energy for vital processes and activities.
 - a. **Metabolism**

41. What is the minimum water temperature required when using hot water to sanitize objects?
a. **171 degrees Fahrenheit**
42. Low acid foods have pH values of this or less.
a. **4.6 pH**
43. This is the transfer of energy in the form of electromagnetic waves.
a. **Radiation**
44. This heating means that the circulation of currents in one region inside a can distributes the heat to another.
a. **Convection**
45. What is the reaction called when foods are browned and fried causing a chemical reaction between certain sugars and proteins in the food?
a. **Maillard reaction**
46. This is the transfer of heat from one particle to another by contact.
a. **Conduction**
47. What is a basic characteristic of a virus?
a. **Requires a living host to grow**
48. What vitamin functions in normal blood clotting?
a. **Vitamin K**
49. This is the minimum amount of energy needed to maintain basic body processes.
a. **Basal Metabolism**
50. This type of vegetarian eats animal protein in the form of fish.
a. **Pescatarian**
51. What is the symbol for salt?
a. **NaCl**
52. What is the purpose of setting critical limits in a HACCP plan?
a. **To identify where hazards can be eliminated**

Child and Family Development

53. Name the five types of development
a. **Physical, Intellectual, Emotional, Social, Moral**
54. These are a set of customs, traditions, and beliefs shared by a large group of people.
a. **Culture**
55. The average weight of a baby at birth is
a. **7 ½ pounds**
56. This theorist studied the effects of positive and negative reinforcement.

a. B.F. Skinner

57. Tendency of a baby to open their mouth and search for the nipple when touched on the cheek is called
a. **Rooting Reflex**
58. Which infant teeth come in first?
a. **The bottom front two**
59. This credential is the most widely recognized credential in early childhood education and is the best first step on the path of career advancement in ECE.
a. **Child Development Associate**
60. Open spaces found on the baby's head where the bones are not yet joined are called
a. **Fontanel**
61. Physician who specializes in care of women during pregnancy and childbirth is called
a. **Obstetrician**
62. Centering attention on one characteristic to the exclusion of all others is called
a. **Centration**
63. Family that is directly related to you is known as your
a. **Immediate Family**
64. A doctor who specializes in children is known as a
a. **Pediatrician**
65. The process of establishing boundaries and rules that help children learn appropriate behaviors and make good choices is known as
a. **Discipline**
66. This theorist had a theory of human motivation, based on a hierarchy of needs.
a. **Dr. Abraham Maslow**
67. An act of recognizing and recording behavior is called
a. **Observation**
68. A connection between two or more people is known as a
a. **Relationship**
69. This theorist's theory was that childhood experiences affect adult life.
a. **Sigmund Freud**
70. Between the ages of 2 and 6, well-nourished children add this many inches to their height each year.
a. **3 inches**
71. "People find partners based on their similarity to each other," is a statement relating to this term.
a. **Assortative Mating**

72. What term is a general principle that is used to understand or to explain certain events or family experiences?
a. **Theory**
73. What is the stage of growth between childhood and adulthood?
a. **Adolescence**
74. A period of childhood from birth up to one year is called
a. **Infant**
75. The goal of _____ assessment is to evaluate student learning at the end of an instructional unit by comparing it against a standard or benchmark
a. **Summative**
76. A rating system that tests a newborn's physical condition is called
a. **Apgar Scale**
78. The way a child plays and gets along with other children is called
a. **Social Development**
79. Experiences that follow as a result of behavior not requiring anyone's intervention is called...
a. **Logical consequences**
80. This theorist developed the theory that everyone has multiple intelligences and we all have these eight intelligences at varying degrees of proficiency.
a. **Howard Gardner**
81. This is a term for individuals who terminate employment at one point in time but return to work in the same organization at a future time.
a. **Boomerang Employees**
82. The goal of a _____ assessment is to monitor student learning and provide feedback to the instructor to improve their teaching.
a. **Formative**
83. CPR stands for _____ and is an emergency procedure that can help save a person's life if their breathing or heart stops
a. **Cardiopulmonary resuscitation**
84. Actions that are used by an adult to help children develop socially acceptable behavior
a. **Guidance**
85. External factors pushing you to excel is known as this type of motivation
a. **Extrinsic Motivation**
86. A drug that can be given to the mother during labor to help ease the pain
a. **Epidural**

87. What are the four major periods identified by Piaget?
a. **Sensorimotor, Preoperational, Concrete Operational, Formal Operations**
88. This plays a central role in processing emotional information. It's located in the inner brain, adjacent to the hippocampus.
a. **Amygdala**
89. A guidance technique that involved moving a child away from others for a short time.
a. **Time-Out**
90. When observing in an Early Childhood Education classroom, your observations should be ____ meaning you should only be stating the facts.
a. **Objective**
91. This part of your brain controls activities such as breathing, heart rate, and blood pressure.
a. **Brain Stem**
92. Child development includes five stages of development until the age of 18. Name them.
a. **Infancy, Toddler, Preschool, School age, Adolescent**

Textile, Housing, and Interiors

93. The air, water, minerals, and conditions that surround and affect a person is called
a. **Environment**
94. This is the most common type of nonstructural lighting
a. **Lamps**
95. Which type of carpet pile is the most durable?
a. **Level Loop**
96. The joints of chairs and tables are often reinforced by small pieces of wood called
a. **Corner Blocks**
97. This is decorative stitching using a needle and thread
a. **Embroidery**
98. Fashion that lasts for a very short amount of time is called a
a. **Fad**
99. The colors red, yellow and blue on a color wheel is an example of this color scheme.
a. **Triad Color Scheme**
100. The most popular fiber used in carpets and rugs is
a. **Nylon**
101. The three main work centers in a kitchen is known as the
a. **Work Triangle**
102. Light directed upward into plants and other landscape features is known as
a. **Uplighting**

103. What is the term for able to soak up liquid easily
a. **Absorbent**
104. This term refers to the shape or outline of a garment
a. **Form**
105. This design term means there is harmony and proportion between the parts of the design
a. **Balance**
106. Name the item found on fabric or garments other than fabric.
a. **Notions**
107. This type of fabric is made by interlocking loops of yarns
a. **Knit Fabric**
108. Federal law requires that every garment has what kind of label
a. **Fiber content label**
109. This sewing machine part pulls the thread back after each stitch, so the stitches will lay evenly
a. **Take-up Lever**
110. A style of clothing that stays in fashion for a long time.
a. **Classic**
111. These are items worn to accent clothes.
a. **Accessories**
112. This color historically symbolizes loyalty and serenity
a. **Blue**
113. This famous architect designed 100+ homes, one being called the Robie House
a. **Frank Lloyd Wright**
114. This setting on a sewing machine determines the tightness or looseness of the stitch and needle thread
a. **Thread Tension**
115. What is the abbreviation for the United States Department of Housing and Urban Development?
a. **HUD**
116. These regulate location of shopping areas, public transportation and combination of multiple & single family dwellings
a. **Zoning Laws**
117. The difference between the price a retailer pays for a product and the price the retailer's customer pays for it is called
a. **Markup**
118. A fee paid by a renter to cover the cost of any future damage that may be caused to the unit.

- a. **Security Deposit**
- 119. A legal document a lessee signs when agreeing to rent housing for a specified period of time.
 - a. **Lease**
- 120. This act requires all residential places to be accessible to people with disabilities.
 - a. **Americans with Disabilities Act**
- 121. Individually owned housing units in a multi-unit development are called
 - a. **Condominiums**
- 122. List the elements of design.
 - a. **Line, Color, Texture, Shape, Form, Space**
- 123. Warm colors are
 - a. **Red, Orange and Yellow**
- 124. Cool colors are
 - a. **Blue, Green and Violet**
- 125. The first non-cellulose test-tube fiber, introduced in 1939 and made completely from chemicals was
 - a. **Nylon**
- 126. These are the three areas that make up the work triangle in a kitchen.
 - a. **Sink, Range, Refrigerator**
- 127. Designers of exclusive, high-fashion garments are called
 - a. **Couturiers**
- 128. This refers to the lightness or darkness of a color
 - a. **Value**
- 129. R and D stands for
 - a. **Research and Development**
- 130. This refers to how a garment will hold up under use
 - a. **Durability**
- 131. When many continuous strands of fiber being extruded through the spinneret at the same time are twisted, they form
 - a. **Multifilament yarns**

Consumer Economics

- 132. Before you take out a loan, you are entitled to know certain things. One piece of information you must be told is what pre-payment penalties exist if you pay off the loan early. This is required under which federal credit law?
 - a. **Truth in Lending Act**
- 133. What court handles civil claims where small amounts of money are in dispute?
 - a. **Small Claims Court (Conciliation Court)**

134. When you see something and buy it without any thought or consideration you are practicing
- Impulse buying**
135. In a job search, the means for sharing information about yourself and your career goals with personal contacts is known as
- Networking**
136. This federal agency regulates food to ensure that it is safe and wholesome
- FDA: Food and Drug Administration**
137. A process by which you learn more about your career-related skills, interests, values and abilities is called
- Self-Assessment**
138. A _____ is something you can't live without
- Need**
139. A written statement or guarantee that the product will work as expected for a set length of time is called
- Warranty**
140. Goods and services taken outside of the country for sale are called
- Exports**
141. In a pyramid scheme, how does the promoter make money?
- By promoting new people to participate**
142. Which government corporation is charged with promoting public confidence and stability in the nation's bank system?
- FDIC-Federal Deposit Insurance Corporation**
143. When two or more people come together with the intention of committing fraud, they are entering into a
- Conspiracy**
144. An economic process by which companies produce, or supply, products that consumers buy, or demand is called
- Supply and Demand**
145. A reward of a job other than income, such as paid vacations and health insurance is called
- Fringe Benefits**
146. When purchasing insurance, this contract spells out what is covered and what is not. This contract is called
- The policy; insurance policy**
147. Your house is worth \$250,000 and you have a mortgage for \$200,000. How much equity do you have in the home?

- a. **\$50,000**
148. Someone who buys goods and services is known as a
a. **Consumer**
149. Doing work to contribute to the community and gain experience without pay is referred to as
a. **Volunteering**
150. What are important goals that must be met before less important goals?
a. **Priorities**
151. The peace of mind you have knowing that there is money available when you need it is known as
a. **Financial Security**
152. A right given to a lender over a borrower's property or money when the borrower cannot pay a debt
a. **A lien**
153. Corporate bonds with little or no investment rating are commonly called
a. **Junk bonds**
154. According to the economic law of demand, as the price of a good falls, what will happen to the demand for that good?
a. **It will rise; there will be higher demand**
155. In a budget, wages and allowance are examples of what
a. **Fixed income**
156. The total market value of all goods and services produced in a country in a given year is known as
a. **Gross Domestic Product (GDP)**
157. This week your local grocery store is selling a gallon of milk for one dollar, which is less than the cost they paid for it. This is an example of this term, where a retailer sells an item below costs in order to entice additional purchases or bring in new customers.
a. **A loss leader**
158. In the law, which Latin term means "let him beware"?
a. **Caveat emptor**
159. This is a pre-established amount of money that can be borrowed on demand
a. **Line of Credit**
160. Which president first outlined the Consumer Bill of Rights?
a. **President John F Kennedy**
161. The legal procedure that withholds a portion of your earnings for a payment of a debt
a. **Wage Garnishment**

162. If money is spent in the hope of making a profit, you are making an
a. **Investment**
163. A falling stock market is popularly associated with what animal?
a. **A bear**
164. A consumer must dispute an incorrect credit card charge within
a. **60 days**
165. To qualify for federal financial aid to finance your college education, this form must be completed.
a. **FAFSA (Free Application for Federal Student Aid)**
166. The “Bait-and-Switch” is a type of _____
a. **Fraud**
167. If a person does not like the legal decision he/she received from a lower court, and asks a higher court to reverse the decision, the person is filing...
a. **An appeal**
168. If a scammer takes advantage of you through an internet auction site and you wish to report this to the federal government, which agency would you contact?
a. **The Federal Trade Commission (FTC)**
169. A 401 (k) plan is one that allows employees to set aside money for what life event?
a. **Retirement**
170. Making an economic decision to postpone a reward is considered
a. **Delayed gratification**
171. The three main credit reporting agencies are
a. **Experian, Equifax, TransUnion**

Many thanks to LifeSmarts for their contribution to some of these questions!

Georgia FCCLA 2022 Knowledge Bowl Family and Consumer Sciences Study Guide Part #2

Reminders:

- These questions will be used for the Middle School Knowledge Bowl
 - These questions could be used for the High School Knowledge Bowl
1. When two or more people come together with the intention of committing fraud, they are entering a
 - a. **Conspiracy**
 2. This is the study of how your body uses food.
 - a. **Nutrition**
 3. The nutrient group that provides main source of energy.
 - a. **Carbohydrates**
 4. What nutrient group builds, maintains and repairs the body?
 - a. **Proteins**
 5. The federal government uses this nine-digit number to track your earnings over a lifetime.
 - a. **Social Security Number**
 6. A long-term home loan is called a
 - a. **Mortgage**
 7. The main purpose of a job interview is to
 - a. **Allow the employer to learn more about you**
 8. Compensation such as vacation time and health insurance are known as
 - a. **Benefits**
 9. Illnesses caused by bacteria or toxins produced by bacteria in food.
 - a. **Foodborne Illnesses**
 10. You're outside on a sunny day. Which vitamin do you get from sun exposure?
 - a. **Vitamin D**
 11. What is the measure of energy in food?
 - a. **Calorie(s)**
 12. Principles and values that guide the way you live is called
 - a. **Ethics**
 13. A collection of clothes is called a
 - a. **Wardrobe**

14. What type of fiber is cotton?
 - a. **Natural Fiber**
15. The serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss is called
 - a. **Anorexia, Anorexia Nervosa**
16. Yield refers to:
 - a. **Portion size or number of servings**
17. What is the sending and receiving of information?
 - a. **Communication**
18. These are substances in the food that provide energy and help form body tissues. They are necessary for growth and life.
 - a. **Nutrients**
19. Ninety-five percent of the advertising budget of fast food companies is used in what media format?
 - a. **Television**
20. This helps food move through the body and also helps the body get rid of waste.
 - a. **Fiber**
21. A set of directions used to prepare a food product.
 - a. **Recipe**
22. A child or baby under one year of age is called?
 - a. **Infant**
23. Inborn, involuntary reactions of newborn babies are called
 - a. **Reflexes**
24. A child ages 1-3 years is called a
 - a. **Toddler**
25. Physical skills that use the large muscle groups are called
 - a. **Gross Motor Skills**
26. Zapping kitchen sponges in this small appliance for two minutes at full power kills 99% of all living germs and bacterial spores
 - a. **Microwave**
27. Pregnancy has 3 different time frames within the 9 months called
 - a. **Trimesters**
28. Learning to relate to others is called this kind of development.
 - a. **Social Development**
29. In cooking terms, to cook under direct heat is called
 - a. **Broil, Broiling**
30. These are items worn to accent clothes.
 - a. **Accessories**

31. A characteristic or distinctive form of dress that exists independent of fashion is called
a. **Style**
32. This term means to cook in a liquid just below the boiling point.
a. **Simmer**
33. Goods and services taken outside of the country for sale are called
a. **Exports**
34. This is a fashion that suddenly bursts into popularity
a. **Fad**
35. A message to persuade consumers to buy something is called
a. **Advertising**
36. These are colors not found on the color wheel, such as black, white and brown
a. **Neutral Colors**
37. The set of rules for correct behavior in certain situations, especially in relation to dining, is called
a. **Etiquette**
38. Someone who invests time and money to start a business is called an
a. **Entrepreneur**
39. How much it will cost to make one is called
a. **Cost Per Serving**
40. Kiwis, oranges, papayas and red peppers are all good sources of this Vitamin
a. **Vitamin C**
41. Customs and traditions of a society that govern how people treat one another and behave in social situations is called
a. **Manners**
42. An abnormality of structure, function or body metabolism present at birth is called a
a. **Birth Defect**
43. In cooking terms, to cook a liquid until bubbles rise constantly and break the surface
a. **Boil**
44. Normal body temperature taken orally, is
a. **98.6 degrees Fahrenheit**
45. What is the first step in treating an accidental poisoning?
a. **Determine what and how much the child ingested and call poison control**
46. Guidance which helps the child learn self-control is called
a. **Discipline**
47. How many chromosomes are there in each cell?
a. **46 Chromosomes (23 Pair)**

48. The cell that is formed when a sperm fertilizes an egg is called a
a. **Zygote**
49. What is the term when children play beside each other, but there is no actual interaction?
a. **Parallel Play**
50. The body's reactions to any demand placed upon it is called
a. **Stress**
51. One stick of margarine or butter equals what part of a cup?
a. $\frac{1}{2}$
52. A 401(k) plan is one that allows employees to set aside money for what life event?
a. **Retirement**
53. Two or more adults related by blood, marriage or affiliation is called a
a. **Family**
54. A credit card allows charges up to a certain amount. This is called your
a. **Credit limit**
55. What is the process of planning and controlling the use of money?
a. **Money Management**
56. A panel on a food product package with information about the nutrients the food contains:
a. **Nutrition Label**
57. What is the group of traits that makes each person a unique individual?
a. **Personality**
58. A condition that limits a person's ability to use part of his or her body:
a. **Physical Disability**
59. A written guarantee on a product from the manufacturer:
a. **Warranty**
60. The term used to describe extra items you would like, but can live without.
a. **Wants**
61. These are customs passed from one generation to another.
a. **Traditions**
62. What are dishes, flatware, and glassware called?
a. **Tableware**
63. How many teaspoons are in one tablespoon?
a. **3**
64. What agents cause baking products to rise?
a. **Leavening Agents**
65. The amount of money held in a bank account at any given moment is called
a. **Balance**

66. The amount of money a creditor lends you in a loan is called the
a. **Principal**
67. Temperature danger zone is
a. **41°F-135°F**
68. What is the term that describes the work done by a group in a cooperative manner?
a. **Teamwork**
69. What is a way to pay someone now and pay it back later?
a. **Credit**
70. This occurs when harmful bacteria spread from one food to another.
a. **Cross-contamination**
71. Using correct flatware placement, to which side of the plate do the knife and spoon belong?
a. **Right**
72. How many ounces are in a pound?
a. **16**
73. This action occurs when milk proteins begin to lump when cooked with high heat.
a. **Curdling**
74. This person is credited with inventing the sewing machine.
a. **Elias Howe**
75. How many cups are in a pint?
a. **2**
76. This is a diet that provides all the nutrients for your body in order to have good health.
a. **Balanced Diet**
77. The abbreviation 'pt' stands for what in measurement terms?
a. **Pint**
78. A member owned financial cooperative is called a
a. **Credit Union**
79. What are strong beliefs or ideas about what is important?
a. **Values**
80. What is the name of a chemical leavening agent?
a. **Baking powder, Baking soda**
81. What are the products that have nutrients added to them to replace those removed during processing?
a. **Enriched**
82. These are options available to choose from when making a decision.
a. **Alternatives**

83. What mineral helps build strong, healthy bones and teeth?
a. **Calcium**
84. Tom is doubling a recipe. The original recipe calls for $\frac{3}{4}$ cup of flour. How much flour would Tom need in the recipe that's been doubled?
a. **1 $\frac{1}{2}$ cups**
85. What nutrient carries nutrients to the cells and waste ways from cells?
a. **Water**
86. What type of carbohydrate is found in candy, soda and syrup?
a. **Simple Carbohydrates**
87. What mineral helps blood carry oxygen and is often found in red meat?
a. **Iron**
88. How we see ourselves is called
a. **Self-Concept**
89. How we feel about how we see ourselves is called
a. **Self Esteem**
90. The federal agency that manufactures and distributes coins for circulation is the
a. **US Mint**
91. What is a standardized mental picture that is held in common by members of a group that represents an oversimplified opinion, prejudiced attitude or uncritical judgment?
a. **Stereotype**
92. Government regulations require that any product called "chocolate" contain a certain percentage of what?
a. **Cocoa Butter**
93. Baking powder is a mixture of
a. **Baking soda and an acid**
94. After delivery (childbirth), this time period is called
a. **Postpartum**
95. Looking at things from another angle or point of view is called
a. **Perspective**
96. This type of listening is an intent to "listen for meaning", in which the listener checks with the speaker to see that a statement has been correctly heard and understood.
a. **Active Listening**
97. What is the term for something that holds a liquid and oil together so they do not separate?
a. **Emulsifying Agent**
98. Botanically all potatoes are classified as this type of vegetable
a. **Tuber**
99. Something you want to achieve is called this term
a. **Goal(s)**

100. A belief that everyone can win by cooperation and avoiding competition and comparing is called
a. **Win-Win Conflict Resolution**
101. The response to a loved one's death, including customs and the grieving process is called
a. **Bereavement**
102. What type of tree does chocolate come from?
a. **Cacao Tree**
103. The total salary received before any deductions are taken is known as
a. **Gross salary**
104. What is the term describing one's belief in reliability and integrity of another?
a. **Trust**
105. The person who provides the most physical care and decision making is called the
a. **Caregiver**
106. Individuals who care for both their own children and aging parents at the same time as known as "members" of this generation
a. **Sandwich Generation**
107. These natural substances in many foods may help protect a person from disease by preventing the harmful effects of oxygen free radicals in your body. What are they called?
a. **Antioxidants**
108. Give the correct abbreviation for teaspoon
a. **Tsp**
109. A place or program caring for terminally ill, emphasizing patient care and family support is called
a. **Hospice**
110. Which vitamin is added to milk and is used to help our bodies absorb calcium?
a. **Vitamin D**
111. If you think there may be a problem with food, the saying goes, "When in doubt...
a. **...throw it out!**"
112. A family in which one is reared as a child is called
a. **Family of Origin**
113. This woman was an American chef known for bringing French cuisine to the American public through a cookbook, *Mastering the Art of French Cooking*.
a. **Julia Child**
114. What is the term for services that people use and will receive when they are away from home?
a. **Hospitality**
115. A company agrees to compensate you for specific losses in exchange for a premium. They are providing
a. **Insurance**
116. What does the acronym BMI stand for?
a. **Body Mass Index**

117. Name 3 times when hands should be washed.
a. **Before food preparation, after coughing, sneezing, playing with a pet, handling raw meat or eggs or using the toilet**
118. What type of kitchen equipment is used to measure flour?
a. **Dry Measuring Cup**
119. What nutrient gives twice as many calories as carbohydrates?
a. **Fat**
120. Whole grains contain the entire grain kernel, which is made up of these three parts
a. **Bran, Germ, Endosperm**
121. This is buying something without thinking it over.
a. **Impulse Buying**
122. What is the oldest known vegetable?
a. **Pea**
123. Failing to provide a child with the basic necessities of life, such as food, shelter, medical care, and clothing.
a. **Child Neglect**
124. According to ChooseMyPlate.gov, half your plate should consist of these foods.
a. **Fruits and Vegetables**
125. The passing on of certain physical characteristics from parents to child at the time of conception.
a. **Heredity**
126. Infants should be placed on this to sleep.
a. **Back**
127. A form which is provided by a prospective employer which the prospective employee completes applying for a specified job at the company.
a. **Job Application**
128. The amount a consumer pays for an insurance policy is called
a. **Premium**
129. What is a word suffix (ending) that means sugar?
a. **-ose**
130. Fruits have this much cholesterol.
a. **None**
131. The development of the small and large muscles; growth in height and weight.
a. **Physical Development**
132. The position of a house in relation to the sun and wind.
a. **Exposure**

133. This occurs when a scammer wrongfully obtains and uses someone's personal information for fraud, deception or economic gain
a. **Identity theft scams**
134. A family where the parents, children and grandparents live together is defined as an
a. **Extended Family**
135. This is the medical specialty of taking care of newborn babies, sick babies and premature babies
a. **Neonatology**
136. What nutrient has been shown to reduce the risk of neural tube defects in infants if consumed by the mother during pregnancy?
a. **Folic Acid**
137. These add calories to a food but few or no nutrients.
a. **Empty Calories**
138. According to ChooseMyPlate.gov, how much daily exercise should children and adolescents (6-17 years old) do?
a. **60 minutes**
139. What are the five food groups that serve as building blocks for a healthy diet?
a. **Vegetables, Fruits, Whole Grains, Low-Fat Dairy Products, Lean Protein**
140. According to ChooseMyPlate.gov, snacks should have less than this many milligrams of sodium per portion.
a. **200 mg**
141. What phrase is used to describe the quantity of a good or service available in a market and how much of it is desired by buyers?
a. **Supply and Demand**
142. List the elements of design.
a. **Line, Color, Texture, Shape, Form, Space**
143. Warm colors are
a. **Red, Orange and Yellow**
144. Cool colors are
a. **Blue, Green and Violet**

Georgia FCCLA

2022 Knowledge Bowl

High School

FCCLA Study Guide

Reminders:

- These questions/statements will be used for the Middle School Knowledge Bowl
- These questions/statements will be used for the High School Knowledge Bowl

Section 1 - National Creed, Motto, Opening, Closing Information

Officer's Portion of the Opening Ceremony.

“Focusing on the multiple roles of family member, wage earner, and community leader, members develop skills for life through character development, creative and critical thinking, interpersonal communication, practical knowledge, and career preparation.”

Members Portion of the Opening Ceremony.

“As we work toward the accomplishment of our goals, we learn cooperation, take responsibility, develop leadership and give service.”

The FCCLA Creed

“We are the Family, Career, and Community Leaders of America.

We face the future with warm courage and high hope.

For we have the clear consciousness of seeking old and precious values.

For we are the builders of homes,

Homes for America's future.

Homes where living will be the expression of everything that is good and fair.

Homes where truth and love and security and faith will be realities, not dreams.

We are the Family, Career, and Community Leaders of America.

We face the future with warm courage and high hope.”

The FCCLA Mission

To promote personal growth and leadership development through family and consumer sciences education. Focusing on the multiple roles of family member, wage earner, and community leader,

members develop skills for life through character development, creative and critical thinking, interpersonal communication, practical knowledge, and career preparation.

Section 2 - National FCCLA Information

What do the letters FCCLA stand for?

Family, Career, and Community Leaders of America

What is the tagline for FCCLA?

The Ultimate Leadership Experience

Who is the National Executive Director of FCCLA?

Sandy Spavone

Name 5 current youth concerns FCCLA chapter projects focus on.

1. Teen pregnancy
2. Parenting
3. Family relationships
4. Substance abuse
5. Peer pressure
6. Environment
7. Nutrition and fitness
8. Teen violence
9. Career exploration
10. Entrepreneurship

What is the flower of the organization?

The red rose is the flower of the organization.

What does the flower of the organization represent?

It represents the search for beauty in everyday living.

What is the motto?

Toward New Horizons

Name the 5 components of the planning process. (Must be in this order)

Identify Concerns
Set your Goal
Form a Plan
Act

Follow Up

What are the colors of FCCLA?

The colors of the organization are red and white.

What are the eight purposes of the organization?

1. To provide opportunities for personal development and preparation for adult life
2. To strengthen the function of the family as a basic unit of society
3. To encourage democracy through cooperative action in the home and community
4. To encourage individual and group involvement in helping achieve global cooperation and harmony
5. To promote greater understanding between youth and adults
6. To provide opportunities for making decisions and for assuming responsibilities
7. To prepare for the multiple roles of society
8. To promote family and consumer sciences and related occupations

Local groups of FCCLA should be referred to as _____.

Chapters

Meetings should be opened and closed with the official _____.

Ceremonies

FCCLA is the only in-school organization with the _____ as its central focus.

Family

FCCLA provides opportunities for active student participation at the _____, _____ and _____ levels.

local, state, national

During what month do we celebrate FCCLA week?

February

Where will the National Leadership Conference be held in 2023?

Denver, Colorado

How many national officers (students) are elected by the voting delegates at the annual FCCLA National Leadership Conference?

10

Who is the current FCCLA National President and where do they live?

Mary Katherine Gunn, Alabama

What is Lead4Change?

It is the National Outreach Program that is the nation's leading and fastest growing free leadership and service program. It is aligned with education standards and 21st century skills to create a transformation in your students and community.

How long has National FCCLA been partnering with Lead4Change?

Since 2015.

What is the Japanese Exchange Program?

It is a scholarship opportunity for FCCLA members to travel to Japan for four-to-six weeks as an exchange student. The scholarship is funded by the Kikkoman Corporation and administered by Youth For Understanding USA.

What is Say Yes to FCS?

It is a national outreach campaign designed to bring attention to Family and Consumer Sciences (FCS) education as a valuable and viable career path.

What is the name of the FCCLA National Magazine?

Teen Times

When was the first Teen Times published?

November 1945

In 1945, the official magazine of the New Homemakers of America (NHA) was called _____ and it was published twice a year.

Chatterbox

The national leadership training meetings held in different cities throughout the country in the fall are called?

National Fall Conference

Where is the National Fall Conference for the 2022-2023 school year?

Columbus, OH

What is the national theme this year?

incREDible

When was the organization founded?

June 11, 1945

Where was the organization founded?

Chicago, IL

Who is considered the founder of the organization?

Edna P. Amidon



The Future Homemakers of America emblem in 1945 was _____-sided, representing the _____ purposes of the organization.

Eight

On the Future Homemakers of America emblem, there are rays extending outward from the center to represent _____

The influence of the home on the community and the world.

The first national adviser for both FHA and the NHA was?

Dr. Hazel Frost

During the year of 1945, what was the name of the organization that was founded for African American students in 16 states where schools were segregated by state law?

New Homemakers of America

When did the organization change its name from Future Homemakers of America to Family, Career, and Community Leaders of America?

July 1999

Other than FCCLA, what other names has the organization been called?

Future Homemakers of America, New Homemakers of America

Future Homemakers of America and New Homemakers of America merged during what year?

1965

When Georgia New Homemakers of America merged with the Future Homemakers of America, this merger made the Georgia Association of Future Homemakers of America the _____ largest state association in the nation.

Fourth

When Georgia New Homemakers of America merged with the Future Homemakers of America, this merger mad the Georgia Association of Future Homemakers of America's membership total to _____ members in _____ chapters.

30,785 members in 515 chapters.

When was the first national convention held?

July 1948

Where was the first national convention held?

Kansas City, MO

How many delegates attended the first national meeting?

2,000 delegates

Who and when was the organization's first male national officer elected?

Toney Bingham, July 1973

Georgia hosted the National Leadership Meeting for the first in _____.

July 1982

When did STAR Events begin?

1983 National Leadership Meeting

When did the series of national regional meetings called Cluster Meetings begin?

1983

In the winter of 1985, what publication was introduced for chapter advisors?

The Advisor

STOP (Students Taking on Prevention) the Violence was introduced at which National Meeting?

July 2000 in Orlando, FL

Where is the National FCCLA Headquarters located?

Reston, VA

Section 3 - National Programs

Adults who are interested in supporting the goals of the organization may become ___ & ___ members.

Alumni & Associates

This partner contest is sponsored by the National Road Safety Foundation and is an initiative for FCCLA members to display advocacy through encouraging their peers to make safe choices on the road _____.

Safe Rides Save Lives

This partner contest is sponsored by the Campaign for Tobacco Free Kids and is an advocacy program that helps students understand the dangers of tobacco and nicotine use and how to use their voices to be the first tobacco and nicotine free generation _____.

Take Down Tobacco

This competition encourages FCCLA members to test their personal finance or fashion management skills through two rounds of competition in the fall and spring. Teams can participate in one or both rounds of competition using the virtual business classroom software. This competition is called _____.

FCCLA/Knowledge Matters Simulations

This is a team competition that challenges students' knowledge in six content areas including all career clusters and FCCLA is quizzed at the National Leadership Conference _____.

FCCLA/LifeSmarts Knowledge Bowl

What are the six content areas students are quizzed on in the LifeSmarts Knowledge Bowl?

1. Personal Finance
2. Consumer Rights & Responsibilities
3. Technology
4. Health & Safety
5. Environment
6. FCCLA Knowledge

The national program with The Healthy You, The Fit You, The Real You and The Resilient You components is called _____.

Student Body

The national program which teaches teens to manage their money is called _____.

Financial Fitness

The national program which promotes highway traffic safety is called _____.
FACTS (Families Acting for Community Traffic Safety)

The national program which uses peer education to strengthen families is called _____.

Families First

The national program which guides members to identify local concerns and carry out projects to improve their communities is called _____.

Community Service

The national program which promotes job readiness is called _____.

Career Connection

The individual project recognition program is called _____.

Power of One

The national program that is a peer education program that guides member to develop, plan, carry out, and evaluate advocacy activities to improve the quality of life in their communities is called _____.

Stand Up

What are the 3 units of the Stand-Up program?

1. Assess current needs
2. Educate others regarding concerns
3. Advocate so that they can make a difference now and in the future

Name the five units of Power of One.

1. A Better You
2. Family Ties
3. Working on Working

4. Take the Lead
5. Speak out for FCCLA

Name the program that recognizes advisors who oversee strong and active chapters.

Master Advisor

Name the program that recognizes advisors who spend several years assisting and training new chapter advisors.

Advisor Mentor

Name the competitive events program that recognizes members for proficiency and achievement in leadership and job-related skills.

STAR Events

What does the acronym STAR in STAR Events stand for?

Students Taking Action with Recognition

What is the program designed to help new members learn about FCCLA?

Step One

In which STAR Event do members plan and conduct a child development related project?

Focus on Children

In which STAR Event do members go through all the steps in obtaining employment?

Job Interview

In which STAR Event do members demonstrate their ability to use knowledge and skills gained from their enrollment in an occupational early childhood program?

Early Childhood Education

In which STAR Event do members make an oral presentation about issues related to family and consumer sciences?

Interpersonal Communications

In which STAR Events area do members demonstrate skills in producing a quality meal using industrial culinary arts/food service techniques and equipment?

Culinary Arts

Who may enter the Level 1 category in STAR Events?

Students in grades 5-8

Who may enter the Level 2 category in STAR Events?

Students in grades 9-10

Who may enter the Level 3 category in STAR Events?

Students in grades 11-12

What are the 4 levels of competition in STAR Events?

Local

Regional

State

National

Section 4 - Georgia Information

What is the state theme for this year?

incREDible

Who is the Georgia Program Specialist for Family and Consumer Sciences?

Vickie Rundbaken

Who is the Georgia CTSO Coordinator?

Lynsey Singleton

Who is the Executive Director for Georgia FCCLA?

Caitlin Roberson

Where is the headquarters for the state association located?

Bogart, Georgia

How many FCCLA regions are in the State of Georgia?

9

There are _____ (number) state officer positions.

11 (9 state officers + up to 2 National Liaisons)

Name the current state officers and the office they hold

Ava Trussell – President

Andy Lu – First Vice President

Mia Carver – Vice President of Community Service

Bryna McKenzie – Vice President of Membership

Isabella Powell – Vice President of Programs

Nyziah Cain – Vice President of Public Relations

Nicole Fernandez – Secretary

Cara Hall – Historian

There may be _____ student who run at the State Leadership Conference to represent Georgia as a National Officer Candidate.

2

If either national officer candidates are not elected at the national level, they will serve as _____ the following year.

Vice President of Leadership Development

Who is the most recent Georgia national officer?

Brynley Jones – National Vice President of Public Relations

The official publication of the Georgia association is _____.

Georgia News

What does CTAE stand for?

Career, Technical and Agricultural Education

What does CTSO stand for?

Career and Technical Student Organizations

Name the group of teams that helps to promote membership and serve as a link between regions and the state.

Region Officer Teams

Name the two camping centers and the locations in Georgia.

Georgia FFA-FCCLA Center - Covington, GA
Camp John Hope - Fort Valley, GA

Which U.S. First Lady helped to fundraise for the Infirmary Building at the Georgia FFA-FCCLA Center in Covington, GA?

Eleanor Roosevelt

This Georgia Senator sponsored the Smith-Hughes Act to provide federal aid to states for agricultural, industrial, and home economics education.

Hoke Smith

This Georgia Representative sponsored the Smith Hughes Act to provide federal aid to states for agricultural, industrial, and home economics education.

Dudley Hughes

She was the Georgia State Supervisor of Home Economics and was instrumental in the organizational efforts at the state and national levels.

Miss Inez Tumlin

Georgia was the _____ state to affiliate with the national association.

Second

This chapter was the first chapter in Georgia to become affiliated.

Fayetteville High School Chapter

When was the first state convention held?

June 1946

Where was the first state convention held?

State FFA-FHA Camp in Covington, Georgia

What year was the first Georgian elected to a National Office elected?

1946

Who was the first and only Georgian to be elected National President?

Luck Hendrix

What year was the first-and-only Georgian to be elected National President?

1969

How many National Officers has the Georgia Association had?

23

Who was the first Georgian to be elected a National Office?

Pat Randolph from Winder, Georgia

Who was the first African American State President of the Georgia Association of Future Homemakers of America?
What year did this occur?

Kathy Chester served as state president in 1972-1973

What year did the Georgia Association of Future Homemakers of America have its first male state officer?

1981-82 State Projects Chairperson

Who was the first male state officer of Georgia FHA?

Kenneth Ivory from Tri-County High School in Buena Vista

How many Japanese Exchange Student Scholarship winners has Georgia had?

13

What is the Georgia FCCLA website address?

www.gafccla.com

What is the state recognition program for chapters with a strong overall program of work?

Honor Roll

Georgia was the first state to employ a full-time state advisor. Who was Georgia's first State Advisor?

Mrs. J. Mac (Janette) Barber

Who was the first state advisor for the New Homemakers of America?

Miss Daisy Lewis

Who is the chair of the State FCCLA Board of Directors?

Sheryl Parks

Who is the chair-elect of the State FCCLA Board of Directors?

DJ Youngblood

Who currently serves as the Georgia FCCLA Advisor to Advisor leaders?

Middle School – Amanda Hayes, Warner Robins Middle School
High School – Julia McKenzie, Pelham High School

What is the recent membership total for the Georgia State Association (for the 21-22 school year)?

Over 26,000

What is the name of the first state event each year and serves as FCCLA Officer Training?

DISCOVER Training

What is the name of the event held in the fall at both camps?

Fall Leadership Conference

Name the big state event held in the fall at the Georgia National Fairgrounds.

Fall Leadership Rally

During what month is the State Leadership Conference held? And where?

March in Athens, GA

Who is the current governor of Georgia?

Brian Kemp

Who is the current Georgia State School Superintendent?

Richard Woods

Who is the current Georgia Program Manager for Career, Technical and Agricultural Education?

Roger Ivey

Who is the current Deputy Superintendent of Career, Technical and Agricultural Education at the Georgia Department of Education?

Dr. Barbara Wall