



**Georgia FCCLA
2023 Knowledge Bowl
Family and Consumer Sciences
Middle School**

Nutrition and Food Science

This is the study of how your body uses food.

Nutrition

The nutrient group that provides main source of energy.

Carbohydrates

What nutrient group builds, maintains and repairs the body?

Proteins

Illnesses caused by bacteria or toxins produced by bacteria in food.

Foodborne Illnesses

You're outside on a sunny day. Which vitamin do you get from sun exposure?

Vitamin D

What is the measure of energy in food?

Calorie(s)

The serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss is called

Anorexia, Anorexia Nervosa

Yield refers to:

Portion size or number of servings

These are substances in the food that provide energy and help form body tissues. They are necessary for growth and life.

Nutrients

This helps food move through the body and also helps the body get rid of waste.

Fiber

A set of directions used to prepare a food product.

Recipe

Zapping kitchen sponges in this small appliance for two minutes at full power kills 99% of all living germs and bacterial spores

Microwave

In cooking terms, to cook under direct heat is called

Broil, Broiling

This term means to cook in a liquid just below the boiling point.

Simmer

How much it will cost to make one is called

Cost Per Serving

Kiwis, oranges, papayas and red peppers are all good sources of this Vitamin

Vitamin C

In cooking terms, to cook a liquid until bubbles rise constantly and break the surface

Boil

This occurs when harmful bacteria spread from one food to another.

Cross-contamination

Using correct flatware placement, to which side of the plate do the knife and spoon belong?

Right

How many ounces are in a pound?

16

What is the name of a chemical leavening agent?

Baking powder, Baking soda

What are the products that have nutrients added to them to replace those removed during processing?

Enriched

This action occurs when milk proteins begin to lump when cooked with high heat.

Curdling

How many cups are in a pint?

2

This is a diet that provides all the nutrients for your body in order to have good health.

Balanced Diet

The abbreviation 'pt' stands for what in measurement terms?

Pint

Temperature danger zone is

a. 41F-135F

A panel on a food product package with information about the nutrients the food contains:
Nutrition Label

What are dishes, flatware, and glassware called?
Tableware

How many teaspoons are in one tablespoon?
3

What agents cause baking products to rise?
Leavening Agents

One stick of margarine or butter equals what part of a cup?
 $\frac{1}{2}$

What nutrient has been shown to reduce the risk of neural tube defects in infants if consumed by the mother during pregnancy?
Folic Acid

These add calories to a food but few or no nutrients.
Empty Calories

According to ChooseMyPlate.gov, how much daily exercise should children and adolescents (6-17 years old) do?
60 minutes

What are the five food groups that serve as building blocks for a healthy diet?
Vegetables, Fruits, Whole Grains, Low-Fat Dairy Products, Lean Protein

According to ChooseMyPlate.gov, snacks should have less than this many milligrams of sodium per portion.
200 mg

What mineral helps build strong, healthy bones and teeth?
Calcium

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?
1 $\frac{1}{2}$ cups

What nutrient carries nutrients to the cells and waste ways from cells?
Water

What type of carbohydrate is found in candy, soda and syrup?
Simple Carbohydrates

What mineral helps blood carry oxygen and is often found in red meat?
Iron

Government regulations require that any product called "chocolate" contain a certain percentage of what?
Cocoa Butter

Baking powder is a mixture of
Baking soda and an acid

What is the term for something that holds a liquid and oil together so they do not separate?
Emulsifying Agent

Botanically all potatoes are classified as this type of vegetable

Tuber

What type of tree does chocolate come from?

Cacao Tree

What does the acronym BMI stand for?

Body Mass Index

This woman was an American chef known for bringing French cuisine to the American public through a cookbook, Mastering the Art of French Cooking.

Julia Child

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?

Antioxidants

Give the correct abbreviation for teaspoon

Tsp

Which vitamin is added to milk and is used to help our bodies absorb calcium?

Vitamin D

If you think there may be a problem with food, the saying goes, "When in doubt...
...throw it out!"

Name 3 times when hands should be washed.

Before food preparation, after coughing, sneezing, playing with a pet, handling raw meat or eggs or using the toilet

What type of kitchen equipment is used to measure flour?

Dry Measuring Cup

What nutrient gives twice as many calories as carbohydrates?

Fat

Whole grains contain the entire grain kernel, which is made up of these three parts

Bran, Germ, Endosperm

What is a word suffix (ending) that means sugar?

-ose

Fruits have this much cholesterol.

None

What is the oldest known vegetable?

Pea

According to ChooseMyPlate.gov, half your plate should consist of these foods.

Fruits and Vegetables

Child and Family Development

Pregnancy has 3 different time frames within the 9 months called
Trimesters

Learning to relate to others is called this kind of development.
Social Development

A child or baby under one year of age is called?
Infant

Inborn, involuntary reactions of newborn babies are called
Reflexes

A child ages 1-3 years is called a
Toddler

Physical skills that use the large muscle groups are called
Gross Motor Skills

Customs and traditions of a society that govern how people treat one another and behave in social situations is called
Manners

An abnormality of structure, function or body metabolism present at birth is called a
Birth Defect

Normal body temperature taken orally, is
98.6 degrees Fahrenheit

What is the first step in treating an accidental poisoning?
Determine what and how much the child ingested and call poison control

Guidance which helps the child learn self-control is called
Discipline

How many chromosomes are there in each cell?
46 Chromosomes (23 Pair)

The cell that is formed when a sperm fertilizes an egg is called a
Zygote

What is the term when children play beside each other, but there is no actual interaction?
Parallel Play

The body's reactions to any demand placed upon it is called
Stress

Two or more adults related by blood, marriage or affiliation is called a
Family

What are strong beliefs or ideas about what is important?

Values

What is the group of traits that makes each person a unique individual?

Personality

A condition that limits a person's ability to use part of his or her body:

Physical Disability

These are customs passed from one generation to another.

Traditions

The set of rules for correct behavior in certain situations, especially in relation to dining, is called

Etiquette

What is the term that describes the work done by a group in a cooperative manner?

Teamwork

How we see ourselves is called

Self-Concept

How we feel about how we see ourselves is called

Self Esteem

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?

Stereotype

After delivery (childbirth), this time period is called

Postpartum

Looking at things from another angle or point of view is called

Perspective

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.

Active Listening

What is the term describing one's belief in reliability and integrity of another?

Trust

The person who provides the most physical care and decision making is called the

Caregiver

Individuals who care for both their own children and aging parents at the same time as known as "members" of this generation

Sandwich Generation

A place or program caring for terminally ill, emphasizing patient care and family support is called

Hospice

A family in which one is reared as a child is called
Family of Origin

What is the term for services that people use and will receive when they are away from home?
Hospitality

A family where the parents, children and grandparents live together is defined as an
Extended Family

This is the medical specialty of taking care of newborn babies, sick babies and premature babies
Neonatology

Failing to provide a child with the basic necessities of life, such as food, shelter, medical care, and clothing.
Child Neglect

The passing on of certain physical characteristics from parents to child at the time of conception.
Heredity

Infants should be placed on this to sleep.
Back

The development of the small and large muscles; growth in height and weight.
Physical Development

Textiles, Housing, and Interiors

A collection of clothes is called a
Wardrobe

What type of fiber is cotton?
Natural Fiber

These are items worn to accent clothes.
Accessories

A characteristic or distinctive form of dress that exists independent of fashion is called
Style

This is a fashion that suddenly bursts into popularity
Fad

These are colors not found on the color wheel, such as black, white and brown
Neutral Colors

List the elements of design.
Line, Color, Texture, Shape, Form, Space

Warm colors are
Red, Orange and Yellow

Cool colors are
Blue, Green and Violet

This person is credited with inventing the sewing machine.
Elias Howe
The position of a house in relation to the sun and wind.
Exposure

Consumer Economics

When two or more people come together with the intention of committing fraud, they are entering a
Conspiracy

The federal government uses this nine-digit number to track your earnings over a lifetime.
Social Security Number

A long-term home loan is called a
Mortgage

The main purpose of a job interview is to
Allow the employer to learn more about you

Compensation such as vacation time and health insurance are known as
Benefits

Principles and values that guide the way you live is called
Ethics

What is the sending and receiving of information?
Communication

Ninety-five percent of the advertising budget of fast food companies is used in what media format?
Television

Goods and services taken outside of the country for sale are called
Exports

A message to persuade consumers to buy something is called
Advertising

Someone who invests time and money to start a business is called an
Entrepreneur

A 401(k) plan is one that allows employees to set aside money for what life event?
Retirement

A credit card allows charges up to a certain amount. This is called your
Credit limit

What is the process of planning and controlling the use of money?
Money Management

A written guarantee on a product from the manufacturer:

Warranty

The term used to describe extra items you would like, but can live without.

Wants

The amount of money held in a bank account at any given moment is called

Balance

The amount of money a creditor lends you in a loan is called the

Principal

What is a way to pay someone now and pay it back later?

Credit

A member owned financial cooperative is called a

Credit Union

These are options available to choose from when making a decision.

Alternatives

The federal agency that manufactures and distributes coins for circulation is the

US Mint

Something you want to achieve is called this term

Goal(s)

A belief that everyone can win by cooperation and avoiding competition and comparing is called

Win-Win Conflict Resolution

The response to a loved one's death, including customs and the grieving process is called

Bereavement

The total salary received before any deductions are taken is known as

Gross salary

A company agrees to compensate you for specific losses in exchange for a premium. They are providing

Insurance

This is buying something without thinking it over.

Impulse Buying

A form which is provided by a prospective employer which the prospective employee completes applying for a specified job at the company.

Job Application

The amount a consumer pays for an insurance policy is called

Premium

This occurs when a scammer wrongfully obtains and uses someone's personal information for fraud, deception or economic gain

Identity theft scams

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?

Supply and Demand

FCCLA Portion

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 2024?

Seattle, Washington

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?

Amanda Chen, New Jersey

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?

The Ultimate Journey

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?

Herndon, 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?

The Ultimate Journey

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

Olivia Morrison – President

Taylor Pritchett – First Vice President

Alexis Lovett – Vice President of Community Service

Daniel Horlbeck – Vice President of Competitive Events

Emma Pitman – Vice President of Membership

Bryna McKenzie – Vice President of Programs

Jhiriss Smith – Vice President of Public Relations

Maya Majmundar – Secretary

Madison Jones – 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?

DJ Youngblood

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

Carmen Pedersen

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 22-23 school year)?

Over 33,000

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