

STAR Event Information for 2023 State Competition

An *individual event* is one that is completed by the individual. A *team event* is one that is completed by *team* members, with the exception of Chapter Service Project, Chapter in Review, and Promote and Publicize FCCLA, which reflect the efforts of other chapter members.

National-Qualifying Event	Entries per Chapter	Individual Event	Team Event	National-Qualifying Event	Entries per Chapter	Individual Event	Team Event
Baking and Pastry				Food Innovations			
Level 3	2	■		Level 1	2	■	or ■
Career Investigation				Level 2	2	■	or ■
Level 1	2	■		Level 3	2	■	or ■
Level 2	2	■		Hospitality, Tourism, and Recreation			
Level 3	2	■		Level 2	2	■	or ■
Chapter in Review Display				Level 3	2	■	or ■
Level 1	1		■	Interior Design			
Level 2	1		■	Level 2	2	■	or ■
Level 3	1		■	Level 3	2	■	or ■
Chapter In Review Portfolio				Interpersonal Communications			
Level 1	1		■	Level 1	2	■	or ■
Level 2	1		■	Level 2	2	■	or ■
Level 3	1		■	Level 3	2	■	or ■
Chapter Service Project Display				Job Interview			
Level 1	2		■	Level 2	2	■	
Level 2	2		■	Level 3	2	■	
Level 3	2		■	Leadership			
Chapter Service Project Portfolio				Level 2	2	■	
Level 1	2		■	Level 3	2	■	
Level 2	2		■	National Programs in Action			
Level 3	2		■	Level 1	2	■	or ■
Culinary Arts				Level 2	2	■	or ■
Level 3	2	■		Level 3	2	■	or ■
Culinary Math Management				Nutrition and Wellness			
Level 3	2	■	or ■	Level 1	2	■	or ■
Early Childhood Education				Level 2	2	■	or ■
Level 3	2	■		Level 3	2	■	or ■
Entrepreneurship				Parliamentary Procedure			
Level 1	2	■	or ■	Level 1	2		■
Level 2	2	■	or ■	Level 2	2		■
Level 3	2	■	or ■	Level 3	2		■
Event Management				Professional Presentation			
Level 1	2	■	or ■	Level 1	2	■	or ■
Level 2	2	■	or ■	Level 3	2	■	or ■
Level 3	2	■	or ■	Level 3	2	■	or ■
Fashion Construction				Promote and Publicize FCCLA			
Level 2	2	■		Level 1	2	■	or ■
Level 3	2	■		Level 2	2	■	or ■
Fashion Design				Level 3	2	■	or ■
Level 2	2	■	or ■	Public Policy Advocate			
Level 3	2	■	or ■	Level 1	2	■	or ■
Focus on Children				Level 2	2	■	or ■
Level 1	2	■	or ■	Level 3	2	■	or ■
Level 2	2	■	or ■	Repurpose and Redesign			
Level 3	2	■	or ■	Level 1	2	■	or ■
				Level 2	2	■	or ■
				Level 3	2	■	or ■

Event Information (continued)

National-Qualifying Event	Entries per Chapter	Individual Event	Team Event	National-Qualifying Event	Entries per Chapter	Individual Event	Team Event
Say Yes to FCS Education				Sustainability Challenge			
Level 2	2	■		Level 1	2	■	or ■
Level 3	2	■		Level 2	2	■	or ■
Sports Nutrition				Teach or Train			
Level 1	2	■	or ■	Level 1	2	■	
Level 2	2	■	or ■	Level 2	2	■	
Level 3	2	■	or ■	Level 3	2	■	

State Events	Entries per Chapter	Individual Event	Team Event
Chicken Fabrication			
Level 2	2	■	
Level 3	2	■	
Classic Knife Cuts			
Level 2	2	■	
Level 3	2	■	
Culinary Arts Exhibit 4 separate categories (Breads, Decorated Cake, Patisserie/Confectionery, Show Pieces)			
Level 2	2 each	■	
Level 3	2 each	■	

Online STAR Event Information

Online STAR Events have two participation rounds. In the Preliminary Round, participants in each level submit their online, digital project for evaluation. The fifteen (15) highest scoring entries are invited to present their digital project, plus an oral presentation, at the National Leadership Conference. Participants in an online STAR Event are recognized at State Leadership & Recognition Conference but **do not** compete at state. A member who participates in an online STAR Event **cannot** also compete in a different STAR Event at state. Descriptions and rules for these events can be found in the national STAR Events Guidelines, available in the chapter portal.

Event	Entries per Chapter	Individual Event	Team Event	Event	Entries per Chapter	Individual Event	Team Event
Digital Stories for Change				FCCLA Chapter Website			
Level 1	2	■	or ■	Levels 1, 2 or 3	1	■	or ■
Level 2	2	■	or ■	(chapters may only choose one level for competition)			
Level 3	2	■	or ■				
Instructional Video Design							
Level 1	2	■	or ■				
Level 2	2	■	or ■				
Level 3	2	■	or ■				

2022-2023 STAR Event Descriptions – State Competition

Event categories and eligibility requirements for each national-qualifying event are found in the 2022-2023 national STAR Events Guidelines, available in the FCCLA Adviser and Student Portals.

Baking and Pastry, an individual event, recognizes participants who demonstrate their baking and pastry skills through the preparation of a quick bread, choux pastry, cookie, and demonstration of cake decorating.

Career Investigation, an individual event, 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 portfolio and an oral presentation.

Chapter in Review Display, a team event, 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. Participants must prepare a display and an oral presentation.

Chapter in Review Portfolio, a team event, 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. Participants must prepare a portfolio and an oral presentation.

Chapter Service Project Display, a team event, recognizes chapters that develop and implement an in-depth service project that makes a worthwhile contribution to families, schools, and communities. Students must use Family and Consumer Sciences content and skills to address and take action on a community need. Participants must prepare a display and an oral presentation.

Chapter Service Project Portfolio, a team event, recognizes chapters that develop and implement an in-depth service project that makes a worthwhile contribution to families, schools, and communities. Students must use Family and Consumer Sciences content and skills to address and take action on a community need. Participants must prepare a portfolio and an oral presentation.

Culinary Arts, an individual event, recognizes participants enrolled in occupational culinary arts/ food service training programs for their ability to produce a quality meal using industrial culinary arts/food service techniques and equipment. Participants must develop a plan for the time allotted, prepare menu items given to them at the time of the event, and present their prepared items to evaluators.

Culinary Math Management, an individual or team event, recognizes participants who use Family and Consumer Sciences skills to create an oral presentation to demonstrate the application of mathematical concepts in the culinary arts industry using the annual topic. Prior to competition, participants must prepare a file folder, oral presentation, and visuals. On site, participants respond to a case study.

Early Childhood Education, an individual event, recognizes participants who demonstrate their ability to use knowledge and skills gained from their enrollment in an occupational early childhood program. Participants must prepare a portfolio and a resource container. On site, participants must plan and present to evaluators an activity related to the theme in response to a case study provided during the event and an oral presentation describing the activity.

Entrepreneurship, an individual or team event, 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. Participants must prepare a portfolio containing a written business plan, which they are not required to have implemented, and an oral presentation.

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

Fashion Construction is an individual event that recognizes participants who apply Fashion Construction skills learned in Family and Consumer Sciences courses and create a display using samples of their skills. 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 fashion construction techniques. Display finished product along with appropriate accessories. Participants must prepare a display, sample garment, file folder, and an oral presentation.

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

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

Food Innovations, an individual or team event, recognizes participants who demonstrate knowledge of the basic concepts of food product development by creating an original prototype formula, testing the product through focus groups, and developing a marketing strategy based upon an annual topic. Participants will demonstrate their knowledge of food science, nutrition, food preparation safety, and product marketing. Participants must prepare a display, suggested product packaging, and an oral presentation.

Hospitality, Tourism, and Recreation, an individual or team event, recognizes participants who demonstrate their knowledge of the hospitality, tourism, and recreation industries and ability to translate their knowledge into a hypothetical or real business. Project must relate to culinary, lodging, recreation, tourism, or event coordination. Participant(s) will research existing businesses which are similar to their project, develop 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 portfolio, an oral presentation, and complete a case study.

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

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

Job Interview, an individual event, recognizes participants who use Family and Consumer Sciences and/or related occupations skills to develop a portfolio, participate in an interview, and communicate a personal understanding of job requirements. Participants must prepare a portfolio, including a job application, and express their communication skills and job knowledge through an interview.

Leadership, an individual event, 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. Participants must prepare a portfolio and an oral presentation.

National Programs in Action, an individual or team event, recognizes participants who explain how the Planning Process was used to plan and implement a national program project. Participants must prepare a file folder, an oral presentation, and visuals.

Nutrition and Wellness, an individual or team event, recognizes participants who track food intake and physical activity for themselves, their family, or a community group and determine goals and strategies for improving their overall health. Participants must prepare a portfolio, visuals and an oral presentation.

Parliamentary Procedure, a team event, recognizes chapters that develop a working knowledge of parliamentary law and the ability to conduct an FCCLA business meeting. Participants must take a Parliamentary Procedure Knowledge Test, present a demonstration meeting using provided planning materials, and prepare minutes of the meeting.

Professional Presentation, an individual or team event, recognizes participants who make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations. Participants must prepare a file folder, an oral presentation, and visuals.

Promote and Publicize FCCLA is an individual or team event that recognizes participants who develop an FCCLA promotion and publicity campaign to raise awareness and educate the school, parents, and members of the community about the importance of FCCLA and Family and Consumer Sciences education. Participants must prepare an oral presentation and portfolio.

Public Policy Advocate, an individual or team event, recognizes participants who demonstrate their knowledge, skills, and abilities to actively identify a local, state, national or global 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. Participants must prepare a portfolio and oral presentation.

Repurpose and Redesign is an individual or team event that recognizes participants who apply recycling and redesign skills learned in Family and Consumer Sciences courses and create a display using a sample of their skills. Participants select a used fashion, home, or 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 displays and present the results of their projects to evaluators.

Say Yes to FCS Education, an individual event, recognizes participants who demonstrate the knowledge and skills needed to explore and experience the career of being a Family and Consumer Sciences educator. Participants must prepare a portfolio, conduct classroom observations, plan and execute a lesson, develop an FCCLA integration plan, and deliver an oral presentation.

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

Sustainability Challenge, an individual or team event, 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 specified topics, investigate areas where they can make a difference, develop and carry out a project for their home, school, or community, and educate others in their school or community. Participants must prepare a portfolio and an oral presentation.

Teach or Train, an individual event, recognizes participants who demonstrate their ability to explore and experience the career of teaching or training. Participants must prepare a portfolio of the teaching/training career, prepare and execute a complete lesson/workshop plan and an oral presentation. Senior and occupational participants will also complete a shadowing experience of a “best practices” educator.

Additional State STAR Events (*winners in these events do not advance to national competition*) ~ rules are posted on the Virginia FCCLA website:

Chicken Fabrication, a state individual event, showcases participants’ ability to fabricate a whole chicken according to industry standards. Winners in this event do not advance to national competition.

Classic Knife Cuts, a state individual event, showcases participants’ ability to perform knife cuts according to industry standards. Winners in this event do not advance to national competition.

Culinary Arts Exhibit, a state individual event, recognizes participants for their ability to perform self-assessments, research and explore a career in an area of Family & Consumer Sciences, set career goals, and create a plan for achieving goals. Categories in this event include: Breads, Decorated Cake, Patisserie/Confectionery, and Show Pieces. Winners in these events do not advance to national competition.