

2023 FLC Competitive Event Descriptions

<u>Apple Bake Off</u>	Description coming soon!
<u>Apps In Education</u>	“Apps” in Education, an <i>individual</i> event or <i>team</i> event, conducted virtually prior to the NJ FCCLA Fall Leadership Connection that recognizes participants for their ability to research, evaluate and compare two applications (apps) to create a lesson plan that will be applied to an educational setting in an FCS or CTE program. In this technology world, this competitive event is designed to maximize the use of technology to benefit the classroom setting. Members will compare the apps, write a lesson plan and apply what they have learned to an FCS or CTE program to then demonstrate their findings to evaluators.
<u>Banner</u>	The Banner Competitive Event is a State Event conducted at the NJ FCCLA Fall Leadership Connection. It is a <i>chapter/team</i> event in which a group of students work cooperatively to create a banner as a tool for public relations. Only one banner may be entered for each school.
<u>Battle of the Budget</u>	The Battle of the Budget (formerly “Eat Right, Budget Tight”) is a NJ FCCLA state event conducted prior to the Fall Leadership Connection. It is an <i>individual</i> or <i>team</i> event that combines meal planning, creativity, and budgeting skills. The goal is to plan a healthy and interesting 3-day menu (Breakfast, Lunch and Dinner) for a family of 4 for 3 days with a price limit of \$80. This event will require organization, creativity, and savvy.
<u>Career Search</u>	Career Search is an <i>individual</i> or <i>team event</i> conducted virtually prior to the NJ FCCLA Fall Leadership Connection that recognizes participants who explore the career pathways and research two possible careers. Through this research, students will determine what their future goals may be and how to achieve a potential future career. Participants must prepare a <i>digital file</i> , which includes career research and an interview, create a <i>career map for the two chosen careers</i> , and record a <i>3-minute video</i> describing their research and findings while exploring possible careers in the chosen pathway to reach their future goals.
<u>Caregiver Carryall</u>	The Caregiver Carry-All Competitive Event is a State Event conducted virtually prior to the NJ FCCLA Fall Leadership Connection. It is an <i>individual</i> or <i>team</i> event that encourages participants to prepare to be an effective caregiver by planning appropriate portable activities for a specific age group and situation/location. The focus of this event is to create an activity bag that focuses on <i>Caring for Plants</i> and that addresses developmental needs and multiple intelligences.
<u>Circle Time</u>	The <i>Circle Time Competitive Event</i> is a State Event conducted virtually prior to the NJ FCCLA Fall Leadership Connection. It is an <i>individual</i> or <i>team</i> event that encourages participants to create an effective “Circle Time” by planning a variety of age-appropriate preschool activities. Participant must create a weekly plan, a daily lesson plan, and a video teaching one part of the daily lesson plan.
<u>Community Counts</u>	The Community Counts Competitive Event is a <i>chapter/team event</i> , conducted virtually prior to the NJ FCCLA Fall Leadership Connection that promotes community service, specifically local and state initiatives that fight hunger . There is a total of three parts to this event. Participants are expected to identify the problem, set goals, collaborate for a solution, mobilize their chapter to solve the problem of hunger in their community; they will develop and carry out one local community service project directed at a population with food insecurity.

<u>Consumer Clout</u>	The Consumer Clout Competitive Event is a State Event with parts conducted prior to <u>and</u> in-person at the NJ FCCLA Fall Leadership Connection. It is an <i>individual</i> event that challenges participants’ knowledge of consumer skills. Shopping is a national pastime and the Consumer Clout competition develops consumer savvy. The event has three parts: a consumer knowledge test (in-person at FLC), a consumer letter (submitted prior to FLC), and a consumer comparison shopping simulation (in-person at FLC).
<u>Creative Stitches</u>	Creative Stitches Competition is a decorative and creative embroidery competitive event. It is a State Event conducted prior to the Fall Leadership Conference. It is an <i>individual</i> event in which students embellish an existing garment. Creativity, sketching, color combinations, knowledge of the skill of embroidery, and quality of the stitches are all part of the judging process.
<u>Cultural Food Fusion</u>	The Cultural Food Fusion Competitive Event is a State Event conducted prior the NJ FCCLA Fall Leadership Connection. It is an <i>individual</i> or a <i>team</i> event that combines creativity, knife skills, food safety, sanitation, food preparation, and a knowledge of food into a culinary innovation. Participants must identify traditional signature dishes from 2 distinctly different cultures and then create an “arancini” (rice ball) with a filling and a special dipping sauce that represents these 2 different cultures while still maintaining the essence of the original recipes.
<u>Cupcake Challenge</u>	The Cupcake Challenge Competitive Event is a State Event conducted at the NJ FCCLA Fall Leadership Connection. It is an <i>individual</i> or <i>team</i> event that encourages members to create an original cupcake recipe from scratch that is inspired by a traditional pie . The cupcakes are evaluated on the taste, texture, appearance, and creativity as well as the efficiency and creativity of the display.
<u>Edible Centerpiece</u>	Edible Centerpiece is an <i>individual event</i> that is held prior to the NJ FCCLA Fall Leadership Connection. Participants will use a variety of food ingredients to prepare and display a culinary showpiece. The competition is designed to highlight the artistic skills of Culinary Arts.
<u>FCCLA Chapter Spotlight</u>	The FCCLA Chapter Spotlight Competitive Event is a State Event conducted prior to the NJ FCCLA Fall Leadership Connection. It is a <i>chapter/team</i> event that promotes and advocates for NJ FCCLA and Family and Consumer Sciences (FCS) education through a coordinated public relations campaign in order to increase understanding and awareness of NJ FCCLA and related FCS programs. This event should promote and advocate for FCCLA and Family & Consumer Sciences (FCS) education on the local and state level through social media in order to increase understanding and awareness of the benefits of these programs.
<u>Financing Your Future</u>	Financing Your Future is an <i>individual</i> or <i>team event</i> conducted prior to the NJ FCCLA Fall Leadership Connection that recognizes participants who explore career goals and issues concerning the selection and funding of post-secondary education. Students examine options to obtain the best education possible for their chosen career at the most affordable price. Participants must prepare a <i>digital file</i> , create a <i>career map</i> , and record a <i>video</i> advising their peers on the financial planning necessary for their future goals.
<u>Food Fascination</u>	The Food Fascination is a State Competitive Event conducted prior to the NJ FCCLA Fall Leadership Conference. It is an <i>individual</i> or <i>team</i> event that promotes a fact-based examination that explains a food science problem, challenge or mystery in the areas of food preparation, food cultivation, food sustainability and/or food consumption.

<p><u>Get Up & Move</u></p>	<p>The <i>Get Up and Move! Competitive Event</i> is an <i>individual</i> or <i>team event</i> that will be conducted prior to the Fall Conference. While the 21st Century has provided advances in technology and increased screen time, the result is a more sedentary lifestyle for people including children. This event focuses on making physical activity and large muscle movement fun for children. There are 4 parts to this event. Participants are expected to inform parents about the importance of physical activity for children throughout the day using a PowerPoint presentation (or Google Slides). The participants must provide examples of activities that improve large muscle skills that can be done at home. The PowerPoint presentation will be a visual used for the recorded oral presentation. The participants must develop a lesson plan for physical activity for the preschool. The participants must create a video that demonstrates the participants teaching the activity in the lesson plan. Finally, a summary form must be submitted.</p>
<p><u>Go Green- Bird Feeder</u></p>	<p>The Go Green Competitive Event is a State Event conducted at the NJ FCCLA Fall Leadership Connection. It is an <i>individual</i> or <i>team</i> event in which students work to create an effective, attractive, and unique item that can be used to enhance the home or work environment. At the 2023 Fall Leadership Connection, this event will focus on an environmentally friendly <i>bird feeder</i>.</p>
<p><u>Illustrated Talk: Child Development & Education</u></p>	<p>Illustrated Talk, an <i>individual</i> or <i>team event</i>, is conducted prior to the NJ FCCLA Fall Leadership Connection. It recognizes participants who make an oral presentation using illustrations about issues related to Child Development and/ or Education. Participants must prepare a <i>digital file folder</i>, an oral presentation recording and electronic presentation <i>visuals</i>.</p>
<p><u>Illustrated Talk: Fashion & Interior Design</u></p>	<p>Illustrated Talk, an <i>individual</i> or <i>team event</i>, is conducted prior to the NJ FCCLA Fall Leadership Connection. It recognizes participants who make an oral presentation using illustrations about issues related to Fashion or Interior Design. Participants must prepare a <i>digital file folder</i>, an oral presentation recording and electronic presentation <i>visuals</i>.</p>
<p><u>Illustrated Talk: Food & Nutrition</u></p>	<p>Illustrated Talk, an <i>individual</i> or <i>team event</i>, is conducted prior to the NJ FCCLA Fall Leadership Connection. It recognizes participants who make an oral presentation using illustrations about issues related to Food and Nutrition. Participants must prepare a <i>digital file folder</i>, an oral presentation recording and electronic presentation <i>visuals</i>.</p>
<p><u>Illustrated Talk: Personal/Family Finance</u></p>	<p>Illustrated Talk, an <i>individual</i> or <i>team event</i>, is conducted prior to the NJ FCCLA Fall Leadership Connection. It recognizes participants who make an oral presentation using illustrations about issues related to Personal / Family Finance. Participants must prepare a <i>digital file folder</i>, an oral presentation recording and electronic presentation <i>visuals</i>.</p>
<p><u>Lessons in Leadership</u></p>	<p>The <i>Lessons in Leadership Competitive Event</i> is a State Event with parts conducted prior to <u>and</u> in-person at the NJ FCCLA Fall Leadership Connection. It is an <i>individual</i> or <i>team</i> event that allows members to demonstrate their knowledge of FCCLA. This event has four (4) parts: an oral presentation (submitted prior to FLC), leadership quotes (submitted prior to FLC), a question-and-answer form (submitted prior to FLC), and a multiple-choice test (in-person at FLC).</p>
<p><u>Membership Matters</u></p>	<p>Description coming soon!</p>

<p><u>NJ FCCLA: What's the Buzz</u></p>	<p>The NJ FCCLA: WHAT'S THE BUZZ Competitive Event is a State Event conducted prior to the NJ FCCLA State Leadership Conference. It is an <i>individual</i> or <i>team</i> event that encourages members to artistically promote NJ FCCLA and its purposes, mission, and the state theme. The purpose of this project is for participants to research, create and distribute a one-page promotional info graphic page that creatively and effectively answers the question "Why FCCLA?". Projects submitted may be published on the NJ FCCLA Website. The 2023-2024 NJ FCCLA State Theme is "Destination-> Leadership!"</p>
<p><u>Passion for Fashion Design Challenge</u></p>	<p>The Passion for Fashion Design Challenge Competitive Event is a State Event conducted at the NJ FCCLA Fall Leadership Connection. It is an <i>individual</i> event that allows participants to exhibit fashion design creativity and construction savvy by creating doll clothes to wear on our mini FCCLA runway. Each participant will design and draft a pattern and construct an original doll-sized garment for either a twelve (12) inch fashion doll, such as Barbie, or an eighteen (18) inch doll, such as American Girl.</p>
<p><u>"Pin-spiration"</u></p>	<p>The "Pin-spiration" Trading Pin Design Competitive Event is an <i>individual</i> or <i>team</i> event conducted prior to the NJ FCCLA Fall Leadership Connection that encourages members to artistically represent the state of New Jersey on a pin. The design with the highest score <u>may</u> be used to inspire the NJ FCCLA trading pins for future FCCLA National Leadership Conferences.</p>
<p><u>Say Yes to FCS</u></p>	<p>The <i>Say Yes to FCS</i> Competitive Event is a <i>chapter/team event</i> that promotes and advocates for Family and Consumer Sciences (FCS) education through a coordinated public relations campaign directed at increasing understanding and creating awareness of Family and Consumer Sciences and related FCS occupations. Participants in this event must research Family and Consumer Sciences education, create a PowerPoint presentation (or Google Slides), meet with a public figure (in person or virtually), create a "poster" to use in the classroom or through social media to promote FCS education to peers and school community to share the impact FCS has on students</p>
<p><u>Tune Into FCCLA: Health & Safety</u></p>	<p>The Tune into FCCLA Competitive Event is a State Event conducted prior to the NJ FCCLA Fall Leadership Connection. It is an <i>individual</i> or <i>team</i> event that allows participants to develop a public service announcement video to raise awareness about Public Health and Safety.</p>
<p><u>Tune Into FCCLA: Social Justice & Equity</u></p>	<p>The Tune into FCCLA Competitive Event is a State Event conducted prior to the NJ FCCLA Fall Leadership Connection. It is an <i>individual</i> or <i>team</i> event that allows participants to develop a public service announcement video to raise awareness about Social Justice and Equity.</p>
<p><u>Virtual Read Aloud</u></p>	<p>The Virtual Read Aloud Event is a virtual State Event conducted prior to the NJ FCCLA Fall Leadership Connection. It is an <i>individual</i> event that encourages students to record themselves sharing a read aloud virtually. The focus of this event is to be animated, utilize props and grab the attention of viewers while sharing a story virtually.</p>
<p><u>Web Connect</u></p>	<p>The Web Connect Competitive Event is an <i>individual</i> or <i>team</i> event conducted prior to the NJ FCCLA Fall Leadership Connection that challenges participants to create an engaging, informative, and resourceful chapter website as an effective public relations tool. The website should educate members, school officials, parents, and the general public about the importance of FCCLA and Family and Consumer Sciences.</p>