

## Family and Consumer Sciences Skill-A-Thon General Rules

- Classes will be judged by 3 or 4 person teams. On a four-person team, the lowest overall score is considered drop score and that person will automatically become the alternate. Team score is a combination of top three scores on individual and team events. Individual rank is based on scores from the seven individual activities only.
- The top five individuals and the top five teams will be recognized. Awards will consist of 1<sup>st</sup>-5<sup>th</sup> place ribbons, high point medals, high point plaques and high point team banner.

### Classes and Activities to be Completed

#### Classes Completed as an Individual:

1. Sewing/Clothing related ID: (50 possible points) Identify from a provided list fabrics, fasteners, seams, design/cut, other items related to apparel, fashion design, and/or sewing. Contestants will have 20 minutes to identify 25 items.
2. Interior Design/Housing related ID: (50 possible points) Identify from a provided list decorating techniques, colors, patterns, design elements and/or layouts. Contestants will have 20 minutes to identify 25 items.
3. Food/Cooking related ID: (50 possible points) Identify from a provided list appliances, utensils, gourmet foods, spices, herbs and/or other food related items. Contestants will have 20 minutes to identify 25 items.

\*All ID classes will use the ID Lists from Western National 4-H Roundup FCS Classic.

4. Food & Nutrition Judging: (50 possible points) Rank a class of four similar food related items based on a scenario provided. Classes may include snacks, menus and/or specific food items. Contestants will have 10 minutes to place the class. 2023 class will be on cereals– study materials taken from Western National 4-H Roundup FCS Classic.

#### Classes Completed as a Team:

1. Life Skills Assessment: (150 possible points) Complete responses to three brief scenarios. Scenarios will deal with basic life skills such as keeping your home clean and safe, personal hygiene, communication skills, organizational skills, and/or job search skills. Each team will orally present a response to a scenario of their choice, and answer two questions related to the chosen scenario. Teams will have 20 minutes to prepare response to all three scenarios and 5 minutes for the oral presentation. Questions will come from the study materials selected by the Western National 4-H Roundup FCS Classic Committee.

Study Materials are available at: <https://texas4-h.tamu.edu/events/fcs/>