

Individual Events



Apparel Construction

Enables participants to demonstrate construction techniques, effective management skills, and

knowledge of the consumer aspects of clothing selection, design and care. Participants construct a sewing project from a specified pattern within a 90 minute time period. Judges evaluate the project based on construction techniques, appearance of project and creativity. (S & J; C & H)

Child Development

Designed to give students the opportunity to develop and refine child development skills.

Participants demonstrate their ability to select and present a song or story for preschool children.

Judging is based on the participants use of visuals or props and the ability to stimulate children's learning and imagination. (S & J; C & H)



Consumer Education

Emphasizes the importance of making sound consumer decisions and being an informed consumer.

Students develop critical thinking skills and effective presentation skills as they prepare for and present an eight minute speech. Judging is based on the mechanics of the presentation and the accuracy and application of the information. (S & J; C & H)



Creed Recitation



Designed to give students in sixth through ninth grade the opportunity to demonstrate skills in prepared speech and oral expression of personal beliefs.

Winners are selected on the basis of voice, platform deportment, mechanics, appearance and grooming, and power of expression as they recite the FHA-HERO Creed. After reciting the creed, participants are questioned by the judges for a period of two minutes. (J; C)

Culinary Arts Display

Designed to give participants an opportunity to demonstrate their skill in presenting foods for a buffet table and for fine restaurant dining.

Within a maximum period of 60 minutes, participants will exhibit culinary skills in the selection, workmanship and presentation of food in one of a variety of categories including advanced presentation cakes and tortes, appetizers, art display, breads, decorated wedding cakes, and patisserie. (A & S; H)



Fashion Design



Allows participants to demonstrate the fashion design skills necessary to communicate an idea and describe a garment concept. Participants prepare three original fashion illustrations or sketches from a

specified category to be contained in a collection or line of apparel suitable to the specialization and price range of a design house or apparel manufacturing firm. An oral presentation and questions from the judges also are part of the event. (S; C & H)

Hospitality, Tourism, and Recreation

Designed to give participants an opportunity to demonstrate competencies related to hospitality industry awareness and the ability to access and present information that will enable visitors to enjoy their stay at a specific tourist destination in California. Students design, develop and present a guide book that targets one specific tourist destination in California. (A & S; H)



Interior Design

Allows participants to demonstrate skills and knowledge of interior design by presenting and discussing an original design for a specified project.

The participant prepares a mat presentation including the floor plan, cost breakdown, and samples of all wall treatments, floor coverings, window treatment and fabrics. (S & J; C & H)

Job Application and Interview

Participants develop abilities and techniques for completing job application forms and interviews.

Each participant selects a job relating to Home Economics Careers and Technology and completes a mock interview, portfolio, application form and resume. The job must be within the participants' career objective and one for which he/she currently qualifies. (S; C & H)



Menu Planning and Table Display

Provides the opportunity to demonstrate skill in menu planning. Participants plan a lunch or dinner menu on a specified theme for two people and bring all materials for a creative, table display. A nutritional analysis of the meal is included in the judging. (S & J; C & H)



Prepared Speech

Designed to develop leadership skills through public speaking activities and to stimulate interest in community leadership and citizenship. Participants prepare a six to eight minute speech on a specified topic and are judged on organization, accuracy, opening and closing, voice, platform deportment, basic mechanics, written outline, and effectiveness of speech. (S & J; C & H)



Salad Preparation

Participants demonstrate the knowledge and skills developed in a Consumer and Family Studies Food and Nutrition Class to prepare a salad and salad dressing for home use within a fifteen minute advance preparation period and a twenty-minute performance period. Also required is a nutritional analysis per serving and a list of tools/equipment/supplies to be used during the performance portion of the event. (S & J; C & H)



Teaching Careers

Designed to give students the opportunity to develop and refine selected skills for teaching in elementary or secondary classrooms. Participants demonstrate their abilities to present a lesson 6-12 minutes in length and suitable for one grade level between kindergarten and 12th grade. Visuals, audio-visuals and learning materials may be used in the presentation. A portfolio documenting the knowledge and skills needed for a career in this field and a typed lesson plan are required. (S; H)



Chapter Events

Chapter Exhibit

Throughout the state, FHA-HERO chapters have developed unique projects. This event gives chapters the opportunity to receive publicity for their projects and to motivate other chapters. The exhibit is judged on theme, graphic layout, information, originality, construction and quality. (S & J; C & H)



Chapter Manual



The Chapter Activities Manual Event is designed to encourage development of local chapter activities and to provide a learning experience for students.

The outstanding manual selected each year is a photographic chapter history that exemplifies the enthusiasm necessary to keep chapters active and to involve as many members in activities as possible. (S & J; C & H)

Community Involvement

Recognizes chapters that develop outstanding in-depth community projects based on the goals and purposes of the organization. Participants complete a final written report of the project and deliver an oral presentation. Judging is based on various aspects of the oral presentation and on the value of the project to the community. (S & J; C & H)



Team Events



Commercial Food Preparation

Teams of 2-3 members demonstrate competencies in preparing three specified food products for a commercial food service establishment. Within a 15-minute planning period and 75-minute preparation period, students demonstrate their knowledge and skills by using industrial food service procedures and tools, as well as work habits reflective of industry standards. (S; H)

Energy and Resource Conservation

Creates an awareness of the need for energy and resource conservation, teaches individuals how to conserve energy and other resources more efficiently, and gives students experience in developing effective presentation skills. Using visual aids, each team of two participants gives a six to eight minute presentation on an aspect relating to energy and resource conservation. (S & J; C & H)



Nutrition Education

Allows an increase in student knowledge of nutrition principles and gives experience in developing effective presentation skills.

Teams prepare and present a six to eight minute presentation on a nutrition principle using originally developed visual aids or media materials. Such components as visuals, speech mechanics, and information accuracy are the basis for judging this event. (S & J; C & H)

Parliamentary Procedure

Encourages student use of parliamentary procedure in chapter meetings, provides students with opportunities to develop leadership skills, and encourages the instruction of parliamentary procedure in the home economics careers and technology classroom. A team of five members conducts an eight minute meeting and are judged on effectiveness of proper parliamentary procedures. (S & J; C & H)



Resources available to assist chapters with CRE leadership and career development activities are listed below:

- *Competitive Recognition Events (CRE) Guide*
- “Competitive Recognition Events: Building Career Skills for a Better Tomorrow” (video)
- “CRE In Action” (video)
- “Chapter Ceremonies” (video)

Legend

A= Adult Division
S = Senior Division
J = Junior Division
C = (CFS) Consumer and Family Studies
H = (HERO) Home Economics Related

For more information, please contact:

FHA-HERO: The California Affiliate of FCCLA
1430 N Street, Suite 4503
Sacramento, CA 95814
(916) 319-0890



FHA-HERO: The California Affiliate of FCCLA

CRE

Competitive Recognition Events

An important component of the FHA-HERO leadership program is career development related to Home Economics Careers and Technology. Participation in the Competitive Recognition Events gives home economics students the confidence, motivation, and experience to be successful in the workplace. The Competitive Recognition Events are contests in 20 career-related areas that prepare members of FHA-HERO for the world of work. These events extend classroom learning and give students recognition and a sense of achievement while developing skills for future careers.

Individual, team, and chapter events are offered to students in middle school, junior high school, high school, and ROCP. Junior division participants include those in grades 6-9. Senior division participants are grades 10-12. Adult participants are over the age of 18 and enrolled in an ROCP/HECT program. Members compete at various levels-qualifying, state, and in some cases national finals.

Corporations, institutions and individuals sponsor various events with cash, scholarships and prizes. Each year, students are presented awards that total more than \$75,000 in value. Contributors develop a sense of pride in knowing they have become partners with education in preparing students for living and working in the 21st century.