

Family and Consumer Sciences Skill-a-thon

Two 3 or 4 member teams or individuals in each novice and junior divisions will be eligible.

The objective of the Family and Consumer Sciences (FCS) Skill-a-thon is to educate 4-H members to identify items used in cooking, baking, sewing and home decorating and to develop good decision making skills around consumer purchasing, food selection and money management. This will give 4-H members the opportunity to learn how to become good consumers for themselves and their families. The components listed below will be included in the contest.

Novices and juniors will complete:

1. Foods and Cooking Identification – 50 points. Youth will identify 25 items by placing the number beside the item on the answer sheet.
2. Sewing and Clothing Identification – 50 points. Youth will identify 25 items by placing the number beside the item on the answer sheet.
3. Housing and Interior Design – 30 points. Youth will identify 15 items by placing the number beside the item on the answer sheet.
4. Nutrition Judging – 50 points. Youth will place a class of items based on nutrition and information in the situation.

In addition, juniors will complete:

5. Test – 20 points. Youth will answer 10 multiple choice questions on basic money management.

Total Possible Points

- Novices: 180 points
- Juniors: 200 points

References for Contest

Identification Items: photos and definitions are available for download from the Southeast District 4-H Contest website, <https://4hcontestssoutheast.nmsu.edu/handbook.html>

Nutrition Judging: *Nutrition Facts Read the Label* materials by U.S. FDA

<https://www.fda.gov/media/89314/download> (*The Nutrition Facts Label* pdf document)

<https://www.fda.gov/media/89325/download> (*Cool Tips for Kids* pdf document)

<https://www.youtube.com/watch?v=OWMSJqnYFMY> (*Making Healthy Choices Using the Nutrition Facts Label* video)

Test: Consumer Education Project (*NM 4-H Projects and Literature Materials Short List*), 07551
Consumer Savvy I: The Consumer in Me

Tie Breakers

1st tie breaker will be the Housing and Interior Design Identification

2nd tie breaker will be the Sewing and Clothing Identification

3rd tie breaker will be the Foods and Cooking Identification

4th tie breaker will be the Nutrition Judging

5th tie breaker (for juniors) will be the test on basic money management

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