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# FCS Skill-a-thon



State 4-H O-Rama

Senior 4-H'ers



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## OBJECTIVES

Targeted Life Skills: Wise Use of Resources, Planning/Organizing, Goal Setting, Critical Thinking, Problem Solving, Decision Making, Learning to Learn, Self-esteem, Teamwork, Contributions to Group Effort, Leadership, Conflict Resolution, Cooperation, Social Skills, Communication

## ELIGIBILITY

Each county may enter one team composed of three or four senior 4-H members in the 4-H FCS Skill-a-thon activity at the Arkansas 4-H O-Rama. If four members participate, the lowest score will be dropped. No individual or member of a team who previously won first place in this activity is eligible to compete.

Counties unable to form a team may enter one 4-H member to compete as an individual. Scores of individual competitors will be ranked individually along with scores of individual team members.

## ACTIVITY

All team members and individual competitors will participate in three identification classes and one judging class. The competition is comprised of the following:

1. Sewing & Clothing Identification: Identify from a provided list fabrics, fasteners, seams, design/cut, and other items related to apparel, fashion design, and/or sewing. Fifteen minutes are allowed to identify 25 items (50 points).
2. Interior Design & Housing Identification: Identify from a provided list decorating techniques, colors, patterns, design elements and/or layouts. Fifteen minutes are allowed to identify 25 items (50 points).
3. Food & Cooking Identification: Identify from a provided list appliances, utensils, spices, herbs and/or other food related items. Fifteen minutes are allowed to identify 25 items (50 points).
4. Food & Nutrition Judging Classes: Participants will judge two food and nutrition judging classes with four items in each class, based on a scenario provided. Classes may include snacks, menus and/or specific food items. Contestants will have 15 minutes to place the two classes using standard placing cards. Refer to page 388 in the FCS Skill-a-thon study materials (see Suggested Resources) for a sample placing card.

## **SCORING**

Scoring for the three identification classes (Sewing & Clothing, Interior Design & Housing, and Food & Cooking) will be 50 points each for a total of 150 points from identification classes. Food and Nutrition Judging classes will be 100 points (two classes, 50 points each). Total points possible in the FCS Skill-a-thon are 250 points.

The team score will be calculated from the combined top three scores on individual events. Individual rank is determined by combined scores from all FCS Skill-a-thon activities.

## **SUGGESTED RESOURCES**

FCS Skill-a-thon study materials are posted at <https://www.uaex.edu/4h-youth/resource-library/FCS%20SkillathonStudy%20Materials.pdf>

Fabric samples to prepare for Sewing & Interior Design Identification are available for purchase: Nasco Fabric File: <http://www.enasco.com/product/WA24060H#>

## **AWARDS**

The high-point individual will receive a trophy. Individuals scoring second-, third-, fourth-, and fifth-place will receive ribbons. Individual trophies will be given to each member of the first-place team. Each member of the second-, third-, fourth- and fifth-place teams will receive ribbons. All others will receive participation ribbons.

## **PREPARED BY**

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Revised 9/6/2017