

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://aces.nmsu.edu/4h/contests/sedistrict/contest-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

Revised April 2021

Name _____

County _____

FCS Skill-a-thon
Foods & Cooking ID Sheet- Southeast District 4-H Contest

You will be provided 25 items from the list below. Write the number on the blank next to the item it represents. Correct answers are worth 2 points each.

Appliances

- _____ Blender
- _____ Food Processor
- _____ Mixer, Countertop
- _____ Mixer, Hand
- _____ Slow Cooker
- _____ Toaster
- _____ Toaster Oven
- _____ Waffle Iron

Cookware

- _____ Baking Pan
- _____ Baking Sheet
- _____ Broiler Pan
- _____ Colander
- _____ Double Boiler
- _____ Dutch Oven
- _____ Frying Pan
- _____ Muffin Tin
- _____ Pie Plate
- _____ Roaster Pan
- _____ Sauce Pan
- _____ Splatter Screen
- _____ Steamer Basket
- _____ Trivet
- _____ Wire Cooling Rack

Dish and Tableware

- _____ Bread Plate
- _____ Butter Dish
- _____ Cream and Sugar Set
- _____ Gravy Boat
- _____ Juice Glass
- _____ Meat Platter
- _____ Napkin Ring

- _____ Parfait Cup
- _____ Pepper Mill
- _____ Saucer
- _____ Tea Pot

Herbs and Spices

- _____ Allspice
- _____ Anise
- _____ Basil
- _____ Bay Leaves
- _____ Chives
- _____ Cinnamon
- _____ Cloves
- _____ Cumin
- _____ Dill
- _____ Ginger
- _____ Mustard
- _____ Nutmeg
- _____ Oregano
- _____ Paprika
- _____ Parsley
- _____ Poppy Seed
- _____ Rosemary
- _____ Sesame Seeds
- _____ Thyme

Utensils

- _____ Apple Corer
- _____ Can Opener, Hand
- _____ Chef's Knife
- _____ Chopper
- _____ Chopsticks
- _____ Egg Separator
- _____ Egg Slicer
- _____ Fat Separator

- _____ Flour Sifter
- _____ Garlic Press
- _____ Grater
- _____ Ice Cream Scoop
- _____ Kitchen Fork
- _____ Liquid Measuring Cup
- _____ Measuring Cups
- _____ Measuring Spoons
- _____ Meat Tenderizer
- _____ Melon Baller
- _____ Mixing Bowl
- _____ Pasta Server
- _____ Pastry Blender
- _____ Pastry Brush
- _____ Pie/Cake Server
- _____ Pizza Cutter
- _____ Potato Masher
- _____ Rolling Pin
- _____ Rubber Spatula
- _____ Scraper
- _____ Skewer
- _____ Spaghetti Pasta
- _____ Measurer
- _____ Strainer
- _____ Thermometer, Candy
- _____ Thermometer, Meat
- _____ Tongs
- _____ Turner
- _____ Utility Knife
- _____ Vegetable Peeler
- _____ Whisk

Name _____

County _____

FCS Skill-a-thon
Sewing & Clothing ID Sheet- Southeast District 4-H Contest

You will be provided 25 items from the list below. Write the number on the blank next to the item it represents. Correct answers are worth 2 points each.

Fabric/Etc.

- _____ Cotton
- _____ Fleece
- _____ Selvage
- _____ Wool

Sewing Machine Parts

- _____ Balance/Hand Wheel
- _____ Bobbin
- _____ Bobbin Case
- _____ Bobbin Winder
- _____ Feed Dogs
- _____ Foot Control
- _____ Presser Foot
- _____ Presser Foot Lifter
- _____ Power Switch
- _____ Sewing Machine Needle
- _____ Spool Pin
- _____ Thread Take Up
- _____ Throat Plate
- _____ Upper Tension Regulator

Techniques

- _____ Applique
- _____ Center Zipper Application
- _____ Dart
- _____ Gather
- _____ Hem
- _____ Pleat
- _____ Seam Allowance

Trims and Fasteners

- _____ Batting
- _____ Bias Tape
- _____ Button
- _____ Decorative Trim
- _____ Elastic
- _____ Hook and Eyes
- _____ Ribbed Elastic
- _____ Sew on Snaps

Tools

- _____ Acrylic Ruler
- _____ Ball Point Bodkin
- _____ Crewels
- _____ Cutting Mat
- _____ Dressmakers Ham
- _____ Emery Bag
- _____ Iron
- _____ Ironing Board
- _____ Loop Turner
- _____ Measuring Tape
- _____ Needle Threader
- _____ Pin Cushion
- _____ Pinking Shears
- _____ Pins
- _____ Rotary Cutter
- _____ Safety Pins
- _____ Scissors
- _____ Seam Ripper
- _____ Sewing Gauge
- _____ Sharps
- _____ Shears
- _____ Tailors Chalk
- _____ Thimble
- _____ Thread
- _____ Tracing Paper
- _____ Tracing Wheel

Name _____

County _____

FCS Skill-a-thon
Housing & Interior Design ID Sheet- Southeast District 4-H Contest

You will be provided 15 items from the list below. Write the number on the blank next to the item it represents. Correct answers are worth 2 points each.

Carpet/Flooring

- _____ Cut Loop
- _____ Hard Wood
- _____ Loop Pile (Berber)
- _____ Textured Cut Pile
- _____ Tile

Curtain and Window Treatments

- _____ Café Curtains
- _____ Casing
- _____ Goblet Pleats
- _____ Header
- _____ Pinch Pleats
- _____ Roller Shade
- _____ Roman Shade
- _____ Sconce
- _____ Shutters
- _____ Spring Tension Rod
- _____ Valance
- _____ Vinyl Blinds

Decorative Woods

- _____ Base Boards
- _____ Chair Rail
- _____ Cove Molding
- _____ Crown Molding
- _____ Door/Window Jamb

Material

- _____ Brocade
- _____ Burlap
- _____ Chenille
- _____ Chintz
- _____ Damask
- _____ Denim
- _____ Gingham
- _____ Lining
- _____ Silk
- _____ Tapestry

Tools

- _____ Hammer
- _____ Flathead Screwdriver
- _____ Level
- _____ Needle-nose Pliers
- _____ Phillips Screwdriver
- _____ Putty Knife
- _____ Safety Glasses
- _____ Tape Measure
- _____ Utility Knife
- _____ Wrench

Painting

- _____ Pad Applicator
- _____ Paint Brush, Natural Bristle
- _____ Paint Brush, Synthetic Bristle
- _____ Roller
- _____ Roller Tray
- _____ Sand Paper

Windows

- _____ Casement
- _____ Double Hung
- _____ Palladium
- _____ Picture
- _____ Transom