

NUTRITION AND WELLNESS

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An individual or *team event*, recognizes participants who track food intake and physical activity for themselves, their *family* or a *community* group and determine goals and strategies for improving their overall health. Participants must prepare a *portfolio*, *visuals* and an oral presentation.

ELIGIBILITY & GENERAL INFORMATION

1. Review “Eligibility and General Rules for All Levels of Competition” on page 8 prior to event planning and preparation.
2. Participants are encouraged to bring fully charged devices such as laptops, tablets, etc., to use for *electronic portfolio* presentation at competitions.
3. Chapters with multiple entries in this event must submit different projects for each entry. All projects must be developed and completed during a one-year span beginning July 1 and ending June 30 of the school year before the National Leadership Conference (NLC) and must be the work of the participant(s) only.
4. National Leadership Conference (NLC) participants are required to view the online orientation video and submit the STAR Events *Online Orientation Form* by the deadline. The video and form will be on the FCCLA Student Portal and can be found under Surveys Applications. Only one form per entry is required. **Contact your [State Adviser](#) for orientation procedures for competitions held prior to the National Leadership Conference (NLC).**
5. Participants who do not follow the event guidelines or the definition of the event, their project will not be considered for evaluation. However, the participant can still participate in the competition by giving an oral presentation and will only be evaluated based on that presentation.

[CLICK HERE TO VIEW NATIONAL DEADLINES](#)

CAREER PATHWAYS ALIGNMENT

Human Services	Hospitality & Tourism	Education & Training	Visual Arts & Design
■	■	■	

EVENT LEVELS

Level 1: Through Grade 8	Level 2: Grades 9–10	Level 3: Grades 11–12	Level 4: Postsecondary
■	■	■	■

*See page 7 for more information on event levels.

GENERAL INFORMATION

Number of Participants per Entry	Prepare Ahead of Time	Equipment Provided for Competition	Competition Dress Code
1–3	<i>Portfolio, Visuals and Oral Presentation</i>	Table–Yes Electrical Access–No Wall Space–No Supplies–No Wi-Fi – No	FCCLA Official Dress

PRESENTATION ELEMENTS ALLOWED

Audio	Easel(s)	File Folder	Flip Chart(s)	Portfolio	Props/ Pointers	Skits	Presentation Equipment	Visuals
■	■		■	■	■		■	■

TOP 5 SKILLS STUDENTS REPORT LEARNING THROUGH PARTICIPATION

Creativity	Public Speaking
Responsibility and Time Management	Teamwork
Decision Making or Problem Solving	

NUTRITION AND WELLNESS BY THE NUMBERS: 2022 - 2023

Participants Nationwide	Type of Event	Nationwide Impact
383	Foundational	3,270

87% of Nutrition and Wellness participants indicated this event is extremely or very useful to their future.
39% of Nutrition and Wellness participants indicated they would pursue higher education related to the career chosen in their project.

PARTICIPANT TESTIMONIALS

"This project impacted my family because my mom and I suffer from Type 2 diabetes. In my project, I tracked what we ate, when, and how much through using a food diary, as well as what type of exercise." Arizona FCCLA Member

"I tracked my food intake and exercise to help me reach my goal of wrestling at 135 pounds. I used a food tracker and set goals for myself." Kansas FCCLA Member

"Over five weeks, I tracked food intake and exercise for teachers who volunteered for the project. Each week I gave them a letter, informational flyer, a gift, and personal notes. I made individualized plans for them that included meals, exercise, water, and sleep." - Missouri FCCLA Member

"As a future chef, this project helped me to understand how nutrition positively nourishes the mind, body, and soul." Ohio FCCLA Member

"Four people in my church youth group agreed to participate in tracking food intake and exercise. I developed three main goals for each of them based on the result of their tracking." Tennessee FCCLA Member

SCHOLARSHIPS

Each year FCCLA's collegiate partners award over 13 million in scholarships to the Top 3 placing Level 3 teams/individuals annually at the National Leadership Conference. Scholarship details can be found on the FCCLA Website.