

## NUTRITION AND WELLNESS

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 the **STAR Events Front Pages** for all event requirements, policies, and event procedures before beginning the project.
2. Participants are encouraged to bring a fully charged device (laptop, tablet, etc.) to use for the presentation during the competition.
3. Chapters with multiple entries in this event must submit different projects for each entry. All projects must be developed and completed during the school year leading up to the National Leadership Conference (NLC), within the timeframe July 1 through June 30, and must be the work of the participant(s) only.
4. **Online Orientation** - NLC participants are **encouraged** to view the STAR Events Online Orientation video to ensure they are fully prepared for the NLC. The video will be in the FCCLA Student Portal under Resources. **Contact your [state adviser](#) for orientation procedures for competitions held prior to the NLC.**
5. **STAR Events Schedule Confirmation** – It is **strongly suggested** that chapter advisers confirm participants' STAR Events schedules in the FCCLA Adviser Portal. Advisers can review students' schedules in the FCCLA Adviser Portal by visiting the Meetings & Events tab, selecting the NLC option, and choosing "Confirm STAR Competition." **Confirming schedules in advance helps ensure that participants are qualified, registered for the conference, and competing in the correct STAR Event. Schedule changes after the published deadline are subject to a \$25 change fee.** Please refer to the FCCLA Website (Competitive Events Dates & Deadlines).
6. Participants who do not follow event guidelines, align with the event definition, or address the current event topic will not have their project evaluated. However, they may still participate in the competition by delivering an oral presentation and will be evaluated based on the presentation.

[CLICK TO VIEW NATIONAL DEADLINES](#)

### CAREER CLUSTERS ALIGNMENT

| Arts & Design         | Education & Training | Financial Services |
|-----------------------|----------------------|--------------------|
|                       | ■                    |                    |
| Hospitality & Tourism | Human Services       | Public Service     |
| ■                     | ■                    |                    |

### EVENT LEVELS

| Level 1:<br>Through Grade 8 | Level 2:<br>Grades 9–10 | Level 3:<br>Grades 11–12 | Level 4:<br>Postsecondary |
|-----------------------------|-------------------------|--------------------------|---------------------------|
| ■                           | ■                       | ■                        | ■                         |

Review the "Event Description and Levels" section of the policies in the front of the guidelines 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</i> and Oral Presentation | Table–Yes<br>Electrical Access–No<br>Wall Space–No<br>Supplies–No<br>Wi-Fi – No | FCCLA Official Dress   |

### PRESENTATION ELEMENTS ALLOWED

| Audio | Easel(s) | File Folder | Flip Chart(s) | Portfolio | Props/<br>Pointers | Skits | Presentation<br>Equipment | Visuals |
|-------|----------|-------------|---------------|-----------|--------------------|-------|---------------------------|---------|
| ■     | ■        |             | ■             | ■         | ■                  |       | *                         | ■       |

\**Presentation Equipment* may only be used when presenting an *electronic portfolio*. Participants using a *hardcopy portfolio* may not use electronic devices during the presentation.

#### 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: 2025 - 2026

| Participants Nationwide | Type of Event | Nationwide Impact |
|-------------------------|---------------|-------------------|
| 737                     | Foundational  | 109,979           |

84% of Nutrition and Wellness participants indicated this event is extremely or very useful to their future.  
36% of Nutrition and Wellness participants indicated they would pursue higher education related to the career chosen in their project.

#### PARTICIPANT TESTIMONIALS

*"This project positively impacted our school and community by raising awareness about the importance of nutrition and wellness for student athletes. It encouraged students and families to make healthier food, hydration, and lifestyle choices that support better energy, performance, and overall well-being." – Washington FCCLA Member*

*"This Nutrition and Wellness plan is a project designated to get my family in the best shape possible. With everything from the type of problems each one of my family members have, to weekly meal plans and workout guides, this plan has everything you would need to get my family into shape!" – Arkansas FCCLA Member*

*"This project has allowed me to gain knowledge about well-rounded nutrition and wellness while reaching my friends and family. I have helped them learn how to handle their nutrition/wellness while bettering their lives is how I have made a positive impact." – Missouri 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.

#### NUTRITION AND WELLNESS GUIDELINES AND RUBRICS

The STAR Events Guidelines and rubrics are updated annually, and they are an exclusive benefit for FCCLA members. Advisers and members can access and download the guidelines from the FCCLA Portal.

**ADVISER PORTAL**