



Healthy Habits

*Missouri Competitive Event
Fall Leadership Conference*

Healthy Habits, an individual or team event, recognizes students who create a 3–5 minute pre-submitted conference themed cooking demonstration video—a video that focuses on healthy and affordable meals suitable for families. Along with the video, this event requires participants to create a recipe card that includes the ingredients and step-by-step instructions for the meal.

ELIGIBILITY INFORMATION

1. Each chapter may submit one (1) entry in this event. The video should be developed during the current affiliation year, starting August 1.
2. Participation is open to any fully affiliated FCCLA member.
3. Participants must be registered to attend the Missouri Fall Leadership Conference.

GENERAL INFORMATION

1. Participants are required to pre-submit their video and recipe card.
2. The use of copyrighted music, photographs, or graphics in the video may disqualify the entry. Music, photographs, text, trademarks, or names that are used in the project must be properly cited and documented. Only original items or items licensed for reuse are allowed. Most popular/commercial music is copyrighted, and its use strictly limited. Participants are encouraged to use music with the appropriate license for reuse and publication on the Internet. Copyright laws must be followed.
3. Participants must follow state rules/guidelines for student privacy and use of photographs/videography or student work when published online.

CAREER PATHWAYS ALIGNMENT					
Visual Arts & Design	Hospitality & Tourism	Financial Services	Education & Training	Human Services	Public Service
				✓	

EVENT LEVELS			
Level 1: Through Grade 8	Level 2: Grades 9-10	Level 3: Grades 11-12	Level 4: Postsecondary
✓	✓	✓	✓

GENERAL INFORMATION			
Number of Participants per Entry	Prepare Ahead of Time	Equipment Provided for Competition	Competition Dress Code
1-4	Cooking Video Recipe Card	Table – No Wall space – No Supplies – No	Missouri FCCLA Official Dress

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

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SPECIFICATIONS

SPECIFICATIONS	ALL LEVELS
Use of Theme	The conference theme should be clearly conveyed and easy for viewers to understand.
Originality	The video should present a creative and original interpretation of the conference theme throughout.
Editing	The video should feature engaging and visually appealing editing techniques, including fun and dynamic graphics that enhance the viewing experience.
Entertaining	The video should maintain audience interest and engagement from start to finish.
Meal Details	The meal prepared must have nutritional value and be cost effective. Cost of the meal that is made should be communicated during your cooking demonstration. Affordability in meal planning is part of the process and should be part of your planning. The ingredients used should be easily accessible for any individual recreating the recipe. The meal should use ingredients that cover all food groups and be large enough to feed multiple people or a family. A minimum of 2 nutritional goals should be established when creating this meal and specified within the demonstration.
Recipe Card	<p>Along with the video, a recipe card should be attached. Format for all recipes cards should be a 4" x 6" sized PDF file. Participants may choose the fonts, colors, and graphics displayed on the recipe card. The conference theme should be visible.</p> <p>The recipe card at minimum should include the following information:</p> <ul style="list-style-type: none"> -Recipe Name -Ingredients -Quantities/Amounts -Preparation Instructions -Prep/Cook Times -Yield
Required Questions	Video should include answers to the following questions: What elements make this meal affordable for families? What ingredients are used, and how do they contribute to a healthy, balanced diet across all food groups?
Video	3 minimum, 5 maximum minute pre-submitted conference themed cooking demonstration video. The video should focus on healthy, accessible, and affordable meals suitable for families.

ALL LEVELS

Participants will create a video and a digital recipe card. All documents must be saved and submitted in the following format:

Submit a Google Drive Folder

- ✓ Submit in one combined Google Drive Folder
- ✓ Videos should be submitted in a universal file type such as MP4
- ✓ Title files as follows for submission: HealthyHabits_ChapterNameVideo Healthy Habits_ChapterNameRecipe
- ✓ Accessibility – must be viewable without special permissions (please test link before submission)

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POINT SUMMARY FORM

Participant Name: _____ Level: _____

Chapter: _____ Team #: _____ Station #: _____ Presentation Time: _____

1. Make sure all information at the top is correct. If the participant does not show, write "No Show" across the top and return with other forms.
2. At the conclusion of scoring, verify evaluator scores and fill in information below. Calculate the final score and ask for evaluators' verification. Place this form in front of the completed rubrics and staple all items related to the participant together.
3. At the end of competition, double check all scores and participant information to ensure accuracy.
4. Check with the Event Consultant or Missouri FCCLA Staff if there are any questions regarding the evaluation process.

ROOM CONSULTANT CHECK			POINTS
Turned in by deadline 0 or 5 points	0 Materials were not turned in by the given deadline.	5 All materials were submitted by the given deadline.	
All materials are included in file 0 or 5 points	0 All materials were not included in the file and/or did not give proper access.	5 All materials for the event were included in the file and had the proper access granted.	
EVALUATORS' SCORES			
Evaluator 1: _____	Initials: _____	ROOM CONSULTANT TOTAL (10 points possible)	
Evaluator 2: _____	Initials: _____	AVERAGE EVALUATOR SCORE (90 points possible)	
Total Score: _____	<i>Divide by number of evaluators</i>	FINAL SCORE (Average Evaluator Score + Room Consultant Score)	
_____	= Average Evaluator Score	FINAL SCORE	

VERIFICATION OF FINAL SCORE & RATING (all evaluators and room consultant initial in the space below)

EVENT CONSULTANT INITIALS: _____

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EVENT RUBRIC

Participant Name: _____

Level: _____

Chapter: _____

Team #: _____

Station #: _____

Presentation Time: _____

VIDEO						POINTS
Use of Theme 0-10 points	0 Conference theme is not evident	1 2 3 Conference theme is poorly represented	4 5 6 7 Conference theme is well-represented	8 9 10 Conference theme is excellently represented and unique		
Video — pitch, tempo, volume 0-5 points	0 Voice qualities not used effectively	1 2 Voice quality is adequate	3 4 Voice quality is good, but could improve	5 Voice quality is clear and easily heard		
Overall Quality & Organization of Video 0- 10 points	0 Video is lacking organization and quality could not follow	1 2 3 Would like to see this video re-shot in better quality.	4 5 6 Video needed to be edited for quality purposes as it lacked in flow, transitions, and quality	7 8 9 Video could have improved on transitions or organization.	10 Video was well organized and thought out with great video quality.	
Nutritional Goals 0-10 points	0 1 There is no nutritional value in the meal	2 3 4 Minimal nutritional value in the meal	5 6 7 Adequate nutritional value but missing most food groups	8 9 Good nutritional value but missing some food groups	10 Great nutritional value and includes food from all food groups	
Knowledge of Balancing Nutritional Food Groups 0-10 points	0 1 Little or no mention or evidence of knowledge	2 3 4 Minimal mention or evidence of knowledge	5 6 7 Some mention or evidence of knowledge but is not effectively used in video	7 8 Knowledge of food balance is evident and shared at times in the presentation	9 10 Knowledge of food balancing nutrition is evident and incorporated throughout the video	
Affordability 0-5 points	0 Cost was not discussed	1 2 Cost was mentioned, but not thought through	3 4 Cost was well established, but could have used an easy alternative	5 Cost of the meal was affordable and well thought through		
Accessible Ingredients 0 - 5 points	0 Majority of Ingredients would be difficult to find at a local grocery store	1 2 3 Some of ingredients would be somewhat difficult to find at a local grocery store	4 5 Majority/all ingredients would be easily found at a local grocery store			
Required Questions 0 - 5 Points	0 Did not answer the questions	1 2 3 Answered questions partially, needed to elaborate and provide further information	4 5 Answered all the questions required clearly and thoroughly			
Spelling, Punctuation & Grammar 0-5 points	0 More than 60% of video/recipe card includes an error	1 2 40% to 60% of video/recipe card includes an error	3 4 Less than 40% of video/recipe card includes an error	5 One or fewer errors throughout the video or recipe card		
Overall Quality & Organization of Recipe Card 0-10 points	0 Recipe Card is unorganized and has little to no information	1 2 3 Recipe Card is difficult to follow and lacks information	4 5 6 Recipe Card is somewhat organized and has needed information	7 8 9 Recipe Card has good quality and majority of the recipe information	10 Recipe Card is creative and of professional quality while presenting all needed information	
All Information and Details are Included on Recipe Card 0-15 points	0 No recipe card was turned in	1 2 3 4 5 Recipe Card has 2-3 mandatory elements	6 7 8 9 10 Recipe Card includes partial information and includes the theme	11 12 13 14 Recipe Card is the correct size, includes partial information, and theme usage	15 Recipe Card is 4"x 6" in size, includes all parts of a recipe, and the theme is visible	

Evaluator Comments – Include two things done well and two opportunities for improvement:	TOTAL (90 points possible)	
	Evaluator #: _____	
	Eval. Initials: _____	
RC Initials: _____		