

## **FCS SKILL-A-THON**

Revised 2020

### **Purpose:**

- To educate 4-H members to identify items used cooking, baking, and sewing, and to develop good decision making skills around food selection.
- To give 4-H members the opportunity to learn how to become good consumers for themselves and their families.

### **Eligibility:**

The general rules for participation and eligibility apply. Member may be enrolled in any 4-H project.

### **General Information:**

Each county is allowed to bring four teams to the district contest. The teams may be two novice and two junior teams. Novice teams may be novice age contestants only. Junior teams may be mixed ages, novice and junior age contestants. Junior contestants may not participate as a member of a novice team.

A team consists of three or four members. The team score will be the total of the three highest placing individual scores of the team. If a county does not have at least three members to make a team, they may bring individuals to compete for high point individual awards only. A maximum of sixteen participants per county may participate.

The following components will be included in the contest for **Novice** and **Juniors** to complete:

1. Food and Nutrition Identification – 50 points. Youth will identify 25 items by placing the number besides the item on the answer sheet. Each correct response is worth 2 points.
2. Sewing and Clothing Identification – 50 points. Youth will identify 25 items by placing the number beside the item on the answer sheet.
3. Interior Design and Housing – 30 points. Youth will identify 15 items by placing the number beside the item on the answer sheet.
4. Food and Nutrition Judging – 50 points. Youth will place a class of items based on nutrition and information in the situation. Criteria will be from the latest food and nutrition classes in consumer contest.

Total Points Possible – 180 points.

### **Awards:**

First through fifth place ribbons will be awarded the winning team members and high point individuals. Medals will go to the first-place teams and high point individuals.

**Tie Breakers:**

1st tie breaker will be the Foods and Cooking ID

2nd tie breaker will be the Interior Design & Housing ID

3rd tie breaker will be the Judging Class

**Reference Materials:**

1. Photos of ID items and definitions are available at the Western National Roundup Website:  
<http://www.westernnationalroundup.org/contests-fcs.aspx>
2. Selecting Healthy Snacks

Name \_\_\_\_\_

County \_\_\_\_\_

**FCS SKILL-A-THON  
FOODS & COOKING ID SHEET**

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

**COOKWARE**

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

**DISH & TABLEWARE**

- |                         |                    |                   |               |
|-------------------------|--------------------|-------------------|---------------|
| _____ Bread Plate       | _____ Gravy Boat   | _____ Napkin Ring | _____ Saucer  |
| _____ Butter Dish       | _____ Juice Glass  | _____ Parfait Cup | _____ Tea Pot |
| _____ Cream & Sugar Set | _____ Meat Platter | _____ Pepper Mill |               |

**SPICES/FOODS**

- |                  |                |                  |                   |
|------------------|----------------|------------------|-------------------|
| _____ Allspice   | _____ Cloves   | _____ Mustard    | _____ Quinoa      |
| _____ Anise      | _____ Couscous | _____ Nutmeg     | _____ Rosemary    |
| _____ Basil      | _____ Cumin    | _____ Oregano    | _____ Sesame Seed |
| _____ Bay Leaves | _____ Curry    | _____ Paprika    | _____ Thyme       |
| _____ Chives     | _____ Dill     | _____ Parsley    | _____ Vanilla     |
| _____ Cinnamon   | _____ Ginger   | _____ Poppy Seed |                   |

**UTENSILS**

- |                     |                            |                        |
|---------------------|----------------------------|------------------------|
| _____ Apple Corer   | _____ Liquid Measuring Cup | _____ Pasta Server     |
| _____ Bear Claws    | _____ Tongs                | _____ Potato Masher    |
| _____ Chef's Knife  | _____ Measuring Cups       | _____ Rolling Pin      |
| _____ Chopper       | _____ Strainer             | _____ Rubber Spatula   |
| _____ Chopsticks    | _____ Measuring Spoons     | _____ Scraper          |
| _____ Egg Separator | _____ Meat Tenderizer      | _____ Skewer           |
| _____ Egg Slicer    | _____ Melon Baller         | _____ Kitchen Fork     |
| _____ Fat Separator | _____ Mixing Bowl          | _____ Turner           |
| _____ Flour Sifter  | _____ Pasta Measurer       | _____ Utility Knife    |
| _____ Garlic Press  | _____ Meat Thermometer     | _____ Vegetable Peeler |
| _____ Grater        | _____ Candy Thermometer    | _____ Whisk            |

Name \_\_\_\_\_

County \_\_\_\_\_

**FCS SKILL-A-THON  
SEWING & CLOTHING ID**

You will be provided 25 items from the list below. Write the number on the item in the blank for what that item represents.

Correct answers are worth 2 points each.

**Material**

- \_\_\_\_\_ Cotton
- \_\_\_\_\_ Fleece
- \_\_\_\_\_ Selvage
- \_\_\_\_\_ Wool

**Sewing Machine Parts**

- \_\_\_\_\_ Balance/Hand Wheel
- \_\_\_\_\_ Bobbin
- \_\_\_\_\_ Bobbin Case
- \_\_\_\_\_ 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

**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
- \_\_\_\_\_ Press Cloth
- \_\_\_\_\_ Rotary Cutter
- \_\_\_\_\_ Safety Pins
- \_\_\_\_\_ Scissors
- \_\_\_\_\_ Seam Ripper
- \_\_\_\_\_ Sewing Gauge
- \_\_\_\_\_ Sharps
- \_\_\_\_\_ Shears
- \_\_\_\_\_ Tailors Chalk
- \_\_\_\_\_ Thimble
- \_\_\_\_\_ Thread

Name \_\_\_\_\_

County \_\_\_\_\_

**FCS SKILL-A-THON**  
**INTERIOR DESIGN AND HOUSING ID**

You will be provided 15 items from the list below. Write the number on the item in the blank for what that item represents.

Correct answers are worth 2 points each.

**Carpet/Flooring**

- \_\_\_\_\_ Cork
- \_\_\_\_\_ Cut Loop
- \_\_\_\_\_ Hard Wood
- \_\_\_\_\_ Loop Pile (Berber)
- \_\_\_\_\_ Textured Cut Pile

**Curtain & 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
- \_\_\_\_\_ Door/Window Jamb

**Windows**

- \_\_\_\_\_ Casement
- \_\_\_\_\_ Double Hung
- \_\_\_\_\_ Palladium
- \_\_\_\_\_ Picture
- \_\_\_\_\_ Lining
- \_\_\_\_\_ Silk
- \_\_\_\_\_ Tapestry

**Tools**

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

**Painting**

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

**Material**

- \_\_\_\_\_ Brocade
- \_\_\_\_\_ Burlap
- \_\_\_\_\_ Chenille
- \_\_\_\_\_ Chintz
- \_\_\_\_\_ Damask
- \_\_\_\_\_ Denim
- \_\_\_\_\_ Gingham