

Nebraska Human Sciences & Education Course Standards & FCCLA STAR Events Alignment Guide

Students Taking Action with Recognition (STAR) Events provide opportunities for Family, Career, & Community Leaders of America (FCCLA) members to showcase college- and career-readiness skills in Family and Consumer Sciences (FCS) and related occupations. Members use event criteria and their knowledge, skills, and abilities learned in their FCS courses and through their involvement in FCCLA to actively identify an issue concerning families, careers, or communities, research the topic, and develop and implement a project to advocate for positive change.



Some STAR Events, such as Chapter Service Project Display or Portfolio, Digital Stories for Change, Instructional Video Design, National Programs in Action, and Professional Presentation, may not align directly with specific standards but can still be used to teach concepts or guide project-based learning.

To access event guidelines and policies: Download the STAR Event Guidelines available under the "Resources" tab on the FCCLA portal.

Below is a list of Nebraska Human Sciences & Education courses with aligned FCCLA STAR Events.

Please Note: This list is not exhaustive. Additional competitions may align with the standards based on the specific topics of the year and how the local curriculum is structured.

Apparel Production & Construction

- Career Investigation
- Fashion Construction
- Fashion Design
- Job Interview
- Repurpose & Redesign

Baking & Pastry

- Baking & Pastry
- Entrepreneurship
- Hospitality, Tourism & Recreation

Best Practices in Early Childhood Education with Work-Based Learning

- Early Childhood Education
- Focus On Children
- Instructional Video Design
- Teach or Train
- Teaching Strategies

Best Practices in Education & Training with Work-Based Learning

- Early Childhood Education
- Focus On Children
- Instructional Video Design
- Interpersonal Communications
- Red Talks on Education
- Say Yes to FCS Education
- Teach or Train
- Teaching Strategies

Careers in Mental Health

- Career Investigation

Child Development

- Career Investigation
- Focus On Children
- Public Policy Advocate

Culinary Skills 1

- Baking & Pastry
- Culinary Arts
- Entrepreneurship
- Food Innovations
- Hospitality, Tourism & Recreation

Culinary Skills 2

- Culinary Arts
- Entrepreneurship
- Food Innovations
- Hospitality, Tourism & Recreation

Early Childhood Education Practicum with Work-Based Learning

- Early Childhood Education
- Focus On Children
- Instructional Video Design
- Teach or Train
- Teaching Strategies

Education & Training Practicum with Work-Based Learning

- Early Childhood Education
- Interpersonal Communications
- Leadership
- Public Policy Advocate
- Teach or Train
- Teaching Strategies

Entrepreneurship

- Career Investigation
- Entrepreneurship
- Event Management
- Hospitality, Tourism & Recreation

**Below is a list of Nebraska Human Sciences & Education
courses with aligned FCCLA STAR Events.**

Please Note: This list is not exhaustive. Additional competitions may align with the standards based on the specific topics of the year and how the local curriculum is structured.

Event Management with Work-Based Learning Experience

- Career Investigation
- Event Management
- Hospitality, Tourism & Recreation

Families in Crisis

- Interpersonal Communications
- Public Policy Advocate

Family & Community Advocacy

- Digital Stories for Change
- Focus On Children
- Interpersonal Communications
- Leadership
- National Programs In Action
- Public Policy Advocate
- Sustainability Challenge

Fashion Design

- Career Investigation
- Entrepreneurship
- Fashion Construction
- Fashion Design
- Repurpose & Redesign

Food Science

- Career Investigation
- Food Innovations

Fundamentals of Nutrition & Culinary Essentials

- Career Investigation
- Food Innovations
- Nutrition & Wellness
- Sports Nutrition

Home Design and Interiors

- Career Investigation
- Interior Design

Interpersonal Relationships

- Interpersonal Communications

Introduction to Design

- Career Investigation
- Repurpose & Redesign

Introduction to Family & Consumer Sciences

- Career Investigation
- Interpersonal Communications
- Leadership
- Personal Finance: Presented by EVERFI

Introduction to Hospitality & Event Planning

- Career Investigation
- Event Management
- Hospitality, Tourism & Recreation

Life & Career Readiness

- Career Investigation
- Interpersonal Communications
- Job Interview
- Leadership
- Personal Finance: Presented by EVERFI
- Professional Presentation

Lifespan Development

- Focus On Children

Lifespan Nutrition & Wellness

- Career Investigation
- Nutrition & Wellness
- Sports Nutrition

Nutrition

- Career Investigation
- Nutrition & Wellness
- Public Policy Advocate
- Sports Nutrition

Parents & Families

- Focus On Children

Teaching as a Profession

- Career Investigation
- Focus On Children
- Public Policy Advocate
- Red Talks on Education
- Say Yes to FCS Education

Travel & Tourism

- Hospitality, Tourism & Recreation

Middle School FCS 6

- Focus On Children
- Food Innovations
- Interpersonal Communications
- Nutrition & Wellness

Middle School FCS 7

- Fashion Construction
- Interpersonal Communications
- Repurpose & Redesign

Middle School FCS 8

- Career Investigation
- Job Interview
- Leadership
- Personal Finance: Presented by EVERFI

Apparel Production & Construction (090103)

- Career Investigation
HSE.HS.1.5 - Demonstrate skills and develop a plan that could lead to a career within the apparel and textiles industry.
- Fashion Construction
HSE.HS.1.1 - Generate textiles, fashion, and apparel design products using a variety of equipment, tools, and supplies.
HSE.HS.1.2 - Analyze effects of textile characteristics on design, construction, care, use, and maintenance of products.
HSE.HS.1.3 - Produce fashion and apparel items using design industry technology.
HSE.HS.1.4 - Apply business principles in the apparel and textiles industry.
HSE.HS.1.5 - Demonstrate skills and develop a plan that could lead to a career within the apparel and textiles industry.
- Fashion Design
HSE.HS.1.1 - Generate textiles, fashion, and apparel design products using a variety of equipment, tools, and supplies.
HSE.HS.1.2 - Analyze effects of textile characteristics on design, construction, care, use, and maintenance of products.
HSE.HS.1.3 - Produce fashion and apparel items using design industry technology.
HSE.HS.1.4 - Apply business principles in the apparel and textiles industry.
HSE.HS.1.5 - Demonstrate skills and develop a plan that could lead to a career within the apparel and textiles industry.
- Job Interview
HSE.HS.1.5.f - Create an employment portfolio to use when seeking job opportunities in the apparel and textiles industry.
- Repurpose & Redesign
HSE.HS.1.1 - Generate textiles, fashion, and apparel design products using a variety of equipment, tools, and supplies.
HSE.HS.1.2 - Analyze effects of textile characteristics on design, construction, care, use, and maintenance of products.
HSE.HS.1.3 - Produce fashion and apparel items using design industry technology.

Baking & Pastry (370023)

- Baking & Pastry
BMM.HS.6.1.e - Demonstrate foundational baking and pastry techniques (measuring, mixing, folding, creaming, whisking, kneading, proofing, shaping, portioning etc.).
BMM.HS.6.2.c - Prepare yeast and laminate dough types and quick breads (muffin and biscuit dough types).
BMM.HS.6.2.d - Prepare Pâte à Choux and products derived from it.
BMM.HS.6.3.a - Demonstrate creaming and two-stage methods as they relate to cakes, cookies, brownies, and short pastry dough.
BMM.HS.6.3.d - Prepare various types of frosting, icing, and glaze.
BMM.HS.6.3.f - Demonstrate various cake decorating techniques including: royal icing, rolled fondant, gum paste, airbrush designs and/or edible images.
- Entrepreneurship
BMM.HS.6.4 - Implement baking and pastry industry management principles.
- Hospitality, Tourism & Recreation
BMM.HS.6.4.a - Develop a budget, business management and marketing plan for baking and pastry operations.

Best Practices in Early Childhood Education with Work-Based Learning (090134)

- Early Childhood Education
HSE.HS.9.3 - Analyze developmentally appropriate early childhood environments.
HSE.HS.9.4 - Develop lesson plans for infants and toddlers, preschoolers, and/or primary grade (K-3rd) children using developmentally appropriate practices.
- Focus On Children
HSE.HS.9.2 - Analyze the progression of the areas (PIES - physical, intellectual, emotional and social) of development for young children.
HSE.HS.9.3 - Analyze developmentally appropriate early childhood environments.
HSE.HS.9.5 - Utilize feedback to continuously improve teaching practices.
- Instructional Video Design
HSE.HS.9.4 - Develop lesson plans for infants and toddlers, preschoolers, and/or primary grade (K-3rd) children using developmentally appropriate practices.
- Teach or Train
HSE.HS.9.4 - Develop lesson plans for infants and toddlers, preschoolers, and/or primary grade (K-3rd) children using developmentally appropriate practices.
- Teaching Strategies
HSE.HS.9.4 - Develop lesson plans for infants and toddlers, preschoolers, and/or primary grade (K-3rd) children using developmentally appropriate practices.

Best Practices in Education & Training with Work-Based Learning (350002)

- Early Childhood Education
 - HSE.HS.3.2 - Assess and implement appropriate strategies to differentiate instruction and engage all learners.
 - HSE.HS.3.3 - Analyze methods of assessment and their uses.
 - HSE.HS.3.5 - Demonstrate effective communication and positive feedback strategies.
 - HSE.HS.3.7 - Model best practices through a work-based learning experience.
- Focus On Children
 - HSE.HS.3.1 - Synthesize how learners grow and develop.
 - HSE.HS.3.5 - Demonstrate effective communication and positive feedback strategies.
- Instructional Video Design
 - HSE.HS.3.1.c - Create developmentally appropriate instruction that meets student needs.
- Interpersonal Communications
 - HSE.HS.3.5 - Demonstrate effective communication and positive feedback strategies.
- Red Talks on Education
 - HSE.HS.3.5.a - Practice effective communication skills needed for the education profession (e.g., listening, speaking, non-verbal communication, verbal communication and written communication).
- Say Yes to FCS Education
 - HSE.HS.3.2 - Assess and implement appropriate strategies to differentiate instruction and engage all learners.
 - HSE.HS.3.3 - Analyze methods of assessment and their uses.
 - HSE.HS.3.7 - Model best practices through a work-based learning experience.
- Teach or Train
 - HSE.HS.3.1 - Synthesize how learners grow and develop.
 - HSE.HS.3.2 - Assess and implement appropriate strategies to differentiate instruction and engage all learners.
 - HSE.HS.3.3 - Analyze methods of assessment and their uses.
 - HSE.HS.3.5 - Demonstrate effective communication and positive feedback strategies.
 - HSE.HS.3.6 - Differentiate leadership roles and opportunities for collaboration.
 - HSE.HS.3.7 - Model best practices through a work-based learning experience.
- Teaching Strategies
 - HSE.HS.3.1 - Synthesize how learners grow and develop.
 - HSE.HS.3.2 - Assess and implement appropriate strategies to differentiate instruction and engage all learners.
 - HSE.HS.3.3 - Analyze methods of assessment and their uses.
 - HSE.HS.3.5 - Demonstrate effective communication and positive feedback strategies.
 - HSE.HS.3.6 - Differentiate leadership roles and opportunities for collaboration.
 - HSE.HS.3.7 - Model best practices through a work-based learning experience.

Careers in Mental Health (090128)

- Career Investigation
 - HSE.HS.4.1 - Analyze non-therapeutic helper careers where counseling practices are applied.
 - HSE.HS.4.2 - Summarize professional character qualities required of a mental health professional.
 - HSE.HS.4.4 - Distinguish between careers in the mental health field.
 - HSE.HS.4.5 - Identify the process for becoming a certified mental health professional.
 - HSE.HS.4.6 - Appraise the importance of ethical behavior within the mental health professions.

Child Development (090119)

- Career Investigation
 - HSE.HS.5.5 - Describe an understanding of career opportunities and early childhood community resources for supporting families in young children's development.
- Focus On Children
 - HSE.HS.5.1 - Explain the basic principles of child development from conception to age 12.
 - HSE.HS.5.2 - Evaluate child development theoretical perspectives and their applications.
 - HSE.HS.5.4 - Analyze the theoretical perspectives of social, cultural, and linguistic diversity traits and their impact on child growth and development.
- Public Policy Advocate
 - HSE.HS.5.4 - Analyze the theoretical perspectives of social, cultural, and linguistic diversity traits and their impact on child growth and development.
 - HSE.HS.5.5 - Describe an understanding of career opportunities and early childhood community resources for supporting families in young children's development.

Below is a list of Nebraska Human Sciences & Education courses with aligned FCCLA STAR Events and the specific course standards that correspond to each event.

Culinary Skills 1 (370021)

- Baking & Pastry
BMM.HS.10.2.c - Demonstrate measurements using weight and volume.
BMM.HS.10.5.e - Prepare dessert sauces, baked goods, and pastries.
- Culinary Arts
BMM.HS.10.2.c - Demonstrate measurements using weight and volume.
BMM.HS.10.5.b - Identify the characteristics of herbs and spices and incorporate them to enhance flavor.
BMM.HS.10.5.f - Demonstrate professional plating, garnishing, and food presentation techniques.
- Entrepreneurship
BMM.HS.10.6 - Examine effective management principles within the restaurant and food service industry.
- Food Innovations
BMM.HS.10.2.b - Calculate the cost of recipes.
BMM.HS.10.2.d - Convert recipes to yield smaller and larger quantities based on operational needs.
BMM.HS.10.3.b - Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.
BMM.HS.10.6.b - Explain the purpose and components of a marketing plan.
- Hospitality, Tourism & Recreation
BMM.HS.10.3 - Apply menu planning principles based on standardized recipes to meet customer needs.
BMM.HS.10.6 - Examine effective management principles within the restaurant and food service industry.

Culinary Skills 2 (370022)

- Culinary Arts
BMM.HS.11.3.b - Prepare fruits and vegetables.
BMM.HS.11.3.c - Prepare potatoes, grains, legumes, and pastas.
BMM.HS.11.3.d - Prepare meats, poultry, and seafood.
- Entrepreneurship
BMM.HS.11.1 - Demonstrate food and kitchen safety and sanitation procedures.
BMM.HS.11.2 - Apply math concepts to food preparation, recipe, and menu development.
BMM.HS.11.4 - Implement food service management principles.
- Food Innovations
BMM.HS.11.1 - Demonstrate food and kitchen safety and sanitation procedures.
BMM.HS.11.2 - Apply math concepts to food preparation, recipe, and menu development.
BMM.HS.11.3 - Demonstrate technical food preparation techniques.
BMM.HS.11.4 - Implement food service management principles.
- Hospitality, Tourism & Recreation
BMM.HS.11.2 - Apply math concepts to food preparation, recipe, and menu development.
BMM.HS.11.4 - Implement food service management principles.

Early Childhood Education Practicum with Work-Based Learning (090122)

- Early Childhood Education
HSE.HS.10.2 - Demonstrate appropriate teaching strategies that enhance each child's learning and development.
HSE.HS.10.4 - Integrate developmentally appropriate learning experiences using effective teaching strategies.
HSE.HS.10.5 - Provide evidence of professional knowledge and skills attained from early childhood education coursework and field experiences.
- Focus On Children
HSE.HS.10.2 - Demonstrate appropriate teaching strategies that enhance each child's learning and development.
HSE.HS.10.4 - Integrate developmentally appropriate learning experiences using effective teaching strategies.
- Instructional Video Design
HSE.HS.10.4 - Integrate developmentally appropriate learning experiences using effective teaching strategies.
- Teach or Train
HSE.HS.10.2 - Demonstrate appropriate teaching strategies that enhance each child's learning and development.
HSE.HS.10.4 - Integrate developmentally appropriate learning experiences using effective teaching strategies.
HSE.HS.10.5 - Provide evidence of professional knowledge and skills attained from early childhood education coursework and field experiences.
HSE.HS.10.6 - Model teaching practices with the goal of continuous improvement through a work-based learning experience.
- Teaching Strategies
HSE.HS.10.2 - Demonstrate appropriate teaching strategies that enhance each child's learning and development.
HSE.HS.10.4 - Integrate developmentally appropriate learning experiences using effective teaching strategies.

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Education & Training Practicum with Work-Based Learning (350003)

- Early Childhood Education
 - HSE.HS.11.2 - Adapt a variety of instructional strategies for different levels of cognition.
 - HSE.HS.11.5 - Model teaching practices with the goal of continuous improvement through a work-based learning experience.
- Interpersonal Communications
 - HSE.HS.11.4 - Analyze how learner diversity can affect communication.
- Leadership
 - HSE.HS.11.5.b - Implement continual appraisal of performance and identify strengths and weaknesses.
 - HSE.HS.11.5.d - Model the positive attributes of effective leaders (e.g., self awareness, self regulation, motivation, empathy).
- Public Policy Advocate
 - HSE.HS.11.1 - Analyze current policies and ethics of the education profession.
- Teach or Train
 - HSE.HS.11.2 - Adapt a variety of instructional strategies for different levels of cognition.
 - HSE.HS.11.5 - Model teaching practices with the goal of continuous improvement through a work-based learning experience.
- Teaching Strategies
 - HSE.HS.11.2 - Adapt a variety of instructional strategies for different levels of cognition.
 - HSE.HS.11.5 - Model teaching practices with the goal of continuous improvement through a work-based learning experience.

Entrepreneurship (032370)

- Career Investigation
 - BMM.HS.13.1.a - Analyze personal strengths, skills, and talents necessary to be an entrepreneur.
 - BMM.HS.13.1.b - Identify responsible behavior, attitude, and leadership ability.
 - BMM.HS.13.1.e - Explore career opportunities in entrepreneurship.
- Entrepreneurship
 - BMM.HS.13.2 - Evaluate business ownership as related to entrepreneurship.
 - BMM.HS.13.3 - Analyze the management, financial, marketing, and legal skills necessary to successfully operate and grow an entrepreneurial venture.
- Event Management
 - BMM.HS.13.3 - Analyze the management, financial, marketing, and legal skills necessary to successfully operate and grow an entrepreneurial venture.
- Hospitality, Tourism & Recreation
 - BMM.HS.13.3 - Analyze the management, financial, marketing, and legal skills necessary to successfully operate and grow an entrepreneurial venture.

Event Management with Work-Based Learning Experience (038303)

- Career Investigation
 - BMM.HS.14.2.a - Summarize career opportunities and growth potential in event planning and management (e.g., corporate or private event planner, independent contractor, vendor, hotel staff, etc).
 - BMM.HS.14.2.b - Identify education and training requirements for careers in event and entertainment management.
 - BMM.HS.14.2.d - Investigate current trends in the event and entertainment industry.
- Entrepreneurship
 - BMM.HS.14.1.d - Describe legal issues affecting the event management industry.
 - BMM.HS.14.3 - Analyze the overall design of event planning and management.
 - BMM.HS.14.4 - Analyze food and beverage operations in event management.
 - BMM.HS.14.5 - Analyze effective marketing strategies for the event.
- Event Management
 - BMM.HS.14.3 - Analyze the overall design of event planning and management.
 - BMM.HS.14.4 - Analyze food and beverage operations in event management.
 - BMM.HS.14.5 - Analyze effective marketing strategies for the event.
 - BMM.HS.14.6.d - Apply event management concepts and principles to plan and carry out an event.
- Hospitality, Tourism & Recreation
 - BMM.HS.14.3 - Analyze the overall design of event planning and management.

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Families in Crisis (090127)

- Interpersonal Communications
HSE.HS.13.2.d - Explain the importance of healthy communication and conflict resolution in a family.
- Public Policy Advocate
HSE.HS.13.3.a - Define stigma and explain its effects on those with mental illness.
HSE.HS.13.3.b - Identify ways to minimize stigma surrounding mental illness and seeking help for mental health problems.
HSE.HS.13.3.g - Identify community resources to help families facing mental health crises.

Family & Community Advocacy (090132)

- Digital Stories for Change
HSE.HS.14.7.b - Apply knowledge of advocacy and leadership to benefit individuals, families, and communities.
- Focus On Children
HSE.HS.14.7.a - Identify ways to serve individuals, families, and communities.
- Interpersonal Communications
HSE.HS.14.2.b - Identify strong intra-personal and interpersonal relationship skills (conflict resolution, teamwork, attentive listening skills).
- Leadership
HSE.HS.14.2 - Assess the leadership role of the advocate.
- National Programs In Action
HSE.HS.14.7 - Analyze service-learning and its connection to civic responsibility.
- Public Policy Advocate
HSE.HS.14.4 - Outline specific community outreach programs, resources, and connections as they relate to families.
HSE.HS.14.5 - Analyze the importance of individuals, families, and communities participating in their civic duties as local advocates.
- Sustainability Challenge
HSE.HS.14.1.c - Identify situations where advocates would be involved.
HSE.HS.14.5.d - Describe the process of advocating for an issue.
HSE.HS.14.5.f - Describe what advocacy looks like at the local, state, and national levels.
HSE.HS.14.7.a - Identify ways to serve individuals, families, and communities.
HSE.HS.14.7.b - Apply knowledge of advocacy and leadership to benefit individuals, families, and communities.

Fashion Design (090206)

- Career Investigation
HSE.HS.12.7.c - Analyze opportunities for employment and entrepreneurial endeavors in the fashion design field.
HSE.HS.12.7.d - Summarize education and training requirements and career opportunities in the textiles, fashion, and apparel industries.
- Entrepreneurship
HSE.HS.12.7 - Analyze professional practice and procedures for business profitability and career success in the design industry.
- Fashion Construction
HSE.HS.12.2 - Analyze the effects of textile characteristics on design, construction, care, use, and maintenance of products.
HSE.HS.12.3 - Analyze the components of design and their effect on various products.
HSE.HS.12.4 - Design, produce, alter, and repair fashion and apparel items.
HSE.HS.12.5 - Create designs utilizing technology within the design industry.
- Fashion Design
HSE.HS.12.2 - Analyze the effects of textile characteristics on design, construction, care, use, and maintenance of products.
HSE.HS.12.3 - Analyze the components of design and their effect on various products.
HSE.HS.12.4 - Design, produce, alter, and repair fashion and apparel items.
HSE.HS.12.5 - Create designs utilizing technology within the design industry.
HSE.HS.12.6 - Develop an apparel collection based on client interest.
HSE.HS.12.7 - Analyze professional practice and procedures for business profitability and career success in the design industry.
- Repurpose & Redesign
HSE.HS.12.2 - Analyze the effects of textile characteristics on design, construction, care, use, and maintenance of products.
HSE.HS.12.4 - Design, produce, alter, and repair fashion and apparel items.
HSE.HS.12.7.a - Explain how products are priced for selling (material costs, labor costs, overhead costs).
HSE.HS.12.7.b - Apply the marketing mix (product, place, price, promotion).

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Food Science (090113)

- Career Investigation
 - HSE.HS.19.1.b - Identify career opportunities within the food science industry.
 - HSE.HS.19.1.d - Analyze career opportunities matched to personal life skills, talents, career goals, and local industry trends within the food science industry.
- Food Innovations
 - HSE.HS.19.2.b - Demonstrate the safe and accurate use of measuring, preparation, heating, packaging, and storage equipment in the lab setting.
 - HSE.HS.19.3.b - Analyze the effects of food science and technology on meeting nutritional needs.
 - HSE.HS.19.5.c - Analyze the effects of technological advances on selection, preparation, packaging, and storage of food.
 - HSE.HS.19.5.f - Demonstrate safe preparation/heating/storage methods on a variety of food products.
 - HSE.HS.19.7.d - Analyze data when making development and marketing decisions.

Fundamentals of Nutrition & Culinary Essentials (090107)

- Career Investigation
 - HSE.HS.21.1.c - Summarize roles, responsibilities, education, training, and credentialing requirements for careers within the food, nutrition, and culinary industries.
 - HSE.HS.21.1.d - Compare and contrast personal strengths, talents, interests, and passions to the skills and traits required of the workplace.
- Food Innovations
 - HSE.HS.21.3.f - Apply nutrition mathematical concepts to calculate energy from nutrients and the energy composition of a food item.
 - HSE.HS.21.4.d - Identify package labeling components.
 - HSE.HS.21.4.e - Analyze the Nutrition Facts label to determine nutrient contributions of a variety of foods.
 - HSE.HS.21.5.b - Apply proper personal hygiene, health habits, and industry-standard apparel.
 - HSE.HS.21.5.d - Identify the critical control points and the Temperature Danger Zone during all food handling processes as a method for minimizing the risk of food borne illness (HACCP system).
 - HSE.HS.21.6.a - Demonstrate foundational culinary techniques (measuring, knife skills, folding, creaming) and correct use of kitchen equipment.
 - HSE.HS.21.6.f - Label and store fresh and finished food products appropriately to reduce spoilage.
 - HSE.HS.21.7.e - Recognize and make dietary modifications for special dietary needs.
- Nutrition & Wellness
 - HSE.HS.21.3.f - Apply nutrition mathematical concepts to calculate energy from nutrients and the energy composition of a food item.
 - HSE.HS.21.4.a - Recognize reliable sources of nutrition information (e.g., Dietary Reference Intakes, Dietary Guidelines, MyPlate model, food labels).
 - HSE.HS.21.4.c - Apply current dietary recommendations and guidelines to meal planning.
 - HSE.HS.21.4.e - Analyze the Nutrition Facts label to determine nutrient contributions of a variety of foods.
 - HSE.HS.21.7.e - Recognize and make dietary modifications for special dietary needs.
- Sports Nutrition
 - HSE.HS.21.3.f - Apply nutrition mathematical concepts to calculate energy from nutrients and the energy composition of a food item.
 - HSE.HS.21.4.c - Apply current dietary recommendations and guidelines to meal planning.
 - HSE.HS.21.7.e - Recognize and make dietary modifications for special dietary needs.

Home Design and Interiors (090109)

- Career Investigation
 - HSE.HS.22.7.b - Summarize education, training, and credentialing requirements and career opportunities in the housing and interior design industries.
 - HSE.HS.22.7.c - Describe the knowledge and skills required of an entrepreneur.
 - HSE.HS.22.7.d - Analyze opportunities for employment and entrepreneurial endeavors in the housing and interior design industries.
- Interior Design
 - HSE.HS.22.1 - Evaluate housing and design concepts and theories, including sustainability and universal design, in relation to available resources and options.
 - HSE.HS.22.2 - Evaluate the influence of architecture, interior design, and furnishings throughout history.
 - HSE.HS.22.3 - Evaluate the design and function of interior space.
 - HSE.HS.22.4 - Generate a design using technology utilized within the design industry.
 - HSE.HS.22.5 - Evaluate the needs, goals, and resources of a client to design interiors.
 - HSE.HS.22.6 - Apply business principles in the design industry.

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Interpersonal Relationships (090116)

- Interpersonal Communications
 - HSE.HS.24.1.d - Explain the effects of personal values and behaviors on interpersonal relationships.
 - HSE.HS.24.4.a - Compare communication styles and their effects on relationships.
 - HSE.HS.24.4.b - Analyze verbal and nonverbal behaviors and attitudes that contribute to effective communication.
 - HSE.HS.24.4.c - Demonstrate effective listening and feedback techniques.
 - HSE.HS.24.4.d - Analyze strategies to overcome communication barriers in family, community, and work settings.

Introduction to Design (090126)

- Career Investigation
 - HSE.HS.26.5.a - Explain the roles and functions of individuals engaged in design careers.
 - HSE.HS.26.5.b - Summarize education, training, and credentialing requirements and opportunities for careers in the design field.
 - HSE.HS.26.5.c - Describe the opportunities for entrepreneurship in the design field.
 - HSE.HS.26.5.e - Analyze personal attitudes, traits, and values of design professionals with regard to responsibility, accountability, ethics, and effectiveness.
- Repurpose & Redesign
 - HSE.HS.26.1 - Apply the use of elements and principles of design.
 - HSE.HS.26.2 - Repurpose a used item using the technology available within the design industry.
 - HSE.HS.26.3.e - Assess and select textiles for their quality and appropriateness.
 - HSE.HS.26.4 - Demonstrate basic apparel construction and interior design skills.

Introduction to Family & Consumer Sciences (090101)

- Career Investigation
 - HSE.HS.27.1.b - Identify personal traits and compare them with potential career opportunities.
 - HSE.HS.27.1.c - Investigate career opportunities, including but not limited to careers within Family and Consumer Sciences.
- Interpersonal Communications
 - HSE.HS.27.3.a - Compare and contrast healthy and unhealthy personal and work relationships.
 - HSE.HS.27.3.c - Demonstrate effective communication using a variety of delivery methods that can improve personal and work relationships.
 - HSE.HS.27.3.d - Demonstrate critical thinking and conflict resolution in personal and career settings.
- Leadership
 - HSE.HS.27.2 - Apply leadership in family, workplace, and community.
- Personal Finance: Presented by EVERFI
 - HSE.HS.27.8 - Explain consumerism and personal finance.

Introduction to Hospitality & Event Planning (038301)

- Career Investigation
 - BMM.HS.17.1.a - Define and compare core elements of the hospitality and event planning industry (e.g. lodging, travel, and tourism; event planning; theme parks, attractions, and exhibitions).
 - BMM.HS.17.1.b - Determine the relationship of amusements and recreation to travel and tourism.
 - BMM.HS.17.1.c - Analyze trends and their impact on hospitality and event planning practices (e.g., economy, green movement, sports, etc.).
 - BMM.HS.17.1.d - Analyze the impact and contributions of various segments of the industry on economies, cultures, and the environment.
- Event Management
 - BMM.HS.17.3 - Analyze safety and security practices in hospitality and event planning.
 - BMM.HS.17.5 - Analyze effective management principles within the hospitality and event planning industry.
 - BMM.HS.17.6 - Plan and carry out an event.
- Hospitality, Tourism & Recreation
 - BMM.HS.17.3 - Analyze safety and security practices in hospitality and event planning.
 - BMM.HS.17.6 - Plan and carry out an event.

Below is a list of Nebraska Human Sciences & Education courses with aligned FCCLA STAR Events and the specific course standards that correspond to each event.

Life & Career Readiness (090104)

- Career Investigation
HSE.HS.29.2 - Apply career readiness skills to develop a personal career plan.
- Interpersonal Communications
HSE.HS.29.2.a - Demonstrate effective and appropriate communication.
HSE.HS.29.2.b - Implement creative problem solving and critical thinking strategies.
- Job Interview
HSE.HS.29.2 - Apply career readiness skills to develop a personal career plan.
- Leadership
HSE.HS.29.2.a - Demonstrate effective and appropriate communication.
HSE.HS.29.2.b - Implement creative problem solving and critical thinking strategies.
HSE.HS.29.2.c - Model teamwork and leadership skills.
- Personal Finance: Presented by EVERFI
HSE.HS.29.4 - Apply money management skills and strategies.
HSE.HS.29.5 - Evaluate savings and investment strategies based on individual preferences and circumstances to achieve financial goals.
- Professional Presentation
HSE.HS.29.2.a - Demonstrate effective and appropriate communication.
HSE.HS.29.2.b - Implement creative problem solving and critical thinking strategies.

Lifespan Development (090123)

- Focus On Children
HSE.HS.30.1 - Evaluate principles of growth and development from conception through infancy.
HSE.HS.30.2 - Evaluate principles of growth and development from infancy through childhood.
HSE.HS.30.3 - Evaluate principles of growth and development from childhood through adolescence.

Lifespan Nutrition & Wellness (090133)

- Career Investigation
HSE.HS.31.7 - Identify career options as they pertain to nutrition and wellness throughout the lifespan.
- Nutrition & Wellness
HSE.HS.31.1 - Identify and explain basic nutrition principles for meeting nutrition and wellness needs.
HSE.HS.31.4 - Evaluate nutrition and wellness needs during adolescence.
HSE.HS.31.5 - Evaluate the difference between the recommendations for a typical adolescent versus an adolescent involved in vigorous physical activity.
- Sports Nutrition
HSE.HS.31.4 - Evaluate nutrition and wellness needs during adolescence.
HSE.HS.31.5 - Evaluate the difference between the recommendations for a typical adolescent versus an adolescent involved in vigorous physical activity.

Nutrition (090131)

- Career Investigation
HSE.HS.18.1 - Analyze career paths within the food, nutrition, and wellness field.
- Nutrition & Wellness
HSE.HS.18.3 - Analyze individual characteristics specific to macro-nutrients, micro-nutrients, and water.
HSE.HS.18.4 - Analyze current dietary recommendations and guidelines for planning a healthy diet.
- Public Policy Advocate
HSE.HS.18.6 - Analyze U.S. and global food systems and impacts on individual, family, and community health.
- Sports Nutrition
HSE.HS.18.3 - Analyze individual characteristics specific to macro-nutrients, micro-nutrients, and water.
HSE.HS.18.4 - Analyze current dietary recommendations and guidelines for planning a healthy diet.

Parents & Families (090117)

- Focus On Children
HSE.HS.33.6 - Outline children's self-regulation of health and wellness choices.

Below is a list of Nebraska Human Sciences & Education courses with aligned FCCLA STAR Events and the specific course standards that correspond to each event.

Teaching as a Profession (350001)

- Career Investigation
 - HSE.HS.35.1 - Examine teaching career opportunities.
 - HSE.HS.35.7 - Demonstrate career ready practices that develop leaders within education career pathways.
- Focus On Children
 - HSE.HS.35.4 - Analyze how learners grow and develop.
- Public Policy Advocate
 - HSE.HS.35.2.d - Identify issues and trends for the future of education.
 - HSE.HS.35.3 - Distinguish the roles and responsibilities for stakeholders within the education system.
- Red Talks on Education
 - HSE.HS.35.2.d - Identify issues and trends for the future of education.
- Say Yes to FCS Education
 - HSE.HS.35.1.a - Identify careers and roles within the educational system.
 - HSE.HS.35.1.c - Investigate the educational and experience requirements for each profession.
 - HSE.HS.35.7.a - Observe professionals within their work setting.

Travel & Tourism (038302)

- Hospitality, Tourism & Recreation
 - BMM.HS.23.3 - Analyze different modes of transportation, types of tour operators, lodging providers, and travel facilitators.
 - BMM.HS.23.4 - Evaluate marketing and sales information for travel and tourism management.

Middle School FCS 6 (090005)

- Focus On Children
 - HSE.MS.6.17 - Identify “why” child development and child care are the foundation of a successful society.
 - HSE.MS.6.18 - Describe how infants/children grow and develop physically, intellectually, emotionally, and socially.
 - HSE.MS.6.19 - Identify the stages of human development and describe in influence of heredity and environment on human development.
- Food Innovations
 - HSE.MS.6.2 - Identify the Dietary Guidelines used to make nutrition and lifestyle recommendations for Americans.
 - HSE.MS.6.4 - Define and practice basic food preparation skills.
 - HSE.MS.6.5 - Identify and practice food safety steps while preparing foods in the kitchen.
 - HSE.MS.6.6 - Identify and practice kitchen safety steps while preparing foods in the kitchen.
 - HSE.MS.6.7 - Identify the information found on food labels and discuss the importance of each.
 - HSE.MS.6.8 - Identify recipe parts & discuss the importance of each including measuring, abbreviations, conversions, and cooking methods.
- Interpersonal Communications
 - HSE.MS.6.10 - Demonstrate/practice character pillars while working as a team. Discuss how behavior relates to job skills and success.
- Nutrition & Wellness
 - HSE.MS.6.1 - Identify the MyPlate groups, foods, importance of each, recommended amounts, and how this visual helps one to make better eating choices.
 - HSE.MS.6.2 - Identify the Dietary Guidelines used to make nutrition and lifestyle recommendations for Americans.
 - HSE.MS.6.7 - Identify the information found on food labels and discuss the importance of each.

Middle School FCS 7 (090006)

- Fashion Construction
 - HSE.MS.7.13 - Demonstrate basic sewing skills before and during the construction of a project.
 - HSE.MS.7.15 - Identify and practice clothing care - laundry, iron, repair.
 - HSE.MS.7.16 - Understand the terminology associated with design, textiles, merchandising, and the clothing industry.
- Interpersonal Communications
 - HSE.MS.7.1 - Identify characteristics of healthy and unhealthy relationships and behaviors knowing limits, boundaries, and refusal skills.
 - HSE.MS.7.2 - Expose media and cultural influences to recognize unhealthy messages related to peer pressure, relationships, and/or elicit behaviors.
- Repurpose & Redesign
 - HSE.MS.7.13 - Demonstrate basic sewing skills before and during the construction of a project.
 - HSE.MS.7.15 - Identify and practice clothing care - laundry, iron, repair.
 - HSE.MS.7.16 - Understand the terminology associated with design, textiles, merchandising, and the clothing industry.

Below is a list of Nebraska Human Sciences & Education courses with aligned FCCLA STAR Events and the specific course standards that correspond to each event.

Middle School FCS 8 (090007)

- Career Investigation
 - HSE.MS.8.11 - Identify employability skills helpful in obtaining and maintaining a job.
 - HSE.MS.8.12 - Use the Nebraska Career Education Model, Nebraska Career Connections and related resources to investigate and learn about the world of work.
- Job Interview
 - HSE.MS.8.11 - Identify employability skills helpful in obtaining and maintaining a job.
 - HSE.MS.8.12 - Use the Nebraska Career Education Model, Nebraska Career Connections and related resources to investigate and learn about the world of work.
- Leadership
 - HSE.MS.8.11 - Identify employability skills helpful in obtaining and maintaining a job.
 - HSE.MS.8.13 - Understand the purpose of a Personal Learning Plan.
 - HSE.MS.8.14 - Analyze factors that impact self-formation.
- Personal Finance: Presented by EVERFI
 - HSE.MS.8.1 - Understand terminology associated with personal finance and its role in overall financial health.
 - HSE.MS.8.2 - Understand the flow of money and how the banking system operates.
(Ex: move savings, checking account, investments, interest, etc)
 - HSE.MS.8.3 - Explain the connections between education, career, and lifetime earnings.
 - HSE.MS.8.4 - Understand the concept of credit.
 - HSE.MS.8.5 - Calculate a variety of financial transactions.
 - HSE.MS.8.6 - Understand the importance of protecting oneself from identity theft.
 - HSE.MS.8.7 - Define, compare & contrast, and reflect on needs and wants and how to reach financial security.
 - HSE.MS.8.8 - Define short term and long term financial goals.
 - HSE.MS.8.9 - Analyze factors affecting consumer decisions for individuals and families.
 - HSE.MS.8.10 - Incorporate technology tools & skills as they complete research and projects throughout the unit.