

Nebraska Human Sciences & Education Course Standards & FCCLA Skill Demonstration Events Alignment Guide

Skill Demonstration Events provide opportunities for Family, Career, & Community Leaders of America (FCCLA) members to showcase college-career readiness skills in Family and Consumer Sciences (FCS) and related occupations. Members use event criteria to demonstrate skills learned in their FCS courses and through their involvement in FCCLA.

To access event guidelines and policies: Download the Skill Demonstration Event Guidelines available under the “Resources” tab on the FCCLA portal.



Below is a list of Nebraska Human Sciences & Education courses with aligned FCCLA Skill Demonstration 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.

Baking & Pastry

- Pastry Arts Technical Decorating Skills

Best Practices in Early Childhood Education with Work-Based Learning

- Lesson Plan Development and Modifications
- Toys that Teach

Best Practices in Education & Training with Work-Based Learning

- Impromptu Speaking
- Interviewing Skills
- Lesson Plan Development and Modifications
- Technology in Teaching
- Toys that Teach

Child Development

- Toys that Teach

Culinary Skills 1

- Culinary Food Art

Culinary Skills 2

- Culinary Food Art
- Culinary Knife Skills

Early Childhood Education Practicum with Work-Based Learning

- Toys that Teach

Education & Training Practicum with Work-Based Learning

- Lesson Plan Development and Modifications
- #TeachFCS

Fashion Design

- Fashion Sketch

Fundamentals of Nutrition & Culinary Essentials

- Culinary Food Art
- Culinary Knife Skills
- Interviewing Skills

Home Design and Interiors

- Interior Design Sketch

Introduction to Design

- Fashion Sketch
- Interior Design Sketch

Introduction to Family & Consumer Sciences

- FCCLA Creed Speaking & Interpretation
- Impromptu Speaking
- Speak Out for FCCLA
- #TeachFCS

Life & Career Readiness

- Impromptu Speaking
- Interviewing Skills
- #TeachFCS

Lifespan Development

- Toys that Teach

Teaching as a Profession

- #TeachFCS

Middle School FCS 6

- Culinary Knife Skills
- Technology in Teaching
- Toys that Teach

Middle School FCS 7

- Fashion Sketch

Middle School FCS 8

- Interviewing Skills
- #TeachFCS

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

Baking & Pastry (370023)

- Pastry Arts Technical Decorating Skills
BMM.HS.6.3.f: Demonstrate various cake decorating techniques including: royal icing, rolled fondant, gum paste, airbrush designs and/or edible images.

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

- Lesson Plan Development and Modifications
HSE.HS.9.4.b: Describe various instructional strategies appropriate for infants and toddlers, preschooler, and primary grade (K-3rd) children.
HSE.HS.9.4.c: Create large group, small group, and individual lesson plans that fit within the overall curriculum.
- Toys that Teach
HSE.HS.9.3.b: Identify various materials, resources, and components of developmentally appropriate environments for infants and toddlers, preschoolers, and primary grade (K-3rd) children.

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

- 4Impromptu Speaking
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).
- Interviewing Skills
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).
- Lesson Plan Development and Modifications
HSE.HS.3.1.c: Create developmentally appropriate instruction that meets student needs.
HSE.HS.3.4.e: Develop learning strategies and assessments with student needs.
- Technology in Teaching
HSE.HS.3.2.d: Utilize technology to support lesson planning.
- Toys that Teach
HSE.HS.3.1.c: Create developmentally appropriate instruction that meets student needs.

Child Development (090119)

- Toys that Teach
HSE.HS.5.1: Explain the basic principles of child development from conception to age 12.

Culinary Skills 1 (370021)

- Culinary Food Art
BMM.HS.10.5.f: Demonstrate professional plating, garnishing, and food presentation techniques.

Culinary Skills 2 (370022)

- Culinary Food Art
BMM.HS.11.3.b: Prepare fruits and vegetables.
- Culinary Knife Skills
BMM.HS.11.3.b: Prepare fruits and vegetables.
BMM.HS.11.3.c: Prepare potatoes, grains, legumes, and pastas.

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

- Toys that Teach
HSE.HS.10.4.a: Develop learning opportunities to teach individual children and small groups specific skills through exploration and play.

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

- Lesson Plan Development and Modifications
HSE.HS.11.2.a: Apply a variety of instructional strategies in lesson design.
HSE.HS.11.2.b: Adapt instructional strategies for students with diverse needs.
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HSE.HS.11.5.d: Model the positive attributes of effective leaders (e.g., self awareness, self regulation, motivation, empathy).

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Fashion Design (090206)

- Fashion Sketch
 - HSE.HS.12.4.a:* Utilize the elements and principles of design to design and/or alter fashion and apparel items.
 - HSE.HS.12.6.e:* Develop croquis sketch variations to discover design possibilities and solutions.

Fundamentals of Nutrition & Culinary Essentials (090107)

- Culinary Food Art
 - HSE.HS.21.5.b:* Apply proper personal hygiene, health habits, and industry-standard apparel
 - HSE.HS.21.5.e:* Demonstrate kitchen safety practices to prevent accidents (e.g., slips, burns, fires, shock, cuts, equipment accidents, poisoning).
 - HSE.HS.21.6.a:* Demonstrate foundational culinary techniques (measuring, knife skills, folding, creaming) and correct use of kitchen equipment.
 - HSE.HS.21.6.b:* Demonstrate mise en place.
- Culinary Knife Skills
 - HSE.HS.21.5.b:* Apply proper personal hygiene, health habits, and industry-standard apparel
 - HSE.HS.21.5.e:* Demonstrate kitchen safety practices to prevent accidents (e.g., slips, burns, fires, shock, cuts, equipment accidents, poisoning).
 - HSE.HS.21.6.a:* Demonstrate foundational culinary techniques (measuring, knife skills, folding, creaming) and correct use of kitchen equipment.
 - HSE.HS.21.6.e:* Demonstrate the preparation techniques for common essential nutrient-dense food sources (fruits, vegetables, proteins, carbohydrates, dairy products).
- Interviewing Skills
 - HSE.HS.21.1.b:* Demonstrate professional practices required in the workplace.

Home Design and Interiors (090109)

- Interior Design Sketch
 - HSE.HS.22.3.b:* Determine traffic flow, activity, and existing architectural features in creating floor plans responding to needs of all populations (e.g., aging, handicapped).
 - HSE.HS.22.3.c:* Arrange furniture placement with reference to design principles, traffic flow, activity, and existing architectural features.
 - HSE.HS.22.3.d:* Evaluate floor plans for efficiency and safety, including but not limited to zones, traffic patterns, furniture placement, storage, and electrical and mechanical systems.

Introduction to Design (090126)

- Fashion Sketch
 - HSE.HS.26.1.b:* Apply elements of design.
 - HSE.HS.26.1.c:* Apply principles of design.
- Interior Design Sketch
 - HSE.HS.26.4.c:* Demonstrate proper measuring techniques, scaling techniques, furniture placement, and selection of appropriate materials to construct an interior design product.

Introduction to Family & Consumer Sciences (090101)

- FCCLA Creed Speaking & Interpretation
 - HSE.HS.27.2.f:* Investigate opportunities available for a member of FCCLA and/or Educators Rising.
- Impromptu Speaking
 - HSE.HS.27.2.f:* Investigate opportunities available for a member of FCCLA and/or Educators Rising.
 - HSE.HS.27.3.c:* Demonstrate effective communication using a variety of delivery methods that can improve personal and work relationships.
- Speak Out for FCCLA
 - HSE.HS.27.2.f:* Investigate opportunities available for a member of FCCLA and/or Educators Rising
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 - HSE.HS.27.1.c:* Investigate career opportunities, including but not limited to careers within Family and Consumer Sciences.

Life & Career Readiness (090104)

- Impromptu Speaking
 - HSE.HS.29.2.a:* Demonstrate effective and appropriate communication.
- Interviewing Skills
 - HSE.HS.29.2.e:* Identify personal qualities and qualifications needed for employment.
 - HSE.HS.29.2.g:* Demonstrate the ability to effectively seek employment (e.g., completing applications, creating a resume, interviewing).
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 - HSE.HS.29.2.f:* Identify potential careers, including but not limited to Family and Consumer Sciences careers.

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Lifespan Development (090123)

- Toys that Teach
HSE.HS.30.1.g: Describe skills needed to work and engage with individuals in this stage of development.
HSE.HS.30.2.g: Demonstrate skills needed to work and engage with individuals in this stage of development.

Teaching as a Profession (350001)

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HSE.HS.35.1.c: Investigate the educational and experience requirements for each profession.

Middle School FCS 6 (090005)

- Culinary Knife Skills
HSE.MS.6.3: Identify cooking tool, utensil, and small appliance use and safely demonstrate their functions.
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.
- Technology in Teaching
HSE.MS.6.16: Incorporate technology tools & skills as they complete research and projects throughout the unit.
- Toys that Teach
HSE.MS.6.18: Describe how infants/children grow and develop physically, intellectually, emotionally, and socially.

Middle School FCS 7 (090006)

- Fashion Sketch
HSE.MS.7.16: Understand the terminology associated with design, textiles, merchandising, and the clothing industry.

Middle School FCS 8 (090007)

- Interviewing Skills
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.
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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.