



# NUTRITION and WELLNESS VIRTUAL



**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 an **electronic portfolio**, and a **video presentation**.

## EVENT LEVEL:

Level One through grade 8

Level Two (grades 9-10)

Level Three (grades 11-12)

## CONTENT STANDARDS ALIGNMENT

See OhioFCCLA.org (Adviser Tab) for detailed event alignment information to course content standards, national educational initiatives, and standards.

## CAREER CLUSTERS

- Education and Training
- Hospitality and Tourism
- Human Service
- Information Technology

## ELIGIBILITY & PROCEDURES

1. Review “Eligibility and General Rules for All Levels of Competition” in national STAR event manual prior to event planning and preparation.
2. Each entry must post all required documents (as specified below) to their online folder.
3. All projects must be developed and completed during a one-year span beginning July 1 and ending June 30 of the school year and must be the work of the participants.
4. Chapters must verify accessibility of documents to the public, as Ohio FCCLA will not be able to assist with this verification. Each entry must have the following items posted to their project folder:
  - Electronic Portfolio
    - i. Participants must submit one (1) file with all slides, in order for viewing. It must be submitted as a PDF file, and not a downloadable PPT file (multiple scanned images files are not allowed) (Not all evaluators may have access to PowerPoint.)
  - One (1) oral presentation video needs to be available for public view and the URL should be included in the PDF file. Options include:
    - i. Embedded video
    - ii. Video link provided to direct source such as YouTube, Vimeo, or Google Drive
    - iii. Video files which require the reviewer to download are NOT allowed due to their potential size

## RESOURCES

- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fueluptoplay60.com](http://www.fueluptoplay60.com)
- [www.fitness.gov](http://www.fitness.gov)
- [www.usda.gov](http://www.usda.gov)
- [www.fda.gov](http://www.fda.gov)
- [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
- [www.niddk.nih.gov/health-information/weight-management/body-weight-planner](http://www.niddk.nih.gov/health-information/weight-management/body-weight-planner)



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## TECHNOLOGY TIPS

1. Documents must be available and publicly accessible (check settings to ensure they can be viewed outside of the school district network)
2. All files must be clearly labeled using a descriptive file name, e.g. “Leadership – Level 2 – Gonzales.”
3. Be sure to publish all content. Have someone outside of your network check for access. Any document requiring additional access (such as Google doc) will not be able to be reviewed. Only documents that can be opened and viewed by the evaluation team can be scored!

## GENERAL INFORMATION

<b>Submission of Project</b>	There will be a specific timeline to upload documents/videos into the competition folder If the deadline is missed the project will not be evaluated Folder Name will be Chapter Name & Number_ Event Name_Level
<b>Scoring Breakdown</b>	Each team member will take the test – scores will be averaged Electronic Portfolio – team score Presentation Video – team score

Number of Participants per Entry	Prepare Ahead of Time	Competition Dress Code	Maximum Number of Slides, optional	Maximum Oral Presentation Time
1 - 3	Electronic Portfolio Presentation Video	Official FCCLA jacket preferred	59	10 minutes

ELECTRONIC PORTFOLIO SPECIFICATIONS		
1 slide	<i>Project Identification Page</i>	Plain slide – no graphics or decorations Information must include: Participants name – chapter name – school – city- event name and project title
1 slide	<i>Evidence of Online Project Summary Sheet</i>	Complete the online project summary form located on the “Surveys” tab of the FCCLA Portal and include proof of submission in the portfolio.
2 slides	<i>FCCLA Planning Process Summary Page</i>	Include how each step of the <i>Planning Process</i> was used to plan and implement the project.
1 slide	<i>Table of Contents</i>	List the parts of the <i>portfolio</i> in the order in which the parts appear.
Up to 9 slides	<i>Content Divider Pages</i>	Content divider/section may contain a title, a section name, graphic elements, thematic decorations. They must not include any other content.
Up to 3 slides	<i>Nutrition and Wellness Research</i>	The participant will research recommendations for nutrition and wellness using, but not limited to the <i>resources</i> listed in event specifications.
		Participants should determine at least three key nutrition issues and three key wellness issues which relate to their project area, then elaborate on <i>current</i> information about each item.



# NUTRITION and WELLNESS VIRTUAL



<p>Up to 42 slides</p>	<p><i>Subject Profile</i> See rubric to update</p>	<p>The participant(s) will detail the subject of their project including past and <i>current</i> nutrition and wellness information. Participants in each level should develop projects under the following subjects:</p> <p><b>Level 1</b></p> <ul style="list-style-type: none"> <li>Choose one individual on the team. The project should concern the individual participant's own nutrition and wellness or the family's nutrition and wellness (the members of the immediate family or all those living in the residence together)</li> </ul> <p><b>Level 2 and Level 3</b> (choose one of the following two options)</p> <ul style="list-style-type: none"> <li>family: the project should concern one of the individual participant's family's nutrition and wellness (the members of the immediate family or all those living in the residence together)</li> <li>community: the project should be based on an institution or <i>campaign</i> in the participant's community (e.g. school, nursing home, early childhood center, specific restaurant, etc.)</li> </ul>
	<p><i>Nutrition and Wellness Tracking</i></p>	<p>The participant will track <i>current</i> nutritional intake and wellness activity for the project's subject(s) for one week (seven consecutive days). Tracking may be done using a website or app of the participant's choosing. The participant should summarize the week's tracking of the project's subject(s) for the <i>portfolio</i>.</p>
	<p><i>Nutrition and Wellness Concerns</i></p>	<p>The participant should outline the concerns of the project's subject(s) and develop goals for improving the nutrition and wellness plan of the subject(s). This includes health concerns, personal goals of the individual(s), etc.</p>
	<p><i>Nutrition and Wellness Goals</i></p>	<p>The participant will develop three to five goals for the project and steps that should be taken to reach the goals.</p> <p><b>* Please note: If health concerns are involved, the participant should seek the assistance of a trained <i>professional</i> (doctor, dietitian, personal trainer, etc.).</b></p> <p><b>Participants should not consider themselves experts in nutrition and wellness.</b></p>



# NUTRITION and WELLNESS VIRTUAL



	<p><i>Nutrition Plan</i></p>	<p>The participant will develop one recommended nutrition plan that includes four weeks' worth of menus that meet the nutritional needs of the project's subject (individual, family, or <i>community</i>) in accordance with the above goals.</p> <p>This should include all meals and snacks that would be consumed by the individual (Level 1), consumed by the family (Levels 1, 2, or 3) with recommendations for meals not eaten together, or served by the institution with general recommendations for other meals eaten by those individuals involved.</p> <p>The nutrition plan should be realistic in regard to the schedule of the subject(s).</p>
	<p><i>Wellness Plan</i></p>	<p>The participant will develop one recommended wellness plan that will meet the needs and help realize the goals of the subject(s).</p> <p>This should be a four-week comprehensive plan that includes all aspects of wellness (e.g. exercise, sleep, etc.).</p>
	<p><i>Implementation &amp; Reflection</i></p>	<p>Discuss the nutrition and wellness plan with the subject (Level 1 reflects on it personally, or with the family; Levels 1,2, and 3with the individual(s) in charge of nutrition and wellness).</p> <p><b>Level 1</b> participants should try to implement their plan and reflect on the process and results of doing so.</p> <p><b>Levels 1, 2 and 3</b> participants should work with their family or the <i>community</i> to determine if the plan can be implemented and/or if any changes can be made based on the plan's recommendations.</p> <p>If changes are made, the participants should reflect on what differences were seen in those who took part.</p>
	<p><i>Works Cited/ Bibliography</i></p>	<p>Use MLA or APA citation style to cite all references. Resources should be <i>reliable</i> and <i>current</i>.</p>
	<p><i>Appearance</i></p>	<p>Slides must be neat, legible, professional Use correct grammar and spelling</p>



# NUTRITION and WELLNESS VIRTUAL



VIDEO PRESENTATION SPECIFICATIONS	
Organization/Delivery	Deliver oral presentation in an organized, sequential manner, concisely and thoroughly summarize project.
Connection to Family and Consumer Sciences/ Career Fields Standards	Describe relationship of project content to Family and Consumer Sciences/Career Fields standards.
Knowledge of Self	Demonstrate thorough knowledge of self and the ways in which he/she grew during the project.
Use of Slides During Presentation	Use of slides to support, illustrate, or complement presentation. Can NOT use a voice over with the slides.
Voice	Speaks clearly with appropriate pitch, tempo, and volume.
Body Language/ Clothing Choice	Use appropriate body language including gestures, posture, mannerism, eye contact, and appropriate handling of notes or note cards if used. Wear appropriate clothing for the nature of the presentation.
Grammar/Word Usage/ Pronunciation	Use proper grammar, word usage, and pronunciation.



# CAREER DEVELOPMENT EVENTS POINT SUMMARY FORM NUTRITION AND WELLNESS



Name of Member(s) \_\_\_\_\_

Chapter Name \_\_\_\_\_ Chapter Number \_\_\_\_\_ State \_\_\_\_\_

Team # \_\_\_\_\_ Station # \_\_\_\_\_ Level \_\_\_\_\_

1. Make sure all information at top is correct. If a student named is not participating, cross their name (s) off. If a team does not show, write "No Show" across the top and return with other forms. Do **NOT** change team or station number.
2. At the conclusion of evaluation, verify evaluator scores and fill in information below. Calculate the final score and ask for evaluators' verification. Place this form in folder with the completed rubrics.
3. At the end of the evaluation, double check all scores, names, and team numbers to ensure accuracy. Be sure there is **NOT** a 15-point discrepancy.
4. Make sure comments have been added.
5. Check with the Lead or Assistant Lead Consultant if there are any questions regarding the evaluation process.

ROOM CONSULTANT CHECK			Points
Event Online Orientation Documentation	<b>0</b> Official documentation not provided at presentation time	<b>2</b> Official documentation provided at presentation time with adviser signature	
Folder	<b>8 points</b> Labeled correctly Documents/Video labeled correctly Public accessible All documents uploaded by designated date		
<b>TOTAT SCORE ABOVE</b>			
Test Scores	Participant _____ Participant _____ Participant _____ <b>Total Team Score</b> _____	Total Team Score _____ Divided by # of participants on team _____ <b>-Average Team Score</b> _____ (20 points possible)	
Evaluators' Scores	Evaluator 1 _____ Evaluator 2 _____ Evaluator 3 _____		Average
Final Points	<b>100 points</b> <i>Rounded only to the nearest hundredth (i.e. 79.99 not 80.00)</i>		

RATED ACHIEVED (*mark one*)

\_\_\_\_\_ Gold 90 – 100      \_\_\_\_\_ Silver 70 – 89.99      \_\_\_\_\_ Bronze 1 – 69.99

Room Consultant Signature (*electronic*) \_\_\_\_\_



# NUTRITION and WELLNESS RUBRIC



Participants Name \_\_\_\_\_

Chapter # \_\_\_\_\_ State \_\_\_\_ Team # \_\_\_\_ Station # \_\_\_\_ Level \_\_\_\_

<b>SLIDES</b>	Possible Points <b>5</b> /Comments	<b>Points</b>
Viewable format for evaluators Contains no more than 59 slides Table of Content and Divider pages meet requirements listed Appearance of slides, neat, legible Slides are creative and high quality		
<b>FCCLA PLANNING PROCESS</b>	Possible Points <b>5</b> /Comments	
Used to plan the project Steps explain in detail Articulated with clear steps Evaluation methods stated Analyzed the impact of the project		
<b>SUBJECT PROFILE</b>	Possible Points <b>10</b> /Comments	
Detailed information of past and current subject's nutrition and wellness Complete list of subject's appropriate resources, consistent in format Profile complete Documented activities, reflection provided, recommended change included Identified wellness concerns of subject for improving nutrition and wellness		
<b>NUTRITION and WELLNESS PLAN</b>	Possible Points <b>20</b> /Comments	
Nutrition plan consists of four (4) weeks' worth of menus Four-week comprehensive wellness plan that includes all aspects of wellness Developed for improving the nutrition and well plan Goal #1 Developed for improving the nutrition and well plan Goal #2 Developed for improving the nutrition and well plan Goal #3		
<b>NUTRITION and WELLNESS RESEARCH</b>	Possible Points <b>15</b> /Comments	
Researched recommendations for nutrition and wellness Key nutrition and wellness issue#1 Key nutrition and wellness issue#2 Key nutrition and wellness issue#3 Research documented correctly		



# NUTRITION and WELLNESS RUBRIC



<b>PRESENTATION</b>	<b>Possible Points 5 /Comments</b>	
Clothing Choice Voice- pitch, tempo, volume Body Language Grammar – Word usage -pronunciation Meets presentation time requirement		
<b>PRESENTATION CONTENT</b>	<b>Possible Points 10 /Comments</b>	
Knowledge of Subject Matter Relationship of Family and Consumer Sciences/Career Field Coursework Use of slides during Presentation Organization, seamless and relevant Delivery, eye contact, holds audience interests		