

Practical Pam!

HOME ECONOMICS 101

1. What is Home Economics?
 - a. The market of buying and selling houses
 - b. The management of running a household
 - c. The price of owning a house
 - d. The management of mortgage payments
2. An average family of four loses about \$_____ a year on uneaten/spoiled groceries.
3. What does FIFO stand for?
 - a. Free Ice For Others
 - b. First Inch From One
 - c. Fill In Forms Online
 - d. First In First Out
4. _____ means making many meals ahead of time to portion out and eat later.
5. Name three ways you can save money and time on cooking for your household:
 - a. _____
 - b. _____
 - c. _____
6. Who does the cooking/shopping for food in your house? Ask them how much time they spend each week on cooking.
 - a. Person 1 _____ Time _____ hours a week
 - b. Person 2 _____ Time _____ hours a week
 - c. Person 3 _____ Time _____ hours a week
7. A _____ is a business with many washing machines and dryers that people can use for a small fee.

8. Why don't laundry detergent and dishwashing detergent form bubbles?

9. What happens to clothes in a washing machine?

- a. Agitate with soap, rinse, spin
- b. Rinse, spin, agitate with soap
- c. Spin, agitate with soap, rinse
- d. Agitate with soap, rinse, dry

10. Name something besides a washing machine that uses centrifugal force.

11. The _____ a laundry item, the _____ you need to set your dryer.

- a. Thinner, hotter
- b. Thicker, colder
- c. Thicker, hotter
- d. Bigger, smaller

12. True or False? You should always clean the lint trap before starting laundry.

- a. True
- b. False

13. Why is folding, hanging, and organizing your laundry important? Name at least three reasons.

14. Who does the laundry in your house? Ask them how much time they spend each week on laundry.

- a. Person 1 _____ Time _____ hours a week
- b. Person 2 _____ Time _____ hours a week
- c. Person 3 _____ Time _____ hours a week

15. Fresh messes are usually easier to clean up than old messes because they tend to have more _____ in them.

16. Name at least three messes that should be cleaned right away.

17. Name at least three cleaning habits that should be done every week or bimonthly.

18. Why is it important for every member of a household to contribute to home economics tasks?

ANSWER KEY

- 1. B
- 2. 1500
- 3. D
- 4. Meal Prep
- 5. Set a budget, plan meals ahead, meal prep
- 6. FILL IN YOUR OWN
- 7. Laundromat
- 8. Too messy
- 9. A
- 10. Skip-It, Gravatron, Spin Art, Salad Spinner, Centrifuge
- 11. C
- 12. True
- 13. Keeps clothes wrinkle free, takes up less space, easier to store, quicker to find items
- 14. FILL IN YOUR OWN
- 15. Water
- 16. Dirty dishes, dropped food/spills, toothpaste flecks, stray hairs, pet messes, arts/crafts messes
- 17. Bathroom cleaning, ceiling fans, door knobs, kitchen surfaces, shelves and tables, outdoor furniture, windows and blinds, vacuuming/sweeping
- 18. If we don't do our part, it's up to someone else in the house to do it for us.

7-Day Menu



Monday

B: _____

L: _____

D: _____

Tuesday

B: _____

L: _____

D: _____

Wednesday

B: _____

L: _____

D: _____

Thursday

B: _____

L: _____

D: _____

Friday

B: _____

L: _____

D: _____

Shopping List

Estimated Cost: _____

Actual Total Cost: _____

Saturday

B: _____

L: _____

D: _____

Sunday

B: _____

L: _____

D: _____

B: Breakfast

L: Lunch

D: Dinner

