### **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 unea	aten/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		
5. Name three ways you can save money and tin a b c	ne on cooking for your l	nousehold:
6. Who does the cooking/shopping for food in yo each week on cooking.	our house? Ask them h	ow much time they spend
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 machine	es and dryers that people
can use for a small fee.		



8. Why don't laundry detergent and	dishwashing detergent f	orm bubbles?	
9. What happens to clothes in a was	shing machine?		
a. Agitate with soap, rinse, spin	1		
b. Rinse, spin, agitate with soap	ס		
c. Spin, agitate with soap, rinse	7		
d. Agitate with soap, rinse, dry			
10. Name something besides a wash	ing machine that uses ce	entrifugal force.	
11. The a laundry	item, the	you need to se	et 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	e starting laundry.	
a. True			
b. False			
13. Why is folding, hanging, and orga	nizing your laundry impo	rtant? Name at lea	ast three reasons.
14. Who does the laundry in your hou laundry.	use? Ask them how much	time they spend	each week on
a. Person 1	Tir	ne	_ hours a week
b. Person 2	Tir	me	_ hours a week
c. Person 3	Tir	me	_ hours a week

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15. Fresh messes are usually easier to clean up than old messes because they tend to have			
	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?		
	18. If we don't do our part, it's up to someone else in the house to do it for us.		
smol	17. Bathroom cleaning, ceiling fans, door knobs, kitchen surfaces, shelves and tables, outdoor furniture, wind and blinds, vacuuming/sweeping		
	16. Dirty dishes, dropped food/spills, toothpaste flecks, stray hairs, pet messes, arts/crafts messes		
	14. FILL IN YOUR OWN 15. Water		
	13. Keeps clothes wrinkle free, takes up less space, easier to store, quicker to find items		
	10. Skip-It, Gravatron, Spin Art, Salad Spinner, Centrifuge		
	6. FILL IN YOUR OWN 7. Laundromat 8. Too messy 9. A		
	1. B 2. 1500 3. D 4. Meal Prep 5. Set a budget, plan meals ahead, meal prep		
	PN2MEB KEA		

### **Practical Pam's Project of the Week!**



For this week, we want you to take charge of your household. Understanding Home Economics means applying the knowledge you've just learned to your everyday life. Sit down together with your family and determine your 7-day menu, food shopping list, and a chore chart. Remember to share responsibilities and make sure each member is contributing based on his/her capabilities.

In your chore chart, keep track of how long each task takes to complete. Remember to include cooking and preparing food, shopping for groceries and other household items, and other home maintenance tasks like gardening/yardwork, trash and recycling, home repair, etc. At the end of the week, add up how much time each person spent on these tasks. Can you find opportunities in the week to share chores?

Once the week is over, write a summary of what you learned by applying Home Economics to your family's schedule.

What I learned about Home Economics is		

## 7-Day Menu



	Monday		Tuesday	Wednesday
B:		_ B:		B:
L:		L:		L:
D:		D:		D:
	Thursday		Friday	Shopping List
B:		_ B:		
L:		L:		
D:		D:		
_	Saturday	_	Sunday	
B:		_ B:		
L:		L:		
D:		_ D:		Estimated Cost:
	B: Breakfast	L: Lunch	D: Dinner	Actual Total Cost:

# Weekly Chore Chart

**Total Hours Total Hours Total Hours Total Hours** - Write each family member's name in these boxes. **Total Hours Total Hours** Use these boxes to write all the chores/tasks each person completed.