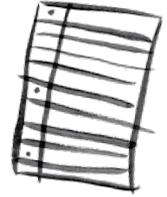


ANSWER KEY



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Goals should be SMART!

Specific = clearly defined

Measurable = able to be sized up, weighed, or evaluated for success

Attainable = able to be completed

Relevant = applicable to completing the goal

Timely = able to be completed on time

Conserving Natural Resources @ School and Home

Compost:

YES: Food scraps, coffee grounds, paper

Recycle or upcycle:

YES: Junk mail, plastic bottles, construction paper

NO: Personal care products

Landfill:

YES: Grease or oils

Where do these things go when you're done with them?

Notebook paper: Recycle

Banana peel: Compost

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Conserving Natural Resources @ School and Home

Water is an essential nutrient.

Turn off lights, A/C, or heat in rooms where no one is in them.

Landfill



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MyPlate and Nutrition 101

Remember to make half of your grains whole!

*Note: Fill-in dark grey lines inside "G" graphic

What the Fiber?

Bran

Endosperm

Germ

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Practice your Kitchen Math

3 c. chopped onion: 48 tablespoons

1 gal. water: 16 cups

2 qts milk: 4 pints

32 Tbsp. cinnamon: 2 cups

2 qt. Vegetable broth: $\frac{1}{2}$ gallon

Knives and Kitchen Safety



Chef's Knife

Used for: all purpose (chopping and mincing)



Serrated Knife

Used for: Slicing bread or soft vegetables



Paring Knife

Used for: Peeling fruits and vegetables

SAFETY

Always use a cutting board, make sure it's placed securely on a flat surface.

Only use knives for their intended purpose, never to open boxes or tighten screws.

Wash knives after use, but never place a knife in a sink of soapy water where it cannot be seen.

Kitchen Equipment

Measuring Tools

Scales

Thermometers

Appliances

Microwave

Hand mixer

Baking Tools

Rolling pin

Timer

Oven

Cooking Tools

Wooden spoons

Salad spinner



Handwashing Guidelines

1. Use soap and wet hands with warm, running water.
2. Rub hands together, under water, for at least 20 seconds.
3. Wash backs of hands, wrists, between fingers and under fingernails. Rinse.
4. Turn off water with a paper towel, not your bare hands.
5. Dry hands with an air dryer or paper towel.

Preparing to Cook

Wash hands thoroughly (see guidelines).

Tie back hair and wash hands anytime you touch hair, face, or clothing.

Wear gloves when preparing ready-to-eat raw foods (like a salad).

Food Safety 102

Your human microbiome helps to break down food in your digestive system.

Your microbiome is a part of your immune system, and helps to fight off harmful bacteria, also called pathogens.

Good Bacteria

Some examples of foods purposefully “cultured”:

Sour cream

Cheese

Sauerkraut

Yogurt



Bad Bacteria

Some examples of bacteria that could make you sick:

E. Coli

Salmonella

Listeria

C. botulinum



Bacteria need:

Warmth

High temperatures will kill bacteria, but temperatures in the “Danger Zone” between 40° F and 140° F are ideal for growing most bacteria.

How to Control Bacteria

Clean

Regularly wash bacteria off hands, and other food preparation surfaces including:

Cutting boards

Counters

Separate

Washing cutting boards between preparing different foods will prevent cross-contamination

Never wash meat in a sink; it can spread harmful bacteria

Cook

Typo: Food is safely cooked when the inside reaches a high enough temperature to* (not of):

Kill bacteria

Chill

Refrigerate foods immediately since cold temperatures slow/ inhibit or decrease bacterial growth

Refrigerator should be 40°F or lower

pH- Food and Soil Applications

Scientists use a pH scale from 0 to 14 to measure the strength of an acid or base. The lower the number, the more acidic the food or chemical is.

The higher the number, the more basic (or Alkaline) the food or chemical is.

pH Examples:

Lemon pH: 2 (acidic)

Milk pH: 6.5-6.7 (neutral)

Bleach pH: 12 (basic)

Food is Applied Chemistry!

Food Preservation includes multiple ways of processing food to prevent spoilage and increase shelf life.

pH - Cleaning Applications

Cleaning is Chemistry!

The soap we use to wash our clothes and clean our hands is based in chemistry too. Cleaners that are more basic (or Alkaline) are useful for removing acidic or oily messes

Textiles 101



Cotton



Wool



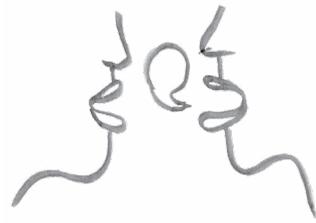
Silk

Polyester, nylon, kevlar = man-made fibers

Did you know the synthetic (or man-made) textile Kevlar was invented by a female scientist for the DuPont Chemical company in 1965?

Your Design Cycle

There are lots of uses for the design cycle! We use the cycle to solve problems, create solutions, and design and evaluate projects.



Caregiving 101

Focus on Physical Self-Care
Exercise helps to balance calorie intake and keep you physically fit.

Caregiving 102

Caregivers Provide Positive Guidance

What are some positive discipline techniques?

Give reasons and explanations for rules?

Set clear limits.

Be honest and consistent

What are some ways to practice emotional care?

Get plenty of rest

Get plenty of exercise

Ask for help when you need it

Needs vs. Wants

The money spent to purchase something is called an **expense**.

Need = A necessity, or an essential item required for life. You can think of this as a “fixed expense” something you need to purchase again and again like food, shelter, or transportation costs.

Want = A desire, something you would like to have, but is not absolutely necessary for life. You can think of this as a “flexible expense”, something you can only purchase when you have the additional resources, like movie tickets or vacation costs.

Planning your Spending- Budget

Try it here:

10% of 100\$ = \$10

10% of \$56.00 = \$5.60

10% of \$7.32 = \$0.73

Food Skills Toolkit

So if your recipe called for 6 tablespoons of oil how many tablespoons of acid would you add?

2 Tbsp.

Make your Own Budget Example

Income

How did you make the money and how much did you make?

Babysitting - \$45.00

Mowing the lawn - \$17.00

Total income: \$62.00

Fixed Expenses

What do you need to spend money on regularly and how much?

FCCLA Club Dues - \$12.00

Flexible Expenses

What do you want to spend money on and how much?

Movie theatre - \$7.00

Total expenses: $12 + 7 = \$19.00$

Balance (subtract your expenses from your income)

\$62.00 (income) -

\$19.00 (expenses) =

\$43.00 (balance)

DIY Food Skills- Ratios

1 : 3

Rice preparation is based on a ratio of Grain to Water, like 1:2 meaning Rice: Water. Now double that Rice: Water here: 2:4.