

NAME: \_\_\_\_\_ Date: \_\_\_\_\_  
REVIEW WORKSHEET

Using the word bank, choose the word to complete the explanation of Family and Consumer Science

|         |         |        |        |         |
|---------|---------|--------|--------|---------|
| Equips  | sport   | sewing | career | subject |
| survive | Cooking | life   |        |         |

Family and Consumer Science (FACS) is a \_\_\_\_\_ that teaches you \_\_\_\_\_ skills. It \_\_\_\_\_ you with knowledge, skills and techniques to enable you to \_\_\_\_\_.

Place the letter of the area of FACS so its correct description on the line is the column on the right side.

- |                                     |                                                                                                   |
|-------------------------------------|---------------------------------------------------------------------------------------------------|
| (a) Clothing Construction           | 1. ____ organizing all the activities which must take place to ensure that the home runs smoothly |
| (b) Consumer Education              | 2. ____ The art of making garments                                                                |
| (c) Food and Nutrition              | 3. ____ The study of the various housing available to you                                         |
| (d) Home management                 | 4. ____ Exploring all aspects of being a parent                                                   |
| (e) Housing                         | 5. ____ The study of foods                                                                        |
| (f) Parenting and Child development | 6. ____ Becoming a wise shopper, able to spend your money wisely                                  |

List 5 careers as it relates to FACS

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# KITCHEN HYGIENE

Question one: Personal Sanitation: Using words from the 'word bank' complete the following sentences.

Word bank:

plastic gloves, hair, clean, floor, tasting, gloves, cleaned, hot, raw, soapy, coughing, separate, drape, apron

1. Keep your hands \_\_\_\_\_ at all times. Wash them with \_\_\_\_\_ water before you begin food preparation and after \_\_\_\_\_ and sneezing or handling \_\_\_\_\_ meats, fish, poultry or eggs.
2. Use a \_\_\_\_\_ towel to dry hands and dishes. Never \_\_\_\_\_ the dish towel over your shoulder
3. If you have an open cut or sore on your hand, use \_\_\_\_\_ when handling food.
4. Tie your \_\_\_\_\_ back or cover it with a net or hat.
5. Wear \_\_\_\_\_ clothes. Avoid loose garments that can accidentally touch foods. Roll up long sleeves.
6. Wear a/an \_\_\_\_\_.
7. If a utensil or dish towel falls on the \_\_\_\_\_, do not use it again until it is \_\_\_\_\_.
8. Use a separate spoon for \_\_\_\_\_, not the one you use for attiring.

# AVOIDING ACCIDENTS

Match each way to avoid an accident in the left column with the correct safety hazard from the right column. Write the letter of the safety hazard in the space provided

## Ways to Avoid Accidents

## Safety Hazards

- |                                                                                                                                |            |
|--------------------------------------------------------------------------------------------------------------------------------|------------|
| _____ 1. After cooking with grease, fat, or oil, clean accumulated grease from the range hoods, griddles, and deep fat fryers. | A. Burns   |
| _____ 2. Never handle electrical equipment with wet hands or while standing in water.                                          | B. Cuts    |
| _____ 3. Always cut away from your body.                                                                                       | C. Falls   |
| _____ 4. Walk, do not run                                                                                                      | D. Fires   |
| _____ 5. Heavy articles should be stored on the bottom shelves.                                                                | E. Shocks  |
| _____ 6. Protect your hands by using thick, dry hot pads.                                                                      | F. Strains |
| _____ 7. Do not overheat fat.                                                                                                  |            |
| _____ 8. Lift heavy objects using your leg muscles.                                                                            |            |
| _____ 9. Use correct door to enter and exit the kitchen.                                                                       |            |
| _____ 10. Use knives correctly.                                                                                                |            |
| _____ 11. Be sure an appliance is turned off before plugging it into an outlet.                                                |            |
| _____ 12. Keep flammable materials such as towels away from open flames.                                                       |            |
| _____ 13. Keep work areas and traffic lanes clear.                                                                             |            |
| _____ 14. Check electrical equipment frequently for faulty wiring and fraying cords.                                           |            |
| _____ 15. If you drop a knife, let it fall.                                                                                    |            |
| _____ 16. Use a stepladder, never a chair or table, if you need to reach something on a high shelf.                            |            |
| _____ 17. Keep the floor clean and dry.                                                                                        |            |
| _____ 18. When you must lift a heavy object, squat with knees bent, feet apart, and back straight.                             |            |
| _____ 19. Never put cold or wet food into hot fat because it will cause the fat to splatter.                                   |            |