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

(b) Consumer Education

(c) Food and Nutrition

(d) Home management

(e) Housing

(f) Parenting and Child development

1. ____ organizing all the activities which must take place to ensure that the home runs smoothly

2. ___ The art of making garments

3. ___ The study of the various housing available to you

4. ___ Exploring all aspects of being a parent

5. ____ The study of foods

6. ____ Becoming a wise shopper, able to spend your money wisely

List 5 careers as it relates to FACS

_____

_____

_____

LIVEWORKSHEETS

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 accidently 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.

LIVEWORKSHEETS

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

A. Burns
B. Cuts
C. Falls
D. Fires
E. Shocks
F. Strains

_____ 1. After cooking with grease, fat, or oil, clean accumulated grease from the range hoods, griddles, and deep fat fryers.

_____ 2. Never handle electrical equipment with wet hands or while standing in water.

_____ 3. Always cut away from your body.

_____4. Walk, do not run

_____5. Heavy articles should be stored on the bottom shelves.

_____6. Protect your hands by using thick, dry hot pads.

_____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.

LIVEWORKSHEETS