

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

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 stirring.

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.	