**Name:     Answer Key                                                                          Period:**

**Seventh Grade Study Guide**

**Food/ Kitchen Safety**

Prevent accidents- Know examples

Using knives- Know examples

**Measuring:**

Know how to measure: Brown Sugar/ peanut butter- Pack firmly and level off

**Equivalents**: Tablespoons in a cup- 16 T.

                       Teaspoons in a Tablespoon- 3t. = 1T.

                       Ounces in a cup- 8 ounces

                       Quarts in a gallon- 4 Quarts

                       Tablespoons in a stick of butter- 8 Tablespoons

**Abbreviations**: cup, tablespoon, teaspoon, pint, quart, gallon -

* Cup=  C.
* tablespoon= T., TBSP.
* teaspoon= t., tsp.
* pint= p.
* quart= Q.
* gallon - G., Gal.

**Definition/Terms**

Dredging-Used to coat foods into liquid mixture to preserve moisture during cooking.

Mies en place- Everything in its place.

Roux- a mixture of fat (butter) & flour used to thicken sauces.

Enriched- Nutrients that were removed during processing are put back in: vitamin b & iron, but not fiber.

Creaming- Beat fat & sugar until smooth & creamy.

Parts of the Whole Grain- Bran, germ, and endosperm.

USDA- United States Department of Agriculture.

Cut-in- To combine fat & flour into small pea sized pieces using a pastry blender.

Kneading- To work dough into uniform mixture by pressing, folding, & stretching.

**Equipment-**

Dry Measuring Cups- Used to measure dry ingredients.

Liquid Measuring Cups- Used to measure liquid ingredients.

How to use an oven- Know how to use it.

Sifter- Used to separate dry ingredients, aerate, and remove clumps.

**Quick Breads vs. Yeast Breads**

Function of yeast- Causes bread to rise by causing C02

Leavening Agents for quick breads- Baking powder/ Baking soda

Leavening agent for pizza: Yeast

**My Plate**

Colors- Red, green, purple, blue, & orange

Food Groups- Fruits, vegetables, protein, dairy, grains.

Fats, oils and sugars are not a food group- Know this statement.

Tips for healthy eat when eating out-

* Smaller portions.
* Drink water instead.
* Ask for sauce on the side.

Time Management- Make time to exercise.

How much time a day should be spent on exercise- 60 minutes a day.

**Child Care**

Physical- Development type that deals with body.

Social- Relationships with others.

Emotional- Expression of feelings

Stages of life cycle- See below:

-Coupling or marriage.

-Childbearing Family- From birth until 2 years old.

-Family with Preschoolers- between the ages of 2 and 6.

- Family with School Children-between the ages of 6 and 13.

-Parenting adolescents- between the ages of 14 to 20

- Launching adult children.

- Empty Nest—All children are raised and moved out of the home.

- Retirement or senior years.

Family structure- Family type

Nuclear family- Consisting of 2 parents and children.

Being a Good Listener- Ask questions, take notes, and make eye contact.

Cooperation- The process of working together.

Self image- How you feel about yourself.

Discipline- Teaching right from wrong.

What is Community Service? Why should teens get involved?

* Community service is voluntary work intended to help people in a particular area.
* It helps to build character, and helps students get into colleges.

What is Empathy?- Being able to understand what other people feel.

Infant, toddler, preschooler, adolescent, preteen, teenager, young adult.

* Infant- birth until 1 years old.
* Toddler- 1-3 years old.
* Preschooler- 3-5 years old.
* Adolescent- 12- 18 years old.
* Preteen- 12 & under.
* Teenager- 13-19 years old.
* Young adult- 20-39 years old.

Roll of a parent- disciplinarian, empathizer, and educator.

Perception: The way you see things

Conflict- a serious disagreement or argument.

**Careers Vocabulary**

Interviews Tips: example- do not chew gum

Job Competence- The ability to get along with others.

Where do you begin to look for a job? Online, newspaper, in store window front.

References -  is a recommendation from a person who can vouch for your qualifications for a job.

Cell phones- Do not answer, do not have on, do not bring to interview.

Career clusters- Provides an individual with common interests, abilities, and skills.

Search sites- Computer software used to search data (as text or a database) for specific information. Can be useful for information or to look for a job.

College Degrees: Associates, Bachelors, Masters, Doctorate-

-Associates - Usually takes 2 years to obtain.

-Bachelor's - Usually takes 4 years to obtain.

-Masters- Can take anywhere from 5-7 years to obtain

-Doctorate- Usually takes 8 years to obtain.

**Sewing**

Straight of grain- Oriented parallel with selvedge.

Seam allowance- ⅝”

Hand sewing-  the craft of attaching objects using stitches made with a needle and thread.

Embroidery- The art of working raised or ornamental designs in threads.

Laundry, what are the steps to doing laundry?

-Separate whites from darks.

- Read clothing labels

- Empty pockets before washing.

- Use Dial to Start Washing Machine.

- Load Machine.

- Add Detergent.

- Close lid.

- Wait until finished.

- Place in dryer.

- Remove lint from filter

- Turn dryer on.