**Name:                                                                                Period:**

**Seventh Grade Final Study Guide**

**Food/ Kitchen Safety**

Prevent accidents-

Using knives-

**Measuring:**

Know how to measure: Brown Sugar/ peanut butter-

**Equivalents**: Tablespoons in a cup-

                      Teaspoons in a Tablespoon-

                      Ounces in a cup-

                      Quarts in a gallon-

                      Tablespoons in a stick of butter-

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

**Definition/Terms**

Dredging-

Mies en place-

Roux-

Enriched-

Creaming-

Parts of the Whole Grain-

USDA-

Cut-in-

Kneading-

Baking powder-

Baking Soda-

**Equipment**

Pastry Blender-

Dry Measuring Cups-

Liquid Measuring Cups-

How to use an oven-

Sifter-

Collider-

**Quick Breads vs. Yeast Breads**

Function of yeast-

Leavening Agents for quick breads-

**My Plate**

Colors-

Food Groups-

Fats, oils and sugars are not a food group-

Tips for healthy eat when eating out-

Time Management-

How much time a day should be spent on exercise-

**Child Care**

Physical-

Social-

Emotional-

What is the Life Cycle-

Stages of life cycle-

Family structure-

Nuclear family-

Being a Good Listener-

Cooperation-

Self image-

Being open minded-

Self-absorbed-

Discipline-

What is Community Service? Why should teens get involved?

What is Empathy?

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

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

**Decision Making**

Short Term Goal-

Long Term Goal-

Values-

Managing-

        Time-

        Prioritizing-

**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?

References -

Cell phones-

Career clusters-

Cover letter-

Resume-

Search sites-

Budget-

Advertising-

Comparison Shopping-

College Degrees: Associates, Bachelors, Masters, Doctorate-

**Sewing**

Straight of grain-

Seam allowance-

Hand sewing-

Embroidery-

Pivot point-

Laundry, what are the steps to doing laundry?