LIFEPAC®

ELECTIVE

STUDENT BOOK

Family and Consumer Science

Unit 10

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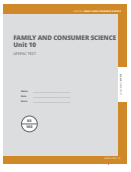
FAMILY AND CONSUMER SCIENCE

FAMILY AND CONSUMER SCIENCE REVIEW



LIFEPAC Test is located at the back of the booklet. Please remove before starting the unit.

Family and Consumer Science Review

Introduction

As you approach adulthood, you can begin preparing for the many responsibilities that independence will bring. As an independent adult, you'll rent your own apartment or home, pay your own bills, make your own food, and much more. You'll be able to make your own choices. You can begin imagining the lifestyle you hope to achieve, but to meet those lifestyle goals, you'll need to learn how to care for yourself and your home, choose and pursue a career path, develop budgeting and money management skills, and learn how to communicate effectively in a variety of situations to build and maintain strong relationships. In this unit, we'll review the factors that can influence your overall wellness, the common responsibilities of independent adults, strategies to manage those responsibilities, the importance of setting and working toward goals throughout your life, and the many benefits of families.

Objectives

Read these objectives. The objectives tell you what you will be able to do when you have successfully completed this LIFEPAC®. When you have finished this LIFEPAC, you should be able to:

1. Understand your responsibilities for healthy living.
2. Recognize factors that affect physical and mental health.
3. Understand the importance of food safety.
4. Explain how hygiene impacts personal health.
5. Describe routine hygiene habits.
6. Recognize the characteristics of common interior design styles.
7. Describe the factors that impact interior design choices.
8. Explain the function of a budget.
9. Recognize the common responsibilities of adults.
10. Describe the steps to achieving goals.
11. Understand the connection between personal relationships and wellness.
12. Explain the concepts of social and emotional health.
13. Understand how relationships are formed and maintained.
14. Recognize the functions of the family unit.
15. Understand how healthy communication strategies strengthen family bonds.

1. HEALTHY LIVING

Making a healthy, happy home starts with you. Several units in Family and Consumer Science have explored different factors that impact your health. In this section, we'll review these factors as well as the ways you can ensure you're ingesting the nutrients you need in the right amounts for a healthy diet. We'll also review how hygiene is connected to physical health and appearance and strategies to maintain personal hygiene and a healthy, clean environment.

Section Objectives

Review these objectives. When you have completed this section, you should be able to:

1. Understand your responsibilities for healthy living.
2. Recognize factors that affect physical and mental health.
3. Understand the importance of food safety.
4. Explain how hygiene impacts personal health.
5. Describe routine hygiene habits.

Vocabulary

Study these words to enhance your learning success in this section.

emotional health
fortified foods
genetics
gingivitis
hypoallergenic
mold
nutrients
personality
social health
social skills

Note: All vocabulary words in this unit appear in **boldface** print the first time they are used. If you are unsure of the meaning when you are reading, study the definitions given.

Water is essential to all forms of metabolism in the body. Consequently, water loss can cause health problems. The body loses approximately 5-6 pints of water a day through sweat, urine, and exhalation. This must be replenished for your body to function properly. Liquids containing caffeine or alcohol should be avoided. Caffeine and alcohol cause the body to urinate, making it dehydrated. Most sodas contain caffeine and should be kept to a minimum. Water is the best source of fluids. You can also get water by eating foods that have a high-water content. Fruits and vegetables are approximately 90 percent water. Eating an apple or an orange is a good way to replenish your body's supply of water.

Fats. Many people assume all fats in foods are bad, and while fatty foods should be limited for a healthy diet, not all fats are bad. Fat occurs naturally in all meat and dairy products. However, no more than thirty percent of a person's total calorie intake should consist of fat. Ten percent of the daily intake is recommended. Cholesterol, a fat-like substance made in the liver, is found in the blood and all cells of the body. There are good and bad types of cholesterol. Unsaturated fats are linked to one type of cholesterol known as high-density lipoproteins (HDLs), which remove excess low-density lipoproteins (LDLs), the bad type of cholesterol, from the blood and artery walls. LDLs are one of five major groups of lipoproteins that transport fat molecules around the body but build up in the walls of your blood vessels increases the chance of health problems like heart attack and stroke. Foods high in saturated fat and sugar can increase LDL. Eating a healthy diet and regularly exercising can help you keep cholesterol at a healthy level.

Fiber. One means to reduce the amount of fat in one's diet is to consume foods that are high in fiber. Because fiber is found in grains, vegetables, and fruits, sources of fiber are usually low in fat. Fibrous foods are also good sources of Vitamins C, B6, and E. Diets that are high in fiber have been linked to proper bowel functioning, the reduction of cancer-causing agents, and maintaining a normal body weight.

Calories. Calories are the scientific measurement of fuel converted to energy. Foods that are high in sugar and fat content tend to be high in calories and low in vitamins and minerals. For example, a candy bar might contain 300 calories, 0 grams of fiber, 6 grams of fat, 44 grams of carbohydrates, 2 grams of protein, and scant amounts of Vitamins A, B1, B2, and C. Because the candy bar contains little amounts of vitamins and minerals, it is said to contain "empty calories." The best source of calories is food that is high in vitamins and minerals and low in fat and sugars.

Carbohydrates. There are two types of carbohydrates: complex and simple. Complex carbohydrates take longer to burn so the energy they provide your body will last longer than that of simple carbohydrates. Carbohydrates exist in abundance in foods that contain starch and sugar. Foods, such as pasta, bread, corn, potatoes, beans, fruits, table sugar, honey, and candy, are high in carbohydrates. However, not all carbohydrates affect the body in the same way. The prolonged process of digestion to break down complex carbohydrates into glucose also help maintain proper blood sugar levels.

Foods that contain complex carbohydrates include the following:

- whole-grain breads and cereals
- naturally occurring sugars found in fruit and milk products
- pasta
- vegetables, like peas and corn
- beans

Your face is one area of skin that's important to focus on. Respiratory infections like the common cold and flu spread through droplets in the air when an infected person sneezes and through direct contact with viruses, bacteria, or other germs. Your nose, eyes, and mouth are vulnerable areas because we often touch our faces without realizing it and germs can enter your body through these areas. It's also important to clean your face each day to keep your skin clean and healthy. Keep the skin on your face healthy by:

- Cleansing twice a day, morning and evening.
- Using a gentle soap.
- Exfoliating once a week to remove dead skin cells.
- Patting your face dry with a soft towel.
- Moisturizing your face after each wash.
- Choosing a gentle moisturizer for your skin type.

Hair. Your hair can also provide indications of your health. Hair is composed of dead cells and keratin. At the base of each strand of hair is a bulb. The bulb is embedded in a pore in the skin called a hair follicle. The root supplies the bulb with keratin, which is then used to grow the hair shaft. Each shaft of hair consists of a cortex, a medulla, and a cuticle. The cuticle is the outside layer of the shaft, the medulla is the soft core, and the cortex consists of the fibers that surround the medulla.

Hair color is determined by the melanin that is produced at the base of the follicle. There are only two types of melanin that produce hair color--red and black. Red melanin is responsible for red or auburn hair. Black melanin produces everything from blonde to black hair. The shape of the follicle determines whether the strand of hair is curly or straight. Curly hair grows from a curved follicle. Straight hair grows from a straight follicle. How curly or straight your hair is depends on the curvature of the follicle.

HOW TO KEEP YOUR HAIR HEALTHY

- First determine your hair type.
- Identify a shampoo and conditioner that works well for you.
- Wash your hair several times a week, depending on your hair type and activity level.
- Soak your hair with warm water.
- Shampoo at the roots, scrubbing your scalp.
- Rinse shampoo out thoroughly.
- Focus conditioning on the bottom half of hair.
- Rinse conditioner using cooler water.
- Exfoliate your scalp one to two times per week.
- Use a clarifying shampoo once a week.

In Unit 5, you also learned about furniture styles. In many cases, people choose furniture that will combine to make a unified look.

Traditional furniture is often antique, although there are certainly plenty of contemporary designers who replicate these looks, and it is generally used in more formal settings, such as living rooms and dining rooms, or in houses that date from relevant periods. Because the styles were created before the 20th century, this furniture is largely made of wood and fabric and rarely uses materials other than metal for hardware, which refers to drawer pulls, hinges, and other metal pieces in the context of furniture. There are numerous traditional styles. Some examples include:

Examples of Traditional Furniture Styles	
Queen Anne	Recognizable by its trademark seashell carvings and curved arms and legs for chairs and tables.
Colonial	Featuring simple lines and very few carvings or decorations, prioritizing functionality.
Georgian	Lacking the signature curves of the Queen Anne style, it still maintains its heavy feel and ornate characteristics.
Victorian	Recognizable by its ornateness, particularly floral or lacy accents, and trims and embellishments. Generally uses dark woods.

Queen Anne

Colonial

Georgian

Victorian

Contemporary furniture generally has clean lines and very little decoration. Like traditional furniture, the contemporary category incorporates a variety of styles, most of which date from the 20th century. This furniture is generally made from a variety of materials, including leather, plastic, glass, and metal, unlike traditional furniture, which sticks largely to wood and fabric. It also differs from traditional furniture in that it has very little ornamentation and tends to be much plainer.

Common Contemporary Furniture Styles	
Modern	Characterized by bright colors and smooth lines.
Sleek	Defined by its heavy use of chrome and glass that often make up chair and table legs, bed frames, and other furniture staples, its minimalist style emphasizes function.
Uniform	Uses the same shape and style throughout the room or home but can incorporate the other styles.

Ways to maintain your relationships. Every relationship has its ups and downs. The longer you are friends with someone, the more likely you are to encounter differences, despite the many similarities that drew you together in the first place. Just because your relationship encounters a few bumps doesn't mean that your relationship is no longer worth having. A good relationship takes effort and work. It doesn't just happen or stay good on its own. You grow and evolve and so do other people. Relationships must grow and evolve as well.

SIMPLE ACTIONS THAT CAN HELP YOU MAINTAIN GOOD RELATIONSHIPS.

- Express gratitude and appreciation.
- Say thank you when someone helps you.
- Say you're sorry when you are wrong.
- Tell family members that you love them.
- Talk about differences and ways to solve them rather than ignoring problems.
- Share your things and your time.
- Help out—cook a meal, run an errand, or fix something.
- Offer to participate in an activity your friend or family member enjoys.
- Communicate when you're out of town.
- Remember birthdays and important events.
- Attend events that are important to your friend or family member.
- Spend time talking just to catch up.

Even long-distance relationships with friends and family need maintaining and taking the time to show you appreciate the person, taking interest in their interests, and remembering important dates shows you care and that you're invested in the relationship.

Circle the correct answer to each question.

3.24 Events like divorce and moving can create _____ for the family as a whole.

a. new experiences b. strains and struggles c. growth opportunities

3.25 Stressors that are persistent or _____ can require more than the passage of time for families to return to normal patterns.

a. chronic b. short-term c. financial

3.26 Sometimes finding a(n) _____ or break from the stress can help families get through long-term stressful situations.

a. outlet b. hobby c. new perspective

3.27 We tend to remember _____ comments, which can impact relationships.

a. positive b. personal c. critical

3.28 Engaging in family _____ is important to strengthen the bonds in the family.

a. debates b. activities c. functions

CHECK _____ _____
Teacher Date

SELF TEST 3

Write the letter of the vocabulary word that matches the correct definition (each answer, 3 points).

3.01 _____ the part a person plays in a specific setting

3.02 _____ unspoken messages conveyed through body movements

3.03 _____ an equal exchange

3.04 _____ the way your voice sounds when you are speaking

3.05 _____ confidence in one's own worth or abilities

3.06 _____ the relationship between people naturally drawn together

3.07 _____ circumstances that form the setting of something

3.08 _____ the ability to understand another person's feelings

3.09 _____ people born in a specific era

3.010 _____ friendly; not romantic

a. tone
b. platonic
c. empathy
d. role
e. attraction
f. generation
g. body language
h. self-esteem
i. reciprocity
j. context

Write *T* for True or *F* for False (each answer, 3 points).

3.011 _____ A good relationship shouldn't require work to maintain.

3.012 _____ Simple actions like expressing gratitude can help maintain a relationship.

3.013 _____ Relationships tend to follow a pattern that begins with attraction.

3.014 _____ Not every competent communicator will have the same approach to communicating.

3.015 _____ We have no choice in any roles we play within a family.

3.016 _____ The Rule of Five says it takes five critical comments to overcome one positive one.

3.017 _____ It's important to react quickly when faced with conflict.

3.018 _____ Families provide a sense of belonging, affection, and acceptance.

3.019 _____ The nuclear family is often thought of as the traditional family.

3.020 _____ Children learn important life skills in a family.

GLOSSARY

attraction . . . . . The relationship between people naturally drawn together.

body language . . . . . Unspoken messages conveyed through body movements.

context . . . . . Circumstances that form the setting of something.

emotional health . . . . . Ability to use your emotions as helpful tools, rather than letting them govern your attitudes and actions.

empathy . . . . . The ability to understand another person's feelings.

focal point . . . . . Feature you want to highlight in a room.

fortified foods . . . . . Foods with added nutrients.

generation . . . . . People born in a specific era.

genetics . . . . . Genes and traits passed down from one generation to another.

gingivitis . . . . . An early stage of gum disease.

hypoallergenic . . . . . Products unlikely to cause an allergic reaction.

mold . . . . . Structure on which certain fungi can form.

monochromatic . . . . . Using the same color for all elements.

natural fibers . . . . . Fibers made from anything found in nature.

net income . . . . . Money received from pay after all deductions.

occupation . . . . . A person's regular job or profession.

personality . . . . . Combination of your mental, emotional, and social characteristics.

platonic . . . . . Friendly; not romantic.

primary colors . . . . . The colors red, blue, and yellow.

reciprocity . . . . . An equal exchange

role . . . . . The part a person plays in a specific setting.

saturation . . . . . The brightness of a color.

security deposit . . . . . Deposit held to cover any property damage by tenant.

self-esteem . . . . . Confidence in one's own worth or abilities.

social health . . . . . Ability to relate to and communicate with people.

spectrum . . . . . A band of colors.

tone . . . . . The way your voice sounds when you are speaking.

utility . . . . . Usefulness.

FAMILY AND CONSUMER SCIENCE
Unit 10

LIFEPAC TEST

Name _____

Date _____

Score _____

80
100

FAMILY AND CONSUMER SCIENCE UNIT 10: LIFEPAC TEST

Write the letter of the vocabulary word that matches the correct definition (each answer 3 points).

1.	_____	ability to relate to and communicate with people
2.	_____	the ability to understand another person's feelings
3.	_____	money received from pay after all deductions
4.	_____	feature you want to highlight in a room
5.	_____	unspoken messages conveyed through body movements
6.	_____	a person's regular job or profession
7.	_____	the part a person plays in a specific setting
8.	_____	foods with added nutrients
9.	_____	products unlikely to cause an allergic reaction
10.	_____	confidence in one's own worth or abilities

a. empathy
b. role
c. self-esteem
d. body language
e. hypoallergenic
f. social health
g. fortified foods
h. net income
i. occupation
j. focal point

Write *T* for True or *F* for False (each answer, 2 points).

11.	_____	Your physical and emotional health can affect your social health.
12.	_____	Hygiene is the practice of keeping yourself and your environment clean.
13.	_____	It's important to wash your hands regularly to protect yourself and others from infection.
14.	_____	In home design, large furniture pieces are placed last in a room.
15.	_____	A security deposit is often required to rent an apartment or house.
16.	_____	Closing costs are included in the monthly mortgage payment for a home.
17.	_____	Gross income should be used in your budget.
18.	_____	A good relationship shouldn't require work to maintain.
19.	_____	Relationships tend to follow a pattern that begins with attraction.
20.	_____	Families provide a sense of belonging, affection, and acceptance.

Complete the activities (each answer, 7 points).

33. In 2-3 sentences, explain why practicing good hygiene is important for your health, including examples.

34. In 2-3 sentences, explain at least three ways you can strengthen your relationships.

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