LIFEPAC®



ELECTIVE

STUDENT BOOK

Family and Consumer Science

Unit 4

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FAMILY AND CONSUMER SCIENCE

HOME CARE AND MAINTENANCE

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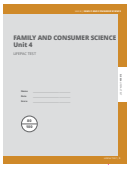
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LIFEPAC Test is located at the back of the booklet. Please remove before starting the unit.

Home Care and Maintenance

Introduction

Taking care of your home will be a big part of your life. You likely already complete chores in your family home, and someday you'll be caring for a home of your own. Whether you move into an apartment, condominium, townhome, or single-family home, there are many cleaning chores and maintenance tasks you'll need to complete regularly to maintain a clean, safe, comfortable environment.

The world can be a busy, stressful place, and home should be a safe haven, a place where you feel comfortable and relaxed. To create this space, you'll need to keep your home clean and cozy. In this unit, you'll learn how to clean your home and develop a cleaning schedule. You'll also learn about maintenance tasks that should be completed inside and outside your home to keep everything functioning properly. Lastly, you'll learn about automobile care and maintenance, as your vehicle is often an extension of your home.

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. Learn techniques used in household cleaning.
2. Identify daily, weekly, and monthly household chores.
3. Learn about cleaning solutions appropriate for different surfaces.
4. Learn about homemade cleaning solution options.
5. Understand how cleanliness impacts personal health and safety.
6. Be able to identify common home maintenance tools.
7. Recognize the most common interior home maintenance chores.
8. Understand the steps to completing common interior home maintenance tasks.
9. Recognize common exterior home maintenance tasks that should be completed seasonally.
10. Identify useful exterior home maintenance tools.
11. Recognize the common tools needed to clean and maintain a vehicle.
12. Know the common maintenance tasks to ensure a vehicle is functioning safely.
13. Understand the basic steps of automobile maintenance tasks.
14. Recognize the frequency at which automobile maintenance should occur.
15. Recognize signs that indicate automobile maintenance is needed.

1. HOUSEHOLD CHORES

Maintaining a home requires some upkeep that includes some daily chores, some weekly chores, and some you may complete monthly, every few months, or even once a year. Whether you rent or own a home, it will likely be one of your biggest expenses and you'll want to take good care of it. Your home is also an extension of you. It's where you'll be most relaxed and the central hub of your life.

A clean house creates a warm, welcoming, comfortable place for your family to live in and for friends to visit. It will also protect the health and safety of your family. Learning what tools and techniques to use when cleaning a house will make the task easier. Your house will also need repairs from time to time, which will be discussed in more detail in Section 2 of this LIFEPAC. Keeping a home clean and well-kept will make your home a safe haven for you and your friends and family.

Section Objectives

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

1. Learn techniques used in household cleaning.
2. Identify daily, weekly, and monthly household chores.
3. Learn about cleaning solutions appropriate for different surfaces.
4. Learn about homemade cleaning solution options.
5. Understand how cleanliness impacts personal health and safety.

Vocabulary

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

accumulate
abrasive
concentrated
disposable
floorboards
laminate
microfiber
scour
squeegee
warp

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.

DAILY CHORES

There are many chores that must be done every day and others perhaps only once a year. You may need to make a schedule that will best organize your household cleaning tasks, since they may vary depending on your home and your daily schedule. But generally, there are certain cleaning chores most people complete daily, weekly, and monthly or other periodic times. In any type of home, there are some common rooms, surfaces, and appliances that need regular cleaning. You learned about some tips for cleaning and sterilizing kitchen surfaces and appliances in Unit 3, but we will revisit the kitchen in greater detail in this LIFEPAC.

Some homes may have fireplaces, basements, stairs with railing or other additional items that may need to be cleaned, but we will focus primarily on the common household items everyone will have. We will start with the daily chores you'll need to complete, which will keep your home clean and save you time later as they prevent dirt and debris from building up and becoming more time-consuming. But before diving in, let's first look at the tools you will need to clean your home.

Floors. Some homes have carpet, some have wood or laminate flooring, some have tile, some have linoleum, and many will have a combination of several types of flooring. In any case, here are a few items you'll likely need:

- upright vaccum cleaner
- carpet shampooer
- broom
- dustpan
- mop
- dust mop
- bucket

There are many options for all of these tools, and your choices will depend on your budget, preferences, and type of flooring you have. For carpets, an upright vacuum is typically used, although there are canister vacuums that have a canister on wheels and a handle attachment used to vacuum floors. Many upright and canister vacuums are bagless today, capturing dirt, dust, pet hair, etc. in a canister you simply empty and reattach.

You won't need to shampoo your carpet daily, but carpet shampooers are nice to have as well for deeper cleaning. These spray water and a carpet shampoo formula on the floors, and a spinning brush scrubs the carpet while the shampooer vacuum suctions the liquid into a tank. You'll need to empty and rinse out the tank after each use.



There are also smaller handheld vacuums and shampooers that can be used for spot cleaning, cleaning upholstered furniture and automobile carpet and seats.

For tile, **laminate**, or linoleum floors, you'll first want to sweep the floors with a broom or a dust mop before mopping to remove any dirt, dust, or other debris. Next, you'll need a mop and bucket. There are different cleaning products you can buy for cleaning floors as well as different types of mops. Some mops have a sponge at the end, and some

Some general tools will be used for multiple surfaces. These include:



Spray bottles



Rubber gloves



Squeegees

Refrigerators, dishwashers, microwaves, and trash cans sometimes have stainless steel surfaces. Be sure to use a microfiber cloth to prevent scratching. Small tools like toothbrushes can be helpful for corner surfaces like **floorboards** and other corner surfaces around the house. It can also be helpful to have **abrasive** tools like scrub brushes and **scour** pads for some surfaces that can't be scratched and require some elbow grease to remove tough messes.

You'll need various cleaners as well, which we'll discuss as you learn about daily, weekly, and periodic chores to complete. These can be store bought or made from home products. In any case, it's important to keep them stored away from food and out of reach of any children in the home to prevent poisoning.

Circle the letter of the correct answer.

1.1 Which of the following is NOT listed as a tool needed for cleaning wood floors?

a. dust mop b. vacuum c. feather duster

1.2 What is typically used to clean stainless steel surfaces to prevent scratching?

a. scrub brush b. microfiber cloth c. paper towels

1.3 Which of the following is NOT listed as a tool needed for cleaning countertops, mirrors, and glass?

a. sponges b. spray bottles c. dust mop

1.4 What is used to unclog a toilet?

a. plunger b. toliet brush c. rubber gloves

1.5 What is used for spot cleaning, cleaning upholstered furniture, and automobile carpet and seats?

a. dustpan b. handheld vacuum c. squeegee

1.6 What is used for deeper cleaning of carpets by spraying water and a shampoo formula?

a. upright vacuum cleaner b. dust mop c, carpet shampooer

1.7 Which of the following tools can be used to remove dirt, dust, or other debris before mopping tile, laminate, or linoleum floors?

a. vacuum b. squeegee c. feather duster

Circle the correct answer (this answer, 3 points).

1.021 Which of the following tools can be used to remove dirt, dust, or other debris before mopping tile, laminate, or linoleum floors?

a. vacuum b. squeegee c. feather duster

1.022 How should dishes with crusted-on food be cleaned?

a. scrub with a dry cloth b. soak in warm, soapy water c. rinse with vinegar

1.023 What should be done with dirty towels and washcloths in the bathroom?

a. hang them to dry
b. place them in a laundry basket
c. leave them on the floor

1.024 What should never be mixed with hydrogen peroxide, bleach, alcohol, or store-bought cleaners?

a. lemon juice b. water c. baking soda

1.025 How can you clean an oven without using over-the-counter oven cleaners?

a. scrub with soap and water
b. soak in vinegar
c. use baking soda and hot water

1.026 What is suggested for daily upkeep in the living room?

a. vacuuming and mopping
b. picking up items and clearing trash
c. polishing all surfaces with furniture polish
d. washing window coverings

1.027 Which of the following would be a chore you complete periodically, rather than daily or weekly?

a. washing dishes b. vacuuming c. washing walls

1.028 You should clean your oven every _____.

a. 3-6 months b. week c. month

TOOLS FOR HOME MAINTENANCE

There are some common tools you'll need to complete basic home maintenance repairs and upkeep tasks. Small issues like leaky faucets, blocked drains, and squeaky doors can be fixed with minimal expense if you're prepared with the right tools. It will save you money if you buy tools as you need them, rather than packaged sets. Some tools are worth the expense if you buy higher quality as well.

BASIC TOOLS FOR YOUR HOME

- box cutter with razor blades
- sandpaper with a variety of grits
- steel wool
- wire brush
- rags
- standard paint brushes
- paint roller and paint pans
- bucket
- **grounded** extension cord
- masking tape
- duct tape
- level
- putty knife
- adjustable wrench
- Phillips head screwdriver
- flat-head screwdriver
- slip-joint pliers
- locking grip pliers
- pipe wrench
- curved claw hammer
- different sized nails
- various types of screws
- rectractable tape measure
- wood glue
- broom and dustpan



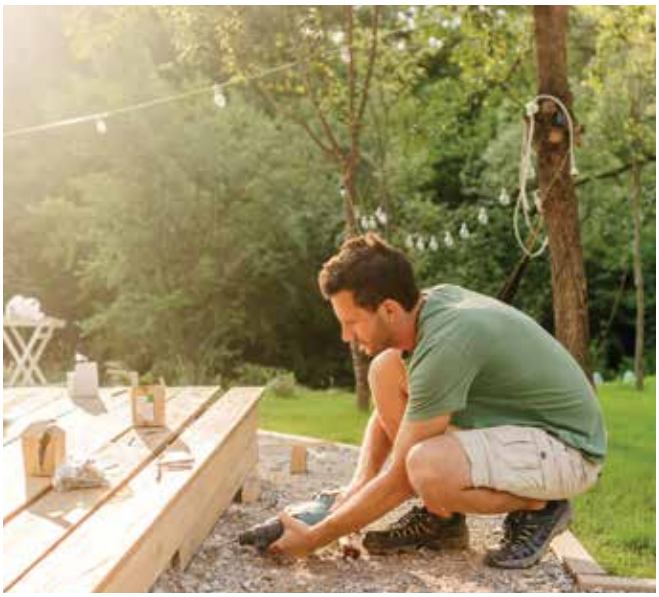
Whether you rent or own a home, this list of tools will come in handy. Owning a home may mean you'll want to invest in additional tools such as power tools, which can save you sweat and time. Some examples of handy power tools include a cordless or corded drill, chop saw, circular saw, table saw, jigsaw, impact driver, electric sander, nail gun, and air compressor. While not electric, some additional tools you may find you'll need at some point include a caulking gun and staple gun.

There are different sizes of nails that will be used for different purposes. For example, there are drywall nails, duplex nails, roofing nails, and box nails. Similarly, there are also different types of screws that are used for different purposes. For example, a flat-head wood screw has a pointed tip and threading that will screw into wood. Or if you plan to hang a heavy picture or mirror into a **plaster** wall, for instance, you'll need a longer screw to penetrate all the layers. You'll also want to use a **stud** finder to locate a stud to screw into and use an **anchor** to provide additional support. While you can use a screwdriver, in many cases, an electric drill will be more effective to drill the hole for the anchor.

Spring	Fall
Apply new caulking in joints between siding and other materials	Inspect your fireplace and check your chimney for bird nests or other blockage
Check windowsills for debris	Apply new caulking around windows and doors to seal any air leaks
Check all wood surfaces for paint failure and damage	Inspect your heating system
Nail down loose siding and trim; replace decayed sections	Clean out dryer vents
Wash vinyl, aluminum, or painted-wood siding	Drain outdoor faucets, garden hoses if you live in a cold climate
Check deck or patio for loose boards, bricks, or stones.	Rake leaves
Check roof for damaged shingles	Trim trees
Inspect chimney, dormers, vents, and skylights	Check smoke alarms and carbon monoxide alarms
Evaluate a roof that is 15 years or older for replacement	Clean gutters, downspout, and leaf strainers
Clean screens and check for damage	Inspect your roof for any damages
Replace worn or damaged weather stripping	Inspect weather stripping for any damage before cold temperatures hit
Clean and check air conditioning unit	

Preparing for winter drives a lot of the maintenance tasks you should complete. If you live in a cold climate that will experience snow and freezing temperature, your goals are to prevent water pipes from freezing and ensure you can keep the interior of your home warm and safe. Ensuring all seals are strong, preventing air leakage and the roof is in good shape, preventing water leakage, are both important fall tasks. You'll also want to be sure your heating system is in good working order and that your smoke and **carbon monoxide** detectors have fresh batteries and are working. Clearing debris from rain gutters will likely need to be done before, during, and after the rainy season to prevent buildup.

Spring and summer are good times to make exterior home repairs as the weather is warmer. So, inspecting the roof and exterior of the home during the spring will allow you time to make repairs or hire others to make larger repairs to the home during the warm summer months. Rechecking weather stripping and caulking is also a good idea after winter as good seals will help you stay cool during the summer!



Lastly, vacuum the seats and floors. The trunk may need vacuuming as well. If your seats are leather or vinyl, a mild soap and warm water solution will work. For leather seats, there are also leather cleaners that can be used with a damp cloth.

To clean the exterior of your car, you'll want to fill a bucket with warm water and a mild soap. Use a garden house to clean the car, and then shut off the water. Use a rag and a bucket of warm, soapy water to soap up the car, washing all of the exterior. You may be able to wash your rims or wheel covers and tires this way as well, or a brush may be used. Turn on the hose again, and thoroughly rinse all soap off the car. Dry with a soft towel. You may need to use microfiber towels to prevent streaks. Periodically waxing your car's exterior will also help the paint last longer.



Circle the correct answer to each question.

3.1 For what reason(s) should you keep your garage clean and well organized?

a. to impress visitor
b. to quickly find what you need
c. to safely store tools and chemicals
d. both b and c

3.2 Why is it important to store power tools safely in the garage?

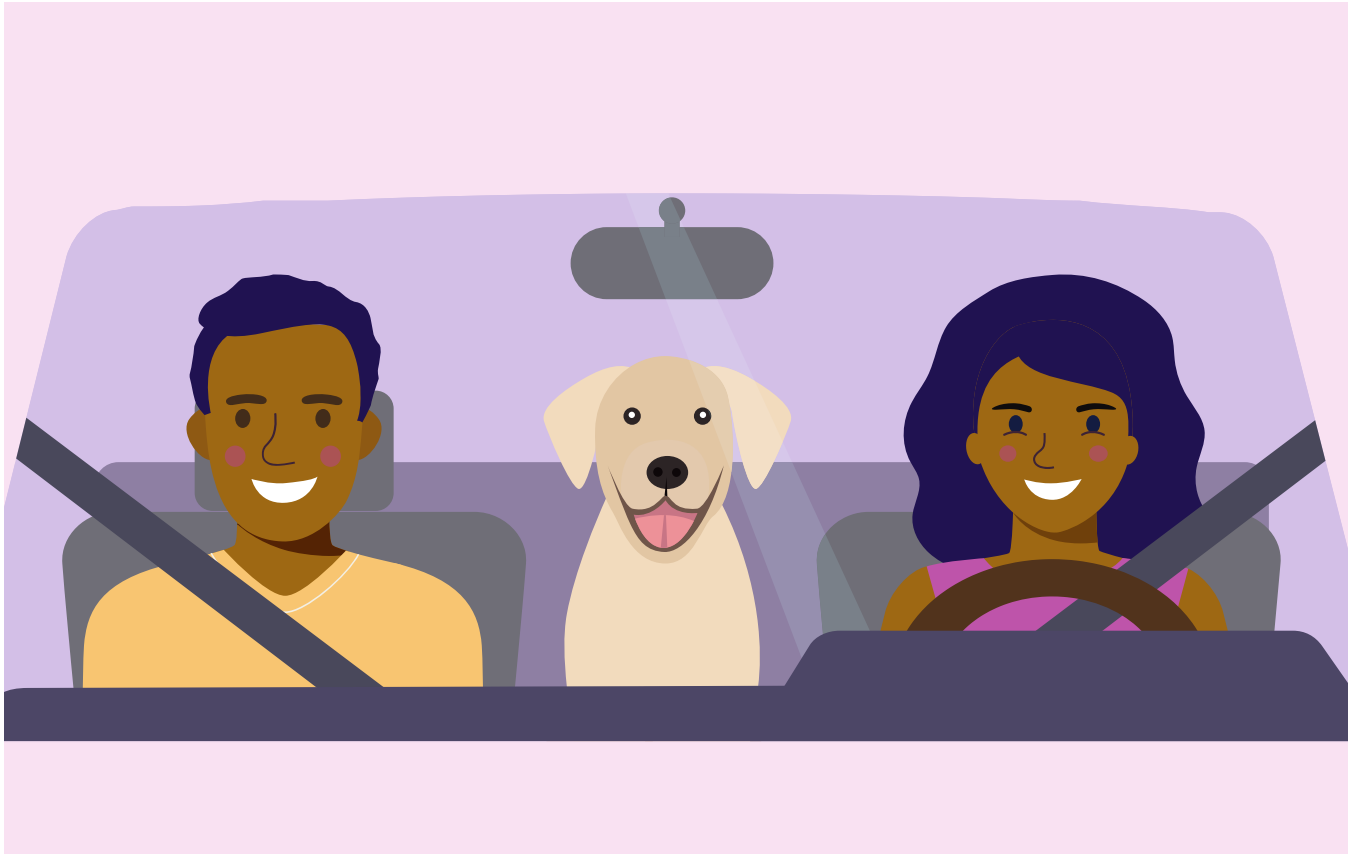
a. to make them easier to find
b. to keep them away from children
c. to display them for decoration
d. to make room for other items

3.3 Which of the following is NOT recommended for organizing tools in the garage?

a. cabinets
b. toolboxes
c. plastic bags
d. shelving units

3.4 Why is it important to regularly clean and disinfect the interior of your car?

a. to prevent the spread of illness
b. to increase fuel efficiency
c. to keep your engine running properly
d. to impress passengers



LET'S REVIEW!

You have learned that regular cleaning and maintenance of an automobile is important for safety and to extend the life of a vehicle. You now know the typical cleaning and maintenance tools that can be used to complete these chores, and you've learned the most common maintenance tasks that should be completed. Ensuring fluid levels such as coolant, oil, and transmission fluids are at acceptable levels are among the more important maintenance tasks, and knowing how to change a tire in an emergency will ensure you are well prepared should this be needed. Practicing these tasks with the support of a parent will also ensure you are confident in your abilities when you are living independently.

Before you take this last Self Test, you may want to do one or more of these self checks.

1. _____ Read the objectives. Determine if you can do them.
2. _____ Restudy the material related to any objectives that you cannot do.
3. _____ Use the **SQ3R** study procedure to review the material:
   a. **S**can the sections.
   b. **Q**uestion yourself again (review the questions you wrote initially).
   c. **R**ead to answer your questions.
   d. **R**ecite the answers to yourself.
   e. **R**eview areas you did not understand.
4. _____ Review all vocabulary, activities, and Self Tests, writing a correct answer for every wrong answer.

GLOSSARY

abrasive . . . . . Substance used for grinding, polishing, or cleaning a hard surface.

accumulate . . . . . Gather an increasing number or quantity of.

aerator . . . . . Small, round device screwed onto the tip of a faucet to control the water stream.

anchor . . . . . An insert that combines with a screw to create a strong mount on drywall.

antifreeze . . . . . Liquid based on ethylene glycol that can be added to water to prevent freezing.

automatic transmission . . . . . Multi-speed gearset in motor vehicles that doesn't require the driver change forward gears.

brake rotors . . . . . Circular discs connected to each wheel that turn motion into thermal energy.

carbon monoxide . . . . . Colorless, odorless flammable gas.

circuit breaker . . . . . Electrical safety device that protects electrical circuit from overcurrent.

clamp . . . . . Brace, bend, or clasp used to hold things together.

concentrated . . . . . Substance with most of its base component, such as water, removed.

convex . . . . . Thin edge of a spline that is grooved outward.

coolant . . . . . A mix of antifreeze and water that reduces heat.

corroded . . . . . Damage to metal or other materials due to chemical action.

disposable . . . . . Item intended for single use, then thrown away.

floorboards . . . . . Long plank linking the base of a wall.

grounded . . . . . Includes safe pathway for electrical current to flow to the ground.

laminate . . . . . Manufactured flooring made of multiple layers.

lug nuts . . . . . Large, rounded fasteners used to secure a wheel on a vehicle.

microfiber . . . . . A very fine synthetic fiber.

owner's manual . . . . . Instructional booklet that provides a vehicle's specifications and maintenance advice.

plaster . . . . . Mixture of lime with sand or cement and water to spread on a structure.

power steering . . . . . Hydraulic device system that aids steering of an automobile.

FAMILY AND CONSUMER SCIENCE
Unit 4

LIFEPAC TEST

Name _____

Date _____

Score _____

80
100

FAMILY AND CONSUMER SCIENCE UNIT 4: LIFEPAC TEST

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

1. _____ colorless, odorless flammable gas
2. _____ damage to metal or other materials due to chemical action
3. _____ mix of antifreeze and water that reduces heat
4. _____ twist or distortion in the shape or form of something
5. _____ brace, bend, or clasp used to hold things together
6. _____ insert that combines with screw to create a strong mount on drywall
7. _____ large, rounded fasteners used to secure a wheel on a vehicle
8. _____ removing dirt by rubbing it hard with an abrasive surface
9. _____ a part of an apparatus in which liquid is held
10. _____ a very fine synthetic fiber

a. coolant
b. anchor
c. microfiber
d. scour
e. carbon monoxide
f. lug nuts
g. warp
h. corroded
i. reservoir
j. clamp

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

11. _____ Using hot water along with a cleaning solution is recommended for mopping floors.
12. _____ For best results, launder heavily stained clothing in hot water.
13. _____ You should empty the dryer lint tray about once a month.
14. _____ Using a stud finder can help you locate a good spot to hang something heavy on a wall.
15. _____ Unclogging drains is a common interior home maintenance task.
16. _____ It's usually more cost-effective to buy tools in packaged sets rather than individually.
17. _____ Cleaning out gutters is a common exterior home maintenance task.
18. _____ Mowing, weeding, and trimming trees are examples of home property maintenance tasks.
19. _____ It's safe to open the radiator cap immediately after turning off a hot car engine.
20. _____ You should remove the lug nuts on a flat tire before raising the car with the jack.



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