

Everyday *Household Tasks*



Grocery Shopping

Cooking

Caring for Your Clothes

Home Maintenance and Decorating

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PREVIEW | Grocery Shopping

- How much do you already know about the material in this unit? Circle letters or words to correctly complete the sentences. Answers are upside down at the bottom of the page.

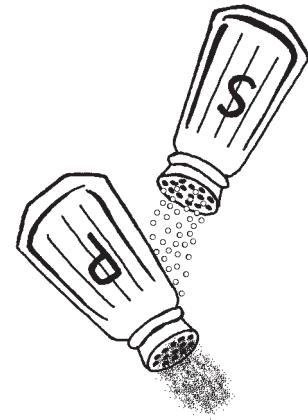
1. Grocery *staples* are (storage containers / foods used most often).
2. A *pantry* is a room or a closet used for storing (food / pants).
3. A product called a “loss leader” is (underpriced to attract more customers / displayed at the back of the store).
4. A “special” is a product that is supposed to be (of extremely high quality / sold at a bargain price).
5. Seasonal foods are (best at certain times of year / usually very spicy).
6. When you use “unit pricing,” you compare the (packaging / cost per ounce) of two products.
7. Name-brand products are _____ of better quality than store brands.
 - a. sometimes
 - b. always
 - c. never
8. Name brands cost more than store brands because the
 - a. packaging is more expensive.
 - b. extra money goes to charity.
 - c. company must cover advertising costs.
9. To make sure you buy everything you need, you should
 - a. make and use a shopping list.
 - b. shop with a friend.
 - c. look at everything in the store.
10. To keep flour, rice, and cereal fresh, you should
 - a. keep the pantry doors closed.
 - b. store them in airtight containers.
 - c. put them in the freezer.

Answers: 1. foods used most often 2. food 3. underpriced to attract more customers 4. sold at a bargain price 5. best at certain times of year 6. cost per ounce 7. a 8. c 9. a 10. b

LESSON

1 Grocery Staples

Grocery staples are the food items that you use again and again. They are the things you need to have on hand in order to put meals together. Study this chart. It tells you the kinds of foods you should eat every day. If you follow this guide from the U.S. Department of Agriculture’s (USDA) food pyramid (<http://www.mypyramid.gov>), you will have a balanced diet. You will also learn what staples you should have in your kitchen.



UNITED STATES DEPARTMENT OF AGRICULTURE (USDA) GUIDE TO DAILY FOOD CHOICES	
grains (bread, cereal, rice, pasta, etc.)	3 to 8 ounces or ounce equivalents
vegetables	1 to 3 cups or cup equivalents
fruits	1 to 2 cups or cup equivalents
Milk (includes yogurt, cheese, etc.)	2 to 3 cups or cup equivalents
meat & beans (includes fish, eggs, nuts, etc.)	2 to 6 ounces or ounce equivalents
oils, discretionary calories (fats, sweets)	use sparingly

See <http://www.mypyramid.gov> for guidance on what counts as an ounce/ounce equivalent or cup/cup equivalent for each category.

The items on the chart are only some of the foods you need to have on hand. You can see that some of these foods should be stored in the refrigerator or freezer. Others should be stored in your *pantry*—a cabinet, closet, or even a small room used for food storage.

Do you bake often? If so, staples for your kitchen would include baking supplies, such as flour, sugar, baking powder, baking soda, salt, and yeast. Herbs and spices—such as rosemary, oregano, thyme, cinnamon, and pepper—are also staples. What about soy sauce, ketchup, mustard, mayonnaise, and barbecue sauce? These are staples, too.

How should you shop for staples?

When you shop, always be aware of how long the product will stay fresh. Fresh fruits and vegetables cannot be stored for very long. On the other hand, canned and frozen fruits and vegetables can be stored for quite some time. You can buy enough canned and frozen foods to fill up your pantry and your freezer. But you should buy only as much fresh food as you can eat in a few days.

How should you set up your pantry?

The goods in your pantry should be stored in a logical way. That makes it a lot easier to find things. It’s a good idea to keep pasta and pasta sauces next to each other. You could also group things like cereals, baking ingredients, and related canned goods. Figure out your own plan and follow it!

■ **Thinking It Over**

1. A balanced diet is one that
 - a. can be neatly arranged on the plate.
 - b. includes food from all the food groups, in the recommended amounts.
 - c. includes six small meals a day.
2. Most of the food you eat in a day should be
 - a. from the vegetable group.
 - b. meat, poultry, fish, eggs, beans, and nuts.
 - c. bread, cereal, rice, and pasta.
3. Canned and frozen foods can be stored
 - a. longer than fresh foods.
 - b. about as long as fresh foods.
 - c. for several years.
4. A logical arrangement of goods in your pantry will
 - a. require a great deal of effort.
 - b. make it easier to find things.
 - c. take less room on the shelves.

■ **Everyday Math**

Mateo eats 7 ounces daily from the grains group. One cup of dry cereal counts as one ounce. One slice of bread counts as one ounce. For breakfast, Mateo has a cup of cereal and 2 slices of toast. How many more ounces from this group will he still eat today?

■ **Key Vocabulary**

1. A *staple* is _____

_____.
2. A *pantry* is _____

_____.
3. A *balanced diet* is _____

_____.
4. Examples of *grain* products are _____

_____.
5. Examples of *milk* products are _____

_____.

■ **On Your Own**

Write yourself a menu plan for one day. Be sure to include the recommended number of ounces or cups from each food group. Be specific in your food choices. That is, tell what kind of vegetable, what kind of fruit, what kind of bread, and so on.

LESSON**2 Reading Grocery Ads**

Lissa has been comparing grocery ads. She wants to get the best bargains she can. Here are two different ads she saw in the paper today.

SMART MART

boneless, skinless . . . \$2.39 lb.
chicken breasts
milk \$2.99/gallon
Toasty T's cereal Buy one at \$4.69,
(13.5 ounces) get one free
black olives 3 cans/\$3
large avocados \$1.79 each
cottage cheese 2 for \$6
yogurt 10 for \$5
18 eggs \$3.29
blue cheese salad . . . \$1.99 (limit 6)
dressing

FRANKIE'S FOODS

boneless, skinless . . . \$2.29 lb.
chicken breasts
milk 2 gallons/\$3.95
Toasty T's cereal \$2.25
(13.5 ounces)
black olives 79¢ per can
large avocados \$1.89 each
cottage cheese \$3.29 each
yogurt 69¢ each
eggs \$2.99 a dozen
blue cheese salad . . . \$4.59
dressing

Lissa decided to go to Smart Mart to do her shopping. She liked the price on the blue cheese salad dressing. She had never seen it so low before! Her mother told her it was a “loss leader.” In order to get more customers to come in, the store was selling the product at a loss.

Near the front door, Lissa saw this sign on a display:

SPECIAL—TODAY ONLY!

Brand X Tuna—99¢

The sign was hand-lettered, so it looked like a spur-of-the-moment sale. Lissa figured that the store must have gotten a good buy on the tuna. Then they passed the savings on to their customers. She put six cans into her cart. Then, in another part of the store, she noticed that Brand Y tuna was selling for 89¢. Both brands were chunk light tuna, packed in water, and both cans had the same weight. So she put six cans of Brand Y tuna into her cart and put the Brand X back where she found it.

Lissa remembered something her mother had told her. A “special” may or may not be a good deal. A sign that says the price is 99¢ “today only” suggests the price will be higher tomorrow. But it *might* mean that the price will be even lower tomorrow! Careful shoppers always compare prices, no matter what the sign says.

When Lissa got to the yogurt display, she put 5 containers in her cart. She remembered something else her mother had told her. Just because the sign says 10 for \$5, that doesn't mean you *have* to buy 10. Of course, the store wants you to buy a lot—but you don't have to. You'll still get the special price (in this case, 50 cents each), no matter how many you buy.

■ **Thinking It Over**

1. The easiest way to find bargains is to
 - a. go from store to store.
 - b. read ads from different stores.
 - c. call several stores.
2. A “special” is a price that is
 - a. definitely a good deal.
 - b. lower than the usual price.
 - c. good for only a limited time.
3. “Buy one—get one free” is
 - a. sometimes a good deal.
 - b. never a good deal.
 - c. always a good deal.
4. If a product is on sale at “5 for \$8,” you
 - a. can’t buy more than 5.
 - b. must buy at least 5.
 - c. can buy any number you want.

■ **Everyday Math**

1. What’s a better buy on olives—3 cans for \$3, or 79¢ per can? Why?

2. Which is cheaper—2 boxes of cereal at \$2.25 each, or 1 box at \$4.69 and 1 box free? Why?

■ **Key Vocabulary**

1. A *bargain* is _____

_____.
2. If a sign says “Limit 3,” it means _____

_____.
3. A *loss leader* is _____

_____.
4. When you *compare prices*, you _____

_____.

■ **On Your Own**

To get chicken at \$2.29 a pound, you must buy a 10-pound package. Otherwise, it’s \$4.99 per pound. You need only 2 pounds of chicken for a recipe. What would you do? Explain your reasons.

LESSON

3 Meal Planning

Do you plan meals for your whole household, or just for yourself? In either case, you need to think about several things in order to plan wisely.

HEALTH

For good health, people need foods from all the food groups every day. On page 6, you learned that the following foods and amounts are recommended:

- 3–8 ounces from the grains group
- 1–3 cups of vegetables
- 1–2 cups of fruit
- 2–3 cups from the milk group
- 2–6 ounces from the meat & beans group
- a small amount of oils and discretionary calories (fats, sweets)

Ounces and cups or “ounce or cup equivalents” are often smaller than you might think. This chart will give you some idea of what some of these amounts are.

WHAT COUNTS AS AN OUNCE OR CUP (OR EQUIVALENT) ?			
<p>GRAIN PRODUCTS GROUP (BREAD, CEREAL, RICE, AND PASTA)</p> <p>1 OUNCE =</p> <ul style="list-style-type: none"> • 1 slice bread • 1 cup dry cereal • 1/2 cup cooked cereal, rice, or pasta 	<p>VEGETABLE GROUP</p> <p>1 cup =</p> <ul style="list-style-type: none"> • 1 cup cooked or raw vegetables, chopped • 1 cup vegetable juice • 2 cups raw leafy greens 	<p>FRUIT GROUP</p> <p>1 cup =</p> <ul style="list-style-type: none"> • 1 small apple, or 1 large banana or orange • 1 cup of 100 % fruit juice or 1 cup chopped, cooked, or canned fruit • 1/2 cup dried fruit 	
<p>MILK (MILK, YOGURT, AND CHEESE)</p> <p>1 cup =</p> <ul style="list-style-type: none"> • 1 cup milk or yogurt • 1 1/2 ounces (2 slices) natural cheese (cheddar, Swiss, etc.) • 2 cups cottage cheese 		<p>MEAT AND BEANS GROUP (MEAT, POULTRY, FISH, DRIED BEANS, EGGS, AND NUTS)</p> <p>1 OUNCE =</p> <ul style="list-style-type: none"> • 1 ounce cooked lean meat, poultry, or fish • 1/4 cup cooked dried beans, 1/4 cup tofu, or 1 egg • 1 tablespoon peanut butter or 1/2 ounce of nuts 	

VARIETY

It’s no fun to eat the same thing every day. We all like a little variety in our meals. Smart meal planners try to think of different kinds of food to meet the USDA recommendations.

What should you do before you make a shopping list? If you can, it’s a good idea to plan meals for a week in advance. Then check what you already have in the refrigerator, freezer, and pantry. Your list should include all the items you’ll need to make the meals you’ve planned for the week.

■ **Thinking It Over**

1. If 3–8 ounces or ounce equivalents from a certain food group are recommended,
 - a. everyone should have 3–8 ounces or ounce equivalents.
 - b. smaller people should have only 3 ounces.
 - c. the average person should have at least 8 ounces.
2. An example of 2 cups or cup equivalents of fruit would be
 - a. 1 cup of canned pears.
 - b. 1/2 cup raisins.
 - c. 1 small apple and 1 cup of canned pears.
3. If you have 2 eggs for breakfast, how many more (maximum) ounces or ounce equivalents from the meat & bean group should you eat that day?
 - a. none
 - b. 2
 - c. 4
4. To avoid boring meals, people should have plenty of
 - a. variety.
 - b. sweets.
 - c. fats and oils.

■ **Everyday Math**

1. Daisy has 1 cup of milk with breakfast. She has 1 1/2 ounces of Swiss cheese at lunch. How many more cups or cup equivalents (maximum) from the milk group are recommended for today?

2. Mekhi's salad included 2 cups of leafy greens and 1 cup of chopped vegetables. How many cups or cup equivalents of vegetables were in his salad?

■ **Key Vocabulary**

1. What are some examples of *grain* products? _____

2. What is a *recommendation*?

3. If you do something *in advance*, when do you do it?

4. What does *variety* mean?

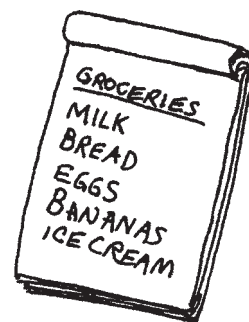
■ **On Your Own**

Write a one-day menu for yourself. Make sure you get the recommended amounts of food from each group.

LESSON

4 Getting the Best Value

Nobody likes to waste things, least of all money. These tips can help you get the best value for your money when you're shopping for food. Wise shoppers go to warehouse clubs, supermarkets, and farmer's markets.



TIP #1: Make a list. Begin with the ingredients you need to make specific recipes, but don't be too rigid about it. For example, if fish is on your list, don't insist on halibut if you see some nice cod on sale. Try to buy sustainable fish. If you've written down "salad stuff," don't always get the same things. Buy locally grown and in-season produce.

TIP #2: Eat before you shop! If you're hungry you're much more likely to buy food items you don't need.

TIP #3: Use coupons—but bring only the coupons you know you're going to need. Don't buy things you don't need just to save a few cents.

TIP #4: Don't go up and down every supermarket aisle. In most supermarkets, the fresh foods are placed around the edges of the store—on the sides and in the back. The middle aisles are lined with processed foods, chips, sodas, ice cream, and non-food items.

TIP #5: If you must shop in the middle aisles, look at the top and bottom of shelves there. The average supermarket shopper is a woman about 5'4" tall. The most expensive products are displayed at her eye level. You'll usually find better bargains on the upper and lower shelves.

TIP #6: Read and compare labels. Study the list of ingredients to

see what you're getting for your money. Don't be fooled by fancy lettering and package design.

TIP #7: Don't be a slave to brand loyalty. There's a reason the name brands cost more than the store brands. That reason is advertising! It costs a lot of money to put those product ads on TV. Do you want to help the company pay for them?

TIP #8: Shop for seasonal foods—those that are best only at certain times of the year. Strawberries in the spring and pumpkins in the fall are seasonal produce. If you buy produce that's out of season in your area, it will be more expensive. That's because it had to be shipped from a distance. You can also grow seasonal fruits, veggies, and herbs inexpensively in your yard or in a pot on a porch.

TIP #9: Be aware of unit pricing. For example, suppose you see two bottles of juice. One is \$3.49. The other is \$2.69. Don't assume that the \$2.69 bottle is a better buy. It might contain half the amount of juice as the other bottle. To determine the better buy, you must find out the cost per unit (such as per ounce or per quart). Sometimes this information is listed on the shelf. If not, figure out the differences for yourself.