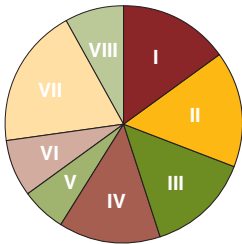


## Family and Consumer Sciences (0121)

### Test at a Glance

Test Name	Family and Consumer Sciences		
Test Code	0121		
Time	2 hours		
Number of Questions	120		
Format	Multiple-choice questions		
	Content Categories	Approximate Number of Questions	Approximate Percentage of Examination
	I. The Family	18	15%
	II. Human Development Through the Life Span	19	16%
	III. Consumer Economics and Resource Management	17	14%
	IV. Nutrition, Food Science, and Wellness	17	14%
	V. Textiles and Apparel	7	6%
	VI. Housing and Living Environments	10	8%
	VII. Family and Consumer Sciences Education	23	19%
	VIII. Career, Community, and Family Connections	10	8%



## About This Test

The Family and Consumer Sciences test is designed for prospective teachers of family and consumer sciences in middle through senior high schools.

The 120 multiple-choice questions assess subject knowledge as well as the methodology applicable to teaching family and consumer sciences. The test is broad in scope to provide for the range in subject areas to which prospective family and consumer sciences teachers are exposed and the variety of programs for which they are prepared. The test is typically taken by examinees who have completed a bachelor's degree program with an emphasis on family and consumer sciences.

Eight content areas include the family, human development through the life span; consumer economics and resource management; nutrition, food science, and wellness; textiles and apparel; housing and living environments; family and consumer sciences education; and career, community, and family connections.

This test may contain some questions that will not count toward your score.

## Topics Covered

Representative descriptions of topics covered in each category are provided below.

### I. The Family

- Family structures: single-parent, traditional, extended, and blended families, as well as the single individual
- Family stages: the beginning, expanding, and contracting family and retirement
- Family functions: the education and development of family members, including transmission of heritage, behavior modeling, and consumer education; and the physical and psychological support of family members, including parenting, supplying basic needs, fostering self-worth, creating and maintaining stable relations, and providing recreation
- Factors affecting family relationships: multiple roles, changing roles and lifestyles, and availability of resources

### II. Human Development Through the Life Span

- Theories of development within the context of family matters: Gesell and Ilg, Havinghurst, Erikson, Piaget, and Maslow
- Development tasks and processes: physical, social, psychological/emotional, and intellectual and moral development
- Variations in development requiring special resources and responses
- Interpersonal relationships: family, workplace, and local and global communities
- Purposes and patterns of communication, including effective conflict prevention

### III. Consumer Economics and Resource Management

- Consumer rights and responsibilities: legal and ethical considerations
- Consumer resources for decision-making: private and government agencies providing assistance and information and published materials
- Financial planning and management: family budgets, credit, investments, insurance, retirement planning, and savings and checking accounts
- Consumer protection: labels, warranties, guarantees, government agencies, and consumer advocate groups

- Management processes and techniques: goal-setting; decision-making strategies; assessing and using resources; strategies for changes; and the identification and clarification of family values, goals, and standards in management decisions
- Management theory: work simplification, time management, and organization of activities
- Selection of services and products: health-care services, child-care services, elder-care services, repair services; household materials and equipment, automobiles, and toys

### IV. Nutrition, Food Science, and Wellness

- Factors influencing nutritional needs: e.g., gender, age, and activity
- Functions and sources of nutrients: e.g., calcium for bone-building, iron for blood cells, and Vitamin A for eyes and skin
- Nutritional guidelines: RDA, Dietary Guidelines for Americans, USDA Daily Food Guide (the food pyramid)
- Related health problems: e.g., anorexia, bulimia, obesity, diabetes, and hypertension as well as prevention and treatment strategies
- Sociocultural aspects of food: considerations related to ethics, morals, religion, and ethnicity, and the physiological and psychological satisfactions of food
- Meal/food management: order of preparation, type of meal service related to food choices and number of people to be served, preparation time, and money available
- Food preparation: food science principles involved in undercooking, overhandling, additives, and proper cooking temperatures; and selection and use of equipment involving heat conductivity, energy conservation, and time/person management
- Food storage and preservation: the cleanliness of food handlers, surroundings, and utensils; and proper storage environment and new preservation techniques
- Laws concerning hazardous materials: e.g., OSHA, Right to Know, and Material Safety Data Sheets (MSDS)

**V. Textiles and Apparel**

- Wardrobe management: planning, selection, and purchase; clothing construction; design principles, including line and color; and the care of clothing
- Ways in which fiber, fabric, texture, pattern, and finish can affect appearance
- Textiles: types and characteristics of fibers, production and properties of fabrics
- Appropriate procedures for care of textile products

**VI. Housing and Living Environments**

- Internal and external factors that affect housing choices
- Housing: functions of housing, types of housing, including floor plans and traffic patterns

**VII. Family and Consumer Sciences Education**

- Historical, social, and economic foundations of the profession
- Philosophical and professional concerns: improvement for the quality of life; elimination of sex-role stereotypes; preparation of students for dual roles at home and at work; integration of the cognitive, affective, and psychomotor skills necessary to function effectively as an individual and as a family member; and roles of professional organizations in family and consumer sciences education

- Characteristics of family/consumer education and of occupational family and consumer sciences education
- Planning, implementation, and evaluation: laboratory setting and demonstration methods; role of youth organizations such as FCCLA; career education; impact of legislation; meeting the needs of special students; appropriate assessment techniques, such as use of observation and quality checklists in laboratory settings; and integration of family and consumer sciences into other academic areas
- Classroom management strategies to support a positive learning environment
- Appropriate criteria and standards to identify, evaluate, and improve programs and student learning

**VIII. Career, Community and Family Connections**

- Careers in family and community services careers: roles and functions, education and training; and employment opportunities
- Job-acquisition skills: seeking employment, interview and application processes, and preparing resumes and references
- Professional and ethical relationships with colleagues, support teams, participants, and families

## Sample Test Questions

*The sample questions that follow illustrate the kinds of questions in the test. They are not, however, representative of the entire scope of the test in either content or difficulty. Answers with explanations follow the questions.*

**Directions:** Each of the questions or statements below is followed by four suggested answers or completions. Select the one that is best in each case.

- Which of the following characteristics of a ready-made garment best indicates high-quality construction?
  - Stiff interfacing
  - Darts with “dimples” at the points
  - The use of monofilament nylon thread
  - Seam allowances of at least one-half inch
  - Large buttonholes
- The chief function of carbohydrate-rich foods is to
  - add bulk to the diet
  - balance food intake
  - supply energy
  - provide vitamins
  - make fats more digestible
- Which of the following is generally considered to be the most important principle in designing an efficient kitchen?
  - The work areas should be arranged in a triangular pattern.
  - The range should be on an outside wall.
  - The sink should face a window.
  - There should be direct access to the outdoors.
  - There should be adequate counter space next to the refrigerator.
- The experience of programs such as the American Council to Improve Our Neighborhoods and Habitat for Humanity suggests that which of the following is most important in the success of efforts designed to improve existing housing in inner cities?
  - Modification of local zoning ordinances
  - Availability of federal funds for renovation
  - Support from local building trades unions
  - Easing of credit for construction loans
  - Involvement of local citizens and community leaders
- Evidence of a major change in the structure of families in the United States in recent years is provided by a substantial increase in the number of
  - blended families
  - extended families
  - nuclear families
  - polyandrous marriages
  - polygynous marriages
- Unit pricing enables the consumer to
  - buy the best quality items in neighborhood convenience stores
  - purchase the proper number of units of food per person
  - identify the number of items sold in a unit
  - check the marked price against the advertised price of sale merchandise
  - compare the price per unit of items sold in different quantities
- At which of the following time periods in Erik Erikson’s psychosocial stages is the primary psychological conflict that of identity versus role confusion?
  - Infancy
  - Years 3-5½
  - Years 5½-12
  - Adolescence
  - Early adulthood

8. MONTHLY PAYMENT COMPARISONS, FOUR-YEAR LOAN AMOUNTS

Rates	\$7,000	\$9,000	\$11,000	\$13,000
7.50%	169.23	217.61	265.97	341.32
7.75%	170.07	218.66	267.26	315.85
8.00%	170.89	219.72	268.54	317.37
8.25%	171.71	220.77	269.83	318.90

A family intends to purchase a new car for \$11,000. They will make a down payment of \$2,000 and will pay off the loan over a four-year period. According to the table above, approximately how much money will they save over the four-year period if they are able to finance the car at 7.50 percent instead of 7.75 percent?

- (A) \$ 25.00
- (B) \$ 50.00
- (C) \$ 62.00
- (D) \$ 75.00
- (E) \$100.00

9. The first step of the problem-solving process in home management is to

- (A) obtain data and information about the problem
- (B) list alternative courses of action
- (C) identify the problem
- (D) identify the possible consequences of potential actions
- (E) decide how to evaluate alternative courses of action

Questions 10–11 are based on the following menu.

- Spaghetti with Meat Sauce
- Tossed Green Salad with Blue Cheese Dressing
- Garlic Bread
- Fresh Fruit
- Cola

10. The calcium content of the meal could be substantially increased by replacing the

- (A) cola with milk
- (B) spaghetti with macaroni
- (C) tossed salad with cole slaw
- (D) garlic bread with biscuits
- (E) fresh fruit with frozen fruit

11. Which of the following would lower the cholesterol content of the meal?

- I. Replace the blue cheese dressing with a dressing of olive oil and vinegar.
- II. Replace the meat sauce with a vegetable sauce.
- III. Replace the fresh fruit with ice cream.

- (A) I only
- (B) II only
- (C) III only
- (D) I and II only
- (E) I, II, and III

12. A family and consumer sciences teacher has completed a unit on nutrition and is preparing a multiple-choice test on the unit. Which of the following will help most to ensure that the unit test has content validity?

- (A) Have another teacher review the test to make sure it is not too easy for the class.
- (B) Match the test questions with the outline of the material that was taught in the unit.
- (C) Arrange for students who are absent on the day of the test to take the test as soon as they return to school.
- (D) Double-check each answer sheet to make sure that it has been scored correctly.
- (E) Require students to prepare a written exercise about any questions they answered incorrectly.

13. Which of the following are qualities of the fiber ramie?
- I. Absorbency
  - II. Elasticity
  - III. Luster
  - IV. Strength
- (A) I and II only  
(B) II and III only  
(C) I, II, and III only  
(D) I, III, and IV only  
(E) I, II, III, and IV
14. According to Piaget, in what order do the stages of cognitive development ability occur in children?
- (A) Preoperational, sensorimotor, formal operation, concrete operation  
(B) Concrete operation, sensorimotor, formal operation, preoperational  
(C) Preoperational, formal operation, concrete operation, sensorimotor  
(D) Formal operation, concrete operation, sensorimotor, preoperational  
(E) Sensorimotor, preoperational, concrete operation, formal operation
15. In which of the following situations is a marriage at greatest risk of ending in divorce?
- (A) Both partners are over 50 years old when they marry.  
(B) Both partners are under 18 years old when they marry.  
(C) There is a difference of 10 years in age between the partners.  
(D) The couple has been married for less than 7 years.  
(E) The couple has been married for more than 20 years.
16. The Consumer Credit Protection Act of 1968, known as the Truth-in-Lending Act, can provide help to consumers in managing finances by
- (A) allowing consumers to get information about how much a credit purchase will actually cost  
(B) ensuring that consumers will not purchase an item they cannot afford  
(C) prohibiting discrimination against credit applicants because of race or gender  
(D) allowing consumers to see and correct a copy of their own credit report  
(E) prohibiting creditors from threatening consumers about unpaid debts
17. The primary purpose of occupational family and consumer sciences programs is to
- (A) prepare students for home ownership  
(B) prepare students for gainful employment  
(C) prepare students for lifetime careers  
(D) teach students how to combine work and family life  
(E) train students in job interview techniques
18. When explained and used properly, “time out” can be a very effective tool for handling misbehavior in preschool children. The general rule for the length of time to be used is
- (A) 10 minutes  
(B) 1 minute for each year of the child’s age  
(C) 5 minutes for each year of the child’s age  
(D) 5 minutes over the child’s age  
(E) 15 minutes
19. Scope and sequence are terms used in curriculum planning. In this context, “scope” refers to the
- (A) procedures to be followed in the lesson plan  
(B) order in which content is to be developed  
(C) supplementary materials to be developed for class use  
(D) major content areas to be included  
(E) curricular goals

20. Cardiorespiratory fitness can best be achieved by which of the following?

- (A) A diet high in carbohydrates
- (B) An exercising program based on yoga
- (C) A diet low in fats
- (D) An exercise program based on aerobic activities such as walking or biking
- (E) Adding protein supplements to the diet

21. Studies indicating that children raised in single-parent families are likely to experience risks to psychological development, social behavior, and sex-role identification have recently been challenged. The challenge is based primarily on evidence that

- (A) the studies did not use large enough samples to produce reliable and valid results
- (B) a family's income, which for most single-parent families is below poverty level, is a stronger explanation for the negative findings
- (C) the role of an extended family or neighbors was not factored into the findings of the studies
- (D) the majority of the studies were conducted with single-parent families headed by females
- (E) a family's geographic location, which for many single-parent families is an urban setting, is a stronger explanation for the negative findings

22.

1. Identifies the characteristics of a safe and healthy home
2. Lists ways to childproof a home
3. Matches a safety hazard with an appropriate precaution
4. Finds safety hazards depicted on a picture of a room

A family and consumer sciences teacher has listed the instructional objectives above for a unit on safe and healthy environments. According to Bloom's taxonomy, which of the following is true of these objectives?

- (A) They are listed from highest to lowest level of thinking.
- (B) They are listed from lowest to highest level of thinking.
- (C) They all represent low levels of thinking.
- (D) They all represent high levels of thinking.
- (E) They represent a variety of levels of thinking.

23. "Home economics... served as a critical bridge from domesticity in the 19th century to modernity in the 20th century."

*New York State College of Human Ecology  
Centennial Exhibit, Cornell University*

In which of the following ways did home economists of the late 19th century transition the nation from domesticity to modernity in the 20th century?

- (A) By conducting research on human nutrition and child development
- (B) By drawing attention to the structure, design, and outfitting of the American household
- (C) By educating impoverished families about methods of household economy
- (D) By serving as nurses, volunteers, and dietitians during times of national crisis
- (E) By promoting the cause of suffrage movements

24. A family and consumer sciences teacher is working with high school students to prepare them for job interviews. Which of the following questions should the teacher advise is most appropriate for a candidate to ask an employer during an interview?

- (A) What happens if I come late?
- (B) How soon would you need me to start?
- (C) What does this company do?
- (D) Did I get the job?
- (E) Can I change my schedule if I get the job?

## Answers

1. The best answer is D. A seam allowance should be at least 1/2" wide. Choice A is incorrect because the weight of the interfacing should depend on the weight of the fabric and the purpose of the garment, not its quality. Choice B is incorrect because darts with "dimples" at the tips show improper stitching, inadequate pressing, or both. Choice C is incorrect because monofilament nylon thread is stiff and inflexible and can melt when ironed. Choice E is incorrect because large buttonholes can allow the buttons to come unfastened.
2. The correct answer is C. Carbohydrates are important in the diet because they provide a ready source of energy.
3. The best answer is A. Because the preparation of a meal requires walking between the work areas (the sink, the stove, and the refrigerator) many times, the most important principle of efficient kitchen design is to place these areas in a triangular pattern. Choices B, C, and E all mention features that might be pleasant or desirable to have in a well-designed kitchen, but they are not as important as the triangular design. Choice D might or might not be desirable.
4. The best answer is E. Programs such as those mentioned, as well as community block grants and other community-based efforts, suggest that the involvement of citizens and community leaders is a critical factor in the success of any housing-improvement program. Other factors, such as the availability of credit, federal funds, zoning ordinances, and the support of local unions, may be desirable, but not critical.
5. The correct answer is A. Families formed when a widowed or divorced person, with or without children, remarries another person, who may or may not have been married before and may or may not have children, are blended families. The high numbers of divorces and remarriages have caused an increase in this type of family structure in the United States in recent years.
6. The correct answer is E. The unit price is the cost of an item per unit of measurement, such as an ounce or a quart. This type of price information enables the consumer to determine which of several sizes or brands of the same product costs least per unit.
7. The correct answer is D. According to Erickson, the primary psychological conflict in adolescence is identity versus role confusion.
8. The correct answer is B.  
 $\$11,000 - \$2,000 = \$9,000$ , which is the amount to be financed.  
 According to the chart,  
 $\$218.66$  is the monthly payment at 7.75%.  
 $\$217.61$  is the monthly payment at 7.50%.  
 The difference between the two payments is \$1.05 per month, which comes to \$50.40 over the 48-month life of the loan.
9. The correct answer is C. In the definition of the problem-solving process, before choices A, B, D, and E can be attempted, the problem must be identified.
10. The correct answer is A. Milk is a substantial source of calcium; cola is not. The other changes will not make any appreciable difference in the calcium content of the meal.
11. The correct answer is D.
  - I. A dressing of olive oil and vinegar is lower in cholesterol than a blue-cheese dressing.
  - II. A vegetable sauce is lower in cholesterol than a meat sauce.
  - III. Ice cream is higher in cholesterol than fresh fruit.
12. The best answer is B. Matching the test questions with the outline of the material taught will help to ensure that the test is representative of the material that was presented in the unit and therefore has content validity. Choices A, C, D, and E all might be desirable activities, but they do not relate directly to the content validity of the test.
13. The correct answer is D. Ramie is a very strong natural fiber. It absorbs moisture easily, and it is exceptionally lustrous. It is, however, low in elasticity.
14. The correct answer is E. According to Jean Piaget, the sensorimotor period is from birth to age two, preoperational period from age two to age seven, concrete operations from age seven to age eleven, and formal operations from age eleven onward.
15. The correct answer is B. Statistics on divorce indicate that marriages of people who are under 18 years old are more likely to end in divorce than those of any of the other situations described.
16. The correct answer is A. This legislation requires that the borrower be informed fully about the true cost of a credit purchase. Choice B is not the answer, because the consumer must still make the decision about whether or not to make a purchase. Choices C, D, and E are features of other credit legislation.

**17.** The best answer is B. Occupational family and consumer sciences programs emphasize the teaching of skills and job attitudes that will prepare the students to secure paid employment in jobs using family and consumer sciences knowledge and skills.

**18.** The correct answer is B. Until about age four, a child may be unable to remain still and quiet in time out for any significant amount of time. The general rule of thumb is about one minute of time out for each year of age.

**19.** The correct answer is D. Scope and sequence is the term applied to a curriculum plan in which a range of knowledge and skills is organized according to the successive grade levels in which they are taught. Sequence refers to the order in which the knowledge and skills are taught, and scope refers to the knowledge and skills themselves.

**20.** The correct answer is D. Cardiorespiratory fitness is achieved by strengthening the heart muscle, which enables more blood to be circulated and more oxygen to be supplied to muscles. Dietary adjustments, as described in choices A, C and E, would not significantly contribute to strengthening the heart muscle and increasing circulation, nor would yoga, an activity which builds balance and flexibility. Aerobic activity, which increases the heart rate and the amount of oxygen inhaled, is the most likely to promote cardio respiratory fitness.

**21.** The correct answer is B. Recent studies have identified lack of income as the single most important factor in accounting for the differences in the development and behavior of children from two-parent and single-parent family structures. Therefore, the correct answer is B.

**22.** The correct answer is C. This question asks you to apply your knowledge of Bloom's Taxonomy of Educational Objectives to a group of instructional objectives. Identifying, listing, matching, and finding (locating) are skills associated with knowledge-level thinking. As knowledge is the lowest level on the hierarchy of Bloom's taxonomy, the correct answer is C.

**23.** The correct answer is B. All the choices describe historical roles of home economists but only choice B occurred in the time frame described in the question and addresses a transition from a labor-intensive household to the labor-saving household generally associated with modern living.

**24.** The correct answer is B. Asking when the candidate would be needed is work-related and appropriate. Choices A and E might indicate a lack of responsibility on the candidate's part and might cause the candidate to be passed over. Choice C indicates the candidate has not learned the necessary background information on the work setting, and choice D puts the interviewer on the spot and is premature at this stage.



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