

FAMILY AND CONSUMER SCIENCE LIFE PAC 1

CHRISTIAN CHARACTER AND APPEARANCE

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Alpha Omega Publications®

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CHRISTIAN CHARACTER AND APPEARANCE

God has made us three-fold beings with a body, a soul, and a spirit. The spirit is the most important part; it comes to life at salvation. It guards us against a callused spiritual **conscience**; it keeps us on the right track, and living in God's will. Defining our **character** qualities, discerning our weaknesses and strengths, and establishing Biblical principles to live by are important in the development of our spirit. "Inner Beauty" will focus on these areas of our spiritual being.

The second part of our three-fold being is the body. God created human life; therefore, He is the source of our physical being. Each person is responsible for the care of his own body. "Physical Beauty" will discuss your health, hygiene, and appearance.

The third part of our three-fold being is the soul. This is often referred to as our will. *Will* is defined as *that faculty of the mind by which we determine either to do or forbear an action*. "Behavioral Beauty" will discuss Christian principles that govern your conversation and actions in both private and public circumstances.

It is the combination of all three parts of our being that makes it possible to be the person God wants us to be. This LIFEPAK® will help you strive to become that person.

OBJECTIVES

Read these objectives. The objectives tell you what you will be able to do when you have successfully completed this LIFEPAK.

When you have finished this LIFEPAK, you should be able to:

1. Identify and define the character qualities that make up our spiritual beings.
2. Compare and discern between Biblical principles and personal preferences.
3. Examine specific principles that will help you develop as a Christian young person.
4. Identify your personality strengths and weaknesses.
5. Gain an understanding of how your appearance affects how you act and feel.
6. Understand the meaning and relationship between health and hygiene.
7. Identify beauty practices contributing to good grooming.
8. Demonstrate some skill in grooming practices.
9. Identify the relationship between good posture and your appearance.
10. Demonstrate some skill in practicing good posture.
11. Study behavioral beauty which demonstrates the inner beauty through actions and speech.
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FAMILY AND CONSUMER SCIENCE LIFE PAC 2

WHAT'S COOKIN'?

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WHAT'S COOKIN'?

The kitchen is one of the most important rooms in the home. More time is spent in your kitchen than any other room. It is important to make sure that your kitchen is set up for efficient, fun, and safe use. This LIFEPAK® will introduce you to the most popular and effective kitchen layouts, large and small equipment used for ease of food preparation and storage, and names and uses of kitchen utensils. Since safety in the kitchen is extremely important, this LIFEPAK will also address this topic as well.

When cooking, the first step is to have the right amounts of the right ingredients. Learning what to look for in a recipe and how to read a recipe is very important. The second section of LIFEPAK 2 will teach you how to read and use recipes more proficiently.

Before you start to cook, there are some important things you should consider. You need to think about your food budget and where to shop for the best bargains. You should learn how to read labels so that you purchase wisely, economically, and nutritionally. When purchasing food, storage must be considered also. These aspects of cooking are designated as meal management. Once you gain an understanding of each of these areas, you will be ready to proceed to meal planning and food preparation.

OBJECTIVES

Read these objectives. The objectives tell you what you will be able to do when you have successfully completed this LIFEPAK.

When you have completed this LIFEPAK, you should be able to:

1. Identify and describe the most popular and effective kitchen layouts.
2. Identify the names and uses for equipment and utensils found in the kitchen.
3. Gain an understanding for safety in the kitchen.
4. Identify what to look for in a good recipe and how to read a recipe.
5. Identify cooking terms, equivalents, abbreviations, and measurements found in recipes.
6. Identify the different aspects of meal management.
7. Demonstrate skill in maintaining a food budget through careful buying strategies.
8. Compare and contrast different types of food stores.
9. Demonstrate supermarket etiquette.
10. Identify nutritional and economic values from reading good labels.
11. Gain an understanding of various methods of proper food storage.
12. Explain the importance of proper food storage.

Note: All vocabulary words in this LIFEPAK 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.

FAMILY AND CONSUMER SCIENCE LIFE PAC 3

LET'S EAT

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LET'S EAT

Making sure you get the right amount of nutrients every day will help you feel better and in turn look better. By eating a variety of foods, you will get the right amount of necessary nutrients that will help your body grow, develop, and work properly. Select foods from the food pyramid throughout the day to make sure you get the right amounts of nutrients. This LIFEPAAC® will explain good nutrition, how to select nutritious foods, and how to cope with special diet needs. Sitting down to a glorious meal with friends takes much planning and preparation.

This LIFEPAAC will teach you to plan menus, buy groceries, and prepare that scrumptious meal as well as how to set the table and serve your guests. Have fun with the many hands-on projects you are about to experience.

OBJECTIVES

Read these objectives. The objectives tell you what you will be able to do when you have successfully completed this LIFEPAAC.

When you have completed this LIFEPAAC, you should be able to:

1. Explain proper nutrition.
 2. Identify the six main nutrients, their sources, and their uses by the body.
 3. Identify the groups in the food pyramid.
 4. Understand the Dietary Guidelines for Americans.
 5. Identify special dietary needs.
 6. Demonstrate different techniques in food preparation.
 7. Demonstrate skill in preparing various food items.
 8. Demonstrate skill in planning menus.
 9. Demonstrate skill in making a grocery list and purchasing the groceries.
 10. Identify the different types and styles of table service.
 11. Demonstrate skill in table setting and table waiting.
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I. NUTRITION

Nutrition is the result of the processes your body follows to use the food you eat. When you eat food to keep your body working properly, you are practicing good nutrition. What you eat now not only affects how you feel and look today, it also affects your future health. Your body and mind are growing at a rapid rate. Eating the proper foods will help you develop to the fullest extent possible.

The right amount of nutrients such as carbohydrates, fats, vitamins, minerals, protein, and water can improve the way you look and feel. Some nutrients affect your skin and hair, while others affect teeth and bones. An understanding of how to select the right foods from the food pyramid will help you maintain the balance of nutrients that your body needs.

Learning to prepare for special diet needs will make you a more versatile cook who will be able to meet the nutritional needs of others. It should help you to strive to improve your eating habits now to avoid some of the diseases and health problems that develop later in life because of poor eating habits.

SECTION OBJECTIVES

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

1. Explain proper nutrition.
2. Identify the six main nutrients, their sources, and their uses by the body.
3. Identify the groups in the food pyramid.
4. Understand the Dietary Guidelines for Americans.
5. Identify special dietary needs.



NUTRIENTS

Food performs three essential services in the body: heat and energy, building and repairing body tissues and regulation of body processes. Nutrients are the chemical substances in food that are used by your body to keep it going. Six different nutrients are needed to keep your body healthy. They are proteins, carbohydrates, fats, vitamins, minerals, and water. People differ in the amounts of nutrients needed. We all need different amounts of energy. Traits that determine your daily requirements are your size, your age, your sex, your spiritual tone or emotions, the amount of activity you participate in and your **metabolism**. A balanced diet gives you enough nutrients and energy for you as a unique individual. The principle of individuality from LIFEPAK 1 states that we are made in the image of God but have our own unique qualities and needs. Therefore, although we all need the essential nutrients to stay healthy, our dietary needs and amounts of each nutrient may be different.

Nutrients work together in teams. All the team members must be there at the same time and in the right amounts. An extra amount of one nutrient can't make up for the lack of another. Your body needs about forty nutrients to keep it healthy. Nutrients are chemicals that build and repair body tissues. Each nutrient has a special use in the body.

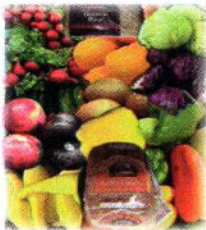
Let's look at the six main nutrients, their sources and what they do for our bodies.

NOTE: Student, you should refer to the vocabulary words used in LIFEPAK 2: Mixing Terms, Cooking Terms, and the Glossary, throughout this LIFEPAK where needed.

complete proteins



incomplete proteins



PROTEIN

Much of your body is made up of protein. Protein is used to build and repair tissues, to promote growth, to furnish heat and energy, and to assist in regulating body processes. Protein helps your body fight infections as well.

Protein is made up of smaller building blocks called amino acids. Complete proteins contain all the amino acids necessary to make body tissue. Sources of complete proteins are meat, eggs, and milk. Incomplete proteins are lacking in one or more essential amino acids. Plant products are incomplete proteins. These include fruits, vegetables, and grains. When you eat incomplete proteins you must put two or more together to get complete protein nutrition. Eating combination foods such as macaroni and cheese or a peanut butter sandwich on whole wheat bread will give you all the protein you need.

CARBOHYDRATES

Carbohydrates are the best source of energy. They provide the body with most of the energy it needs. Your brain, nerves, and muscles must have carbohydrates in order to work properly. Starch, sugar, and fiber are carbohydrates. Simple carbohydrates such as sugar can be used by your body for quick energy. They provide calories but few other nutrients. Sugars are found in fruit and vegetables. Candy, soft drinks, and desserts are high in sugar, as well. Sugar is also added to many foods such as catsup, peanut butter, and cereal.

Carbohydrates



Complex Carbohydrates



Starches are the main source of carbohydrates in the diet. Starches are complex carbohydrates. Complex carbohydrates are digested much more slowly than sugars. Whole grains and vegetables are high in complex carbohydrates. Legumes such as peas, beans, and seeds are high in complex carbohydrates. Bread, rice, and pasta are very good sources, too. Complex carbohydrates give us calories for energy. The amount of carbohydrates needed each day depends on a person's activities. Eating more carbohydrates than you need can cause weight gain. This is because your body stores starch and sugar that you do not need for energy as fat. If you do not eat enough carbohydrates you may feel tired.

FAMILY AND CONSUMER SCIENCE LIFE PAC 4

THE CLOTHES YOU WEAR

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THE CLOTHES YOU WEAR

What is the purpose of clothing? The first mention of clothes in the Bible is found in Genesis 3:7 when Adam and Eve, "...made themselves aprons" to cover and protect themselves. This LIFEPAK® will discuss the purposes for making specific choices of clothes.

It is important to have a basic understanding of fashion cycles, clothing construction, and clothing business terms in order to make informed choices when selecting your wardrobe. Understanding the elements and principles of design and garment styles will help you make wise selections that will complement your body type.

Clothing is seasonal, cultural, and personal, but textiles and fabrics influence your choices accordingly. For example, you wouldn't wear wool in the summer—you would be extremely warm if you did. Knowing whether a garment is made from a natural or man-made fabric is important in its care. It is also important to select the proper fabric when making a garment.

The last section will address the topic of caring for clothing. You will be able to demonstrate techniques in mending and laundering your clothes. Clothes will last a long time if they are properly cared for. Mending clothing as soon as problems are discovered keeps them from becoming worse. Properly laundering clothes not only insures a longer-lasting garment but enhances its appearance as well.

OBJECTIVES

Read these objectives. The objectives tell you what you will be able to do when you have successfully completed this LIFEPAK.

When you have finished this LIFEPAK, you should be able to:

1. Identify the purposes for making specific choices in clothes.
2. Gain a basic understanding of fashion cycles.
3. Define fashion terms, clothing construction terms, and clothing business terms that affect your wardrobe selections.
4. Analyze your present wardrobe and design a plan to gradually improve it.
5. Gain an understanding of the elements and principles of design.
6. Identify different garment styles.
7. Identify your body type for making proper clothing choices.
8. Identify various types of both natural and man-made fabrics.
9. Demonstrate various mending techniques.
10. Demonstrate the ability to launder clothing.

FAMILY AND CONSUMER SCIENCE 5

THE CLOTHES YOU SEW

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THE CLOTHES YOU SEW

Sewing for yourself is not only fun and exciting, but also gives a sense of self-satisfaction. Whether you sew a garment to wear or create something for the home, your completed project will be an accomplishment.

Many small sewing tools were discussed in LIFEPAK® 4. Additional tools will be introduced in this LIFEPAK, along with a detailed description of the sewing machine and its parts. Sewing safety will also be addressed. Sewing skills will be developed in both hand and machine sewing techniques. This will prepare you for your sewing project and further develop your sewing skills notebook begun in LIFEPAK 4.

Choosing a pattern and your own perfect fabric will make your project unique. Once the techniques of layout, cutting, and marking are mastered, construction begins. With each step of construction, anticipation increases until the finishing touches of the completed garment or project.

Student: You will continue working on your *Sewing Skills Notebook*. Reminder: fabric should be cut with pinking shears to prevent unraveling. Place glue on one edge of the fabric about 1/2" to 1" wide and stick it on its own sheet in the notebook. Leave the material loose on three sides so the teacher can check both sides of your sewing. Label each page with the name of the appropriate stitch or technique. For further organization, dividers may be added with the following names: Hand Stitches, Machine Stitches, Seams, Seam Finishes, Darts, Tacks, Pleats, Gathers, Hand-sewn Closures, and Machine-sewn Closures.

OBJECTIVES

Read these objectives. The objectives tell you what you will be able to do when you have successfully completed this LIFEPAK.

When you have finished this LIFEPAK, you should be able to:

1. Explain and demonstrate the use of small sewing tools.
2. Identify the parts of the sewing machine.
3. Understand and list basic sewing safety rules.
4. Demonstrate basic sewing techniques.
5. Select a pattern that is the correct size and style to flatter your figure.
6. Select fabric and notions appropriate for your pattern.
7. Interpret the pattern envelope, guide sheet, and pattern symbols.
8. Understand the layout and cutting of fabric.
9. Use a tracing wheel and tracing paper to transfer pattern markings from the pattern to the fabric.
10. Correctly press seams and darts.
11. Complete a sewing project which demonstrates the knowledge and skills learned.

FAMILY AND CONSUMER SCIENCE 6

INTERIOR DECORATING

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INTERIOR DECORATING

People have been decorating their homes for thousands of years. In museums all over the world, you can see examples of furniture and decorations from ancient civilizations that were discovered by archaeologists. Below is an example of an Egyptian throne and a first-century Roman table found in the excavations of Pompeii.



Egyptian throne



Roman table

There are many restorations of entire settlements throughout the United States that depict the furniture and decorations used during specific time periods. Some of the more famous places to visit are Sturbridge Village, Plymouth, and Williamsburg. Other great examples of historical decorations can be seen by visiting some of the homes of the early presidents, such as George Washington's Mt. Vernon or Thomas Jefferson's Monticello. These restorations are wonderful tributes to our past. Take the opportunity to visit them should you ever have the chance.

There are also many castles and museums around the world that exemplify historical decoration, such as the many European castles.

In this LIFEPAK®, you will learn about some of the more important historical periods of decoration and about the changes that have brought us to modern interior decoration.

You will also be given the opportunity to develop and polish your skills at designing and decorating your own bedroom, at least on paper. In order to do this, we will review the elements and principles of design as they relate to interior decorating. You will learn specific techniques for interior design and special treatments to enhance your endeavors. You will learn to use two- and three-dimensional effects to enrich your efforts.

The last section of this LIFEPAK will give you a chance to show your skill at sewing a pillow that will complement the bedroom you have designed. This LIFEPAK should challenge you by sending you down the path of a new and exciting adventure.

Note: All vocabulary words in this LIFEPAK 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 in the glossary.

OBJECTIVES

Read these objectives. The objectives tell you what you will be able to do when you have successfully finished this LIFEPAAC.

When you have finished this LIFEPAAC, you should be able to:

1. Gain knowledge in the history of furniture and interior design.
2. Identify pieces of furniture and interior decor from the various periods and countries.
3. Gain an understanding of how the interior decorations of other countries influenced American interior decorations.
4. Explain the elements and principles of design as they pertain to interior decoration.
5. Gain skills in practical techniques of interior decoration.
6. Learn the basics of furniture arrangement from room to room.
7. Gain knowledge concerning the woods used in making furniture.
8. Gain understanding in specific treatments such as floors and floor coverings, walls, windows, and lighting.
9. Demonstrate skill in producing visual enrichment through two-dimensional and three-dimensional objects.
10. Document in a notebook how you would design your bedroom.
11. Learn the basics about sewing for the home.
12. Design and sew a pillow that will complement the decor of your newly designed bedroom.

Survey the LIFEPAAC. Ask yourself some questions about the study. Write your questions here.

FAMILY AND CONSUMER SCIENCE LIFEPAK 7

YOUR HOME AND YOU

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YOUR HOME AND YOU

Learning to entertain and demonstrate proper etiquette while keeping your first priority, which is the comfort of your guest(s), will be a major part of this LIFEPAK®. Whether you are entertaining guests for a short engagement such as a party, tea, or dinner; or you are having an overnight guest, the rule remains the same: their comfort and needs must come first.

Travel is a major part of our society today. Being a polite traveler requires effort and consideration. Learning a few rules of travel etiquette will be an important lesson for you. One other area that will interest most teens will also be discussed—dating etiquette.

With every privilege and gift comes responsibility. Taking care of what God has so richly blessed us with is an obligation and honor. The last section of this LIFEPAK will address this by teaching about home and auto maintenance and repair.

OBJECTIVES

Read these objectives. The objectives tell you what you will be able to do when you have successfully finished this LIFEPAK.

When you have finished this LIFEPAK, you should be able to:

1. Gain an understanding of how to plan for entertaining.
2. Describe different types of entertainment.
3. Demonstrate skill in planning your own social event.
4. Gain an understanding of how to prepare for and entertain overnight guests.
5. Gain knowledge concerning social graces such as table etiquette and conversation.
6. Learn about proper travel etiquette.
7. Gain knowledge concerning proper dating etiquette.
8. Learn techniques used in home maintenance and repairs.
9. Demonstrate skill in housecleaning.
10. Learn techniques used in auto maintenance and repairs.
11. Demonstrate skill in selected auto care projects.

Survey the LIFEPAK. Ask yourself some questions about the study. Write your questions here.

FAMILY AND CONSUMER SCIENCE LIFEPAK 8

FINANCIAL FREEDOM

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FINANCIAL FREEDOM

What is financial freedom? Financial freedom is the state of being debt free; it is a state in which a person has his finances in order and keeps them that way. Although you may have a house mortgage or some other long-term credit purchase, you should never get behind in your payments or spend more money than is available. We are commanded to "owe no man any thing.." (Romans 13:8).

Most young people spend a good portion of their lives preparing for adult careers, but they devote little effort to learn how to deal with the monetary rewards of that career. Money needs to be managed or it can be easily wasted. It is very possible to lose some of your hard-earned money without realizing it through poor investment decisions. It is important for you to know how to budget your money for use now, and also to know how to save or invest your money for use later. As teenagers, you may need money to pay for school supplies, dating, entertainment, and putting gas in the car. As young adults, you may need money for rent, food, and education. As older adults, you may need money for a child's education, to buy a vacation home, or to enjoy a comfortable retirement. The trick to managing your money is finding a way to accomplish all of these goals.



We all desire to be financially free.

Of course, the first step to managing money is to have money to manage. The first section of this LIFEPAK® will guide you in applying for a job. You should be able to fill out a job application form, create an impressive résumé, and present yourself effectively during a job interview.

Once your income has been established, learning to handle your finances in a profitable and mature fashion is important. Keeping neat and accurate records, being informed of banking procedures, and realizing available investment opportunities will equip you with the information to help you create a good working personal budget. In order to plan for future expenses as you grow into adulthood and independence, a working knowledge of credit records, insurance plans, and income tax filing will be of great value to you.

The last section of this LIFEPAK will discuss legal matters that can affect your financial stability such as bills of sale and lease agreements. Understanding contracts and

legal forms is important for the various business transactions that you may make during your lifetime. Although you may not be thinking about your own will, a living will, or what a durable power of attorney is, you may need to be familiar with these documents in the future as they apply to or concern other older family members.

OBJECTIVES

Read these objectives. These objectives tell you what you will be able to do when you have successfully finished this LIFEPAAC.

When you have finished this LIFEPAAC, you should be able to:

1. Understand the process of filling out a job application form.
2. Prepare your own résumé.
3. Understand the correct procedures for a job interview.
4. Distinguish between descriptive, financial, and combination forms.
5. Describe ways to care for, protect, and store important records.
6. Identify types of banks and banking services.
7. Complete a signature card, endorse checks, and complete deposit slips.
8. Write checks, enter checks in a check register, and reconcile the bank statement with the check register.
9. Identify different types of accounts and other investments.
10. Identify personal values and goals.
11. Determine personal needs and wants.
12. Prepare weekly and monthly budgets.
13. Identify reasons for using credit.
14. Describe types of credit: long term and short term.
15. Develop a responsible attitude toward credit cards.
16. Identify procedures for establishing and keeping a good credit rating.
17. Identify different types of insurance: homeowners, life, health.
18. Identify and understand the use of the most important income tax forms.
19. Understand the legalities concerning bills of sale.
20. Define the following: wills, living wills, and durable power of attorney.
21. Know your rights concerning lease agreements.
22. Identify the responsibilities and legalities involved in purchasing and owning a car.

Note: All vocabulary words in this LIFEPAAC 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 in the glossary.

Survey the LIFEPAAC. Ask yourself some questions about the study. Write your questions here.

FAMILY AND CONSUMER SCIENCE 9

CHILD DEVELOPMENT AND CARE

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CHILD DEVELOPMENT AND CARE

But Jesus called them unto him and said, Suffer little children to come unto me, and forbid them not: for of such is the kingdom of God.

Luke 18:16

Children are certainly important to God as demonstrated in the above verse. We then have the responsibility to guide and train children in such a way that they will develop the correct view of God. This is one of the greatest challenges of parenthood: to teach children the truth about God. The home is the center of education, learning, and training for the child, so parents are given the responsibility of teacher. As an older sibling, babysitter, church nursery worker, Sunday School aide, or Vacation Bible School helper, you need to learn to meet the needs of children as well.

Children often give a first impression of being cute, spoiled, good, sad, naughty, shy, or quiet. Understanding the needs and behavioral development of children will help you to see past the first impression and will help you to develop a positive attitude toward all young children.

This LIFEPAK® is designed to increase your knowledge and understanding of children from birth to young school-age. You will study the physical, social, emotional, intellectual, and spiritual development of children by age groups. You will study and develop skills in child care and safety. You will also learn the business of babysitting.

OBJECTIVES

Read these objectives. The objectives tell you what you will be able to do when you have successfully completed this LIFEPAK. You should be able to:

When you have finished this LIFEPAK, you should be able to:

1. Identify the physical, social, emotional, intellectual, and spiritual development of children from birth to early school-age.
2. Develop the skills to care for each stage of a child's life from birth to young school-age.
3. Identify play as a child's way of exploring and learning about his world.
4. Identify music, art, literature, and science experiences as important to the development of young children.
5. Plan various activities for children.
6. Understand first aid and safety issues in child care.
7. Become a responsible and successful babysitter.

Note: All vocabulary words in this LIFEPAK 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 in the glossary.



FAMILY AND CONSUMER SCIENCE 10 RELATIONSHIPS

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RELATIONSHIPS

This is my commandment, That ye love one another, as I have loved you.

John 15:12

Noah Webster's 1828 *American Dictionary of the English Language* defines relationship as *the state of being related by kindred, affinity, or other alliance*. Realizing the importance of building strong relationships within the family, extended family, friends, teachers, co-workers, and especially the church is vital to preparation for your future life and to your spiritual maturity.

Common courtesies can provide a bridge between you and your parents, your siblings, your friends, your teachers, and your co-workers. Have you considered how you can make your relationships better with these important people in your world? Your relationship with God will have a direct influence on your relationship with others. How you treat others will influence how others treat you. "Do unto others as you would have them do unto you." All relationships involve a "give and take" policy—or should we say "give and receive." "It is more blessed to give than to receive" (Acts 20:35). This LIFEPAK® will help you learn principles that will build stronger relationships with the people in your life.

It is also important to learn the common courtesies involved in relationships with people outside your inner circle: those mild acquaintances, and those brief encounters. We are constantly on stage to those around us. Like it or not, it is our choice whether our example is positive or negative. This LIFEPAK will teach you how to behave at social events.

One of life's most important questions is "whom will I marry?" Learning what attributes and character qualities you want in your future mate will help you decide whom you should date as well as whom you should marry. This LIFEPAK will also serve as a guide in choosing a mate and will teach you valuable principles concerning marriage.

OBJECTIVES

Read these objectives. The objectives tell you what you will be able to do when you have successfully completed this LIFEPAK. You should be able to:

1. Define *relationship* through a two-generational word study.
2. Gain an understanding of the roles communication, organization, and cooperation play in your relationship with your parents.
3. Learn steps to take in settling differences.
4. Identify ways to help ease the burdens on the family due to single-parent situations or both parents working.
5. Gain an understanding in your relationship with your sibling(s).
6. Identify the important relational aspects between you and your grandparent(s).
7. Learn how to interact with your peers and how to form friendships.

8. Identify the characteristics that denote true friendship.
9. Identify the proper roles and qualities of a proper teacher-student relationship.
10. Gain an understanding of your relationship with your boss, supervisors, and co-workers.
11. Gain an understanding of the relationship between the church and the family and the responsibilities each has to the other.
12. Gain an understanding of etiquette and behavior that affects your relationships with others at public performances, sports events, and parties.
13. Identify the qualities you would want in your future mate.
14. Study the pros and cons of going out with just one person.
15. Learn the proper way to break up and gain insight on sexuality.
16. Study the aspects that may make a marriage a success.
17. Learn what God says about divorce and how you can deal with a divorce in your personal family.
18. Acknowledge the importance of involving your parents and God in your choice of a spouse.

Note: All vocabulary words in this LIFEPAAC 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 in the glossary.

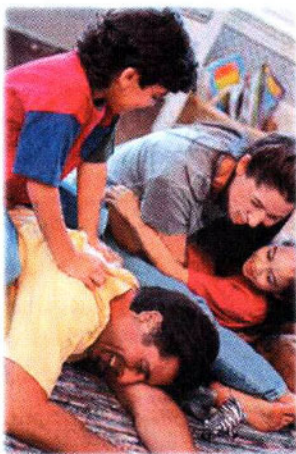
I. AT HOME

...but as for me and my house, we will serve the Lord.

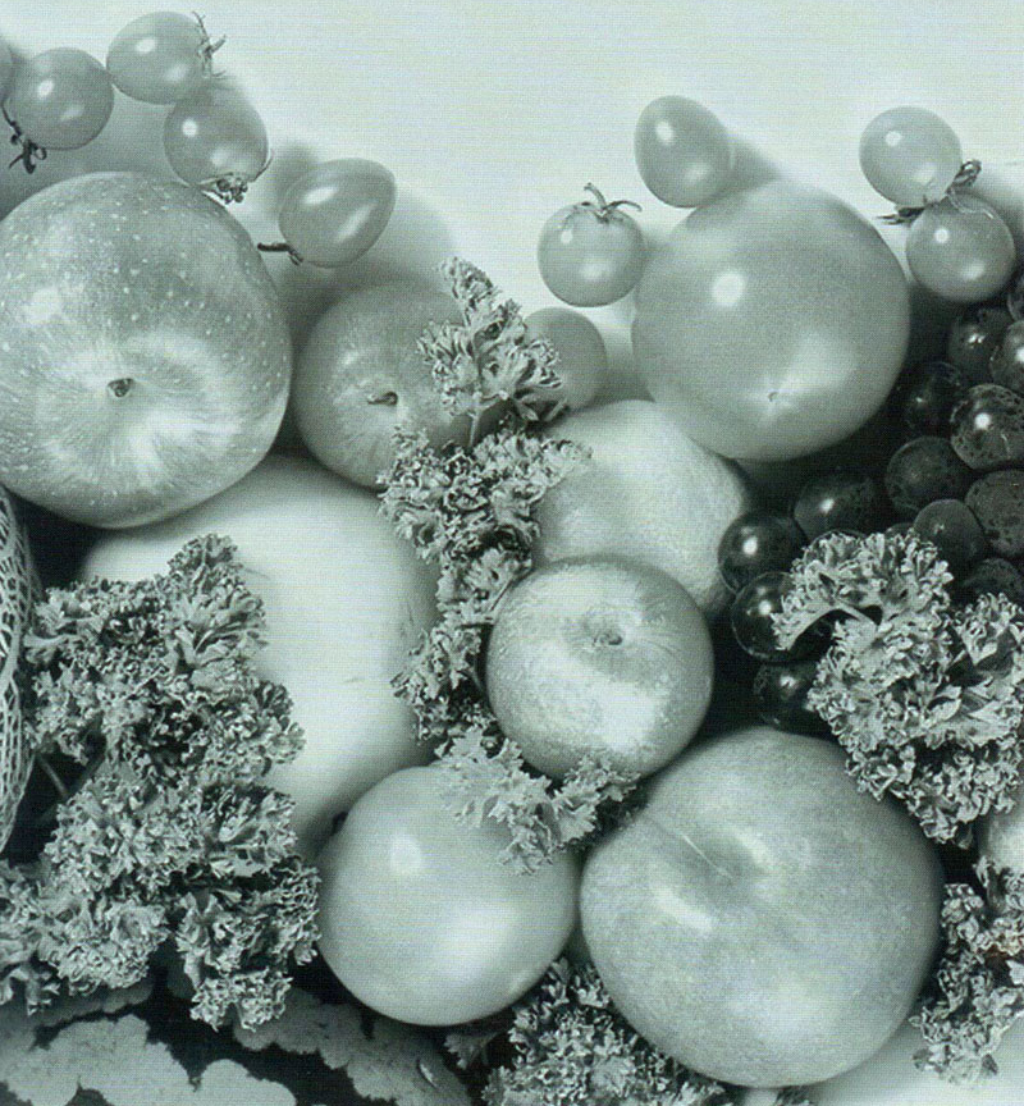
Joshua 24:15b

The home must be Christ-centered. The family was the first social structure that God produced. The family consists of husband, wife, and one or more children. The husband is the authority, the head of the family, and is responsible for its well-being. The husband is the spiritual leader within the family and is responsible for the family's training in the Bible. He is to "bring (his children) up in the nurture and admonition of the Lord," (Ephesians 6:4). He takes note of his children's feelings and abilities. He demonstrates a delicate balance between firmness and affection.

The wife willingly takes a place of submission to her mate. She is to be a "helpmeet," (Gen.2:18). She is to be the one who "does him good and not evil (harm), all the days of her life" (Proverbs 31:12). Although many women find it necessary to work out of the home to help make financial ends meet, the wife's main responsibility centers around the home and the children. A mother shares the responsibility for training the children.



Nutritive Value of Foods



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Table 3. Yield of Cooked Meat per Pound of Raw Meat as Purchased

From the time it is purchased to the time it is eaten, meat undergoes certain losses. These include evaporation of moisture and loss of fat in the drippings during cooking and removal of parts such as bone, gristle, and fat before or after cooking.

This table shows, for several retail cuts, the yield of cooked meat from 1 pound of raw meat. Yield is given as ounces of:

Cooked meat with bone and fat

Cooked lean and fat

Cooked lean only

Among the factors influencing meat yield is the proportion of fat and lean. Many cuts have an outside layer of fat extending all or part way around. The thickness of this fat layer varies depending on the cutting and trimming practices in the market. The information on yield in table 3 and on nutritive value in table 9 applies to retail cuts trimmed according to typical market practices. Deposits of fat within a cut may be extensive. They are not usually affected by retail trimming but may be discarded after cooking.

Table 3. Yield of Cooked Meat per Pound of Raw Meat as Purchased

Retail cut and method of cooking	Parts weighed	Yield after cooking, less drippings Weight (oz)
Chops or steaks for broiling or frying		
With bone and relatively large amount fat, such as pork or lamb chops; beef rib; sirloin, or porterhouse steaks	Lean, bone, and fat	10-12
	Lean and fat	7-10
	Lean only	5-7
Without bone and with very little fat, such as round of beef or veal steaks	Lean and fat	12-13
	Lean only	9-12
Ground meat for broiling or frying, such as beef, lamb, or pork patties	Patties	9-13
Roast for oven cooking (no liquid added)		
With bone and relatively large amount of fat, such as beef rib, loin, chuck; lamb shoulder, leg; pork, fresh or cured	Lean, bone, and fat	10-12
	Lean and fat	8-10
	Lean only	6-9
Without bone	Lean and fat	10-12
	Lean only	7-10
Cuts for pot roasting, simmering, braising, stewing		
With bone and relatively large amount of fat, such as beef chuck, pork shoulder	Lean, bone, and fat	10-11
	Lean and fat	8-9
	Lean only	6-8
Without bone and with relatively small amount of fat, such as trimmed beef, veal	Lean with adhering fat	9-11