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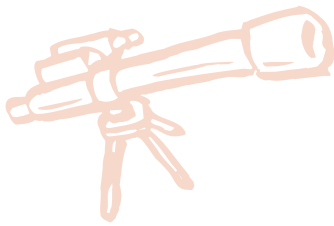
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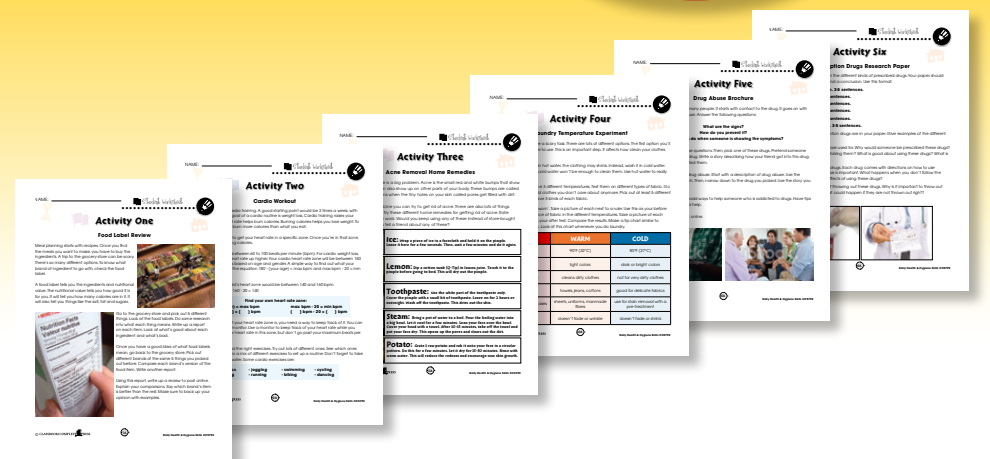
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## Household Care: Cooking, Laundry and Cleaning

1. Mikhail is making dinner for his friends. He decides to make a chicken stir-fry. First he cuts his meat and cooks it until it's done. Then, he uses the same knife and board to cut up all his vegetables. He adds that to the chicken. Finally, he adds the sauce and lets the dish cook. What mistakes did Mikhail make?



2. Carla is doing the laundry. She washes light and dark colours together. She uses the hot water setting. She measures out the right amount of detergent and fabric softener. What mistakes did Carla make?

3. Use the words in the box to answer each question. You may use a dictionary to help you.

allergies      tidy      sterilize      germs

- a) What are very small but have the power to make you very sick?
- b) This means to clean very well. It also makes things safe to touch.
- c) Lots of people suffer from this. Common ones are peanuts, pets, and pollen.
- d) What does it mean to keep things clean and organized on a daily basis?



## Household Care: Cooking, Laundry and Cleaning

A clean house will keep away germs. Dusting every week will help against allergies. This means no more sneezing and itchy eyes. Don't forget to sweep, mop and vacuum.

### Hygiene Tip

In between cleaning, tidy up your home. Put away dirty dishes, fold clothes, and stack books and magazines.



Wash windows and mirrors with a glass cleaner. Use kitchen cleaner for the kitchen. Use bathroom cleaner for the bathroom. The sink, toilet and tub will need special attention as well.

### How to do Laundry

1. Treat stains with a stain remover.
2. Separate whites and colours.
3. Measure detergent and fabric softener.
4. Pick the water temperature.
5. Pick your setting.

You will have to do laundry once a week as well. During the day, your clothes get dirty. It is important to always wear fresh, clean clothes every day.

Santiago is washing his new shirt for the first time. He looks at the instructions on the tag. Using the chart, find out what the instructions on the tag means.

Machine Wash Cold	Machine Wash Warm	Machine Wash Hot
Hand Wash	Do Not Wash	Bleach as Needed
Non-Chlorine Bleach	Do Not Bleach	Tumble Dry
Tumble Dry Low	Tumble Dry High	Do Not Tumble Dry
Iron Low	Iron Medium	Iron High
Do Not Iron	Dryclean	Do Not Dryclean

Small - Medium Made in Canada		_____
94% Polyester 6% Spandex		_____
		_____
		_____
		_____
		_____



## Household Care: Cooking, Laundry and Cleaning

1. Put a check mark (✓) next to the answer that is most correct.

a) What is the first thing to do when cooking?

- A Cut the food.
- B Cook the food.
- C Eat the food.
- D Rinse the food.

b) Which food can be cooked to different temperatures?

- A Steak
- B Chicken
- C Pork
- D Lamb

c) What is an example of 'tidying up'?

- A Doing the laundry.
- B Putting away clothes.
- C Dusting the furniture.
- D Cleaning the bathroom.

2. How do you do laundry? Put the steps below in order.

- \_\_\_\_\_ a) Separate whites and colours.
- \_\_\_\_\_ b) Choose your setting.
- \_\_\_\_\_ c) Choose the water temperature.
- \_\_\_\_\_ d) Treat stains with a stain remover.
- \_\_\_\_\_ e) Measure detergent and fabric softener.



## Household Care: Cooking, Laundry and Cleaning

3. It's Elias' turn to clean the house. He has three rooms to clean: living room, bathroom and kitchen. He has the following things to help him clean:



Make a list of tasks for Elias to clean each room. The first has been done for you.

### Living Room

Sweep the floor with the broom.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Bathroom

Clean the mirror with the glass cleaner.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Kitchen

Wash the sink with the cleaner, sponge and gloves.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Graphic Organizer

4. Use the graphic organizer on page 12 to learn where food goes in a fridge.

How you store your food is very important. Some foods can be stored in a pantry. Most foods will need to be stored in a fridge or freezer.

Where you store your food in a fridge is also important. Follow the guide in the graphic organizer to learn how to properly store food in a fridge. Use the callouts to know how long each food will keep.

# Emergency House and Car Kit

In an emergency, there's not always a lot of time to act. It's always a good idea to have a plan. Some people have plans set up in case their house is on fire. They practise these safe routes so when it happens, they are prepared. You might have done this at school during a fire drill.

Having a plan is good. It's also a good idea to have an emergency kit. Not many people think to have one of these. It is just as important as having a plan. This kit is something you have ready that has things you might need.

Do some research into emergency kits. Make a plan for a kit for your house and your car. Then, make your own emergency kit. Use a knapsack to hold the things that make up your kit. Update it every 12 months.

- Some things to include:
- water
  - non-perishable food
  - cash
  - emergency numbers
  - wind-up radio
  - flashlight
  - whistle
  - blankets
  - clean change of clothes
  - first aid kit



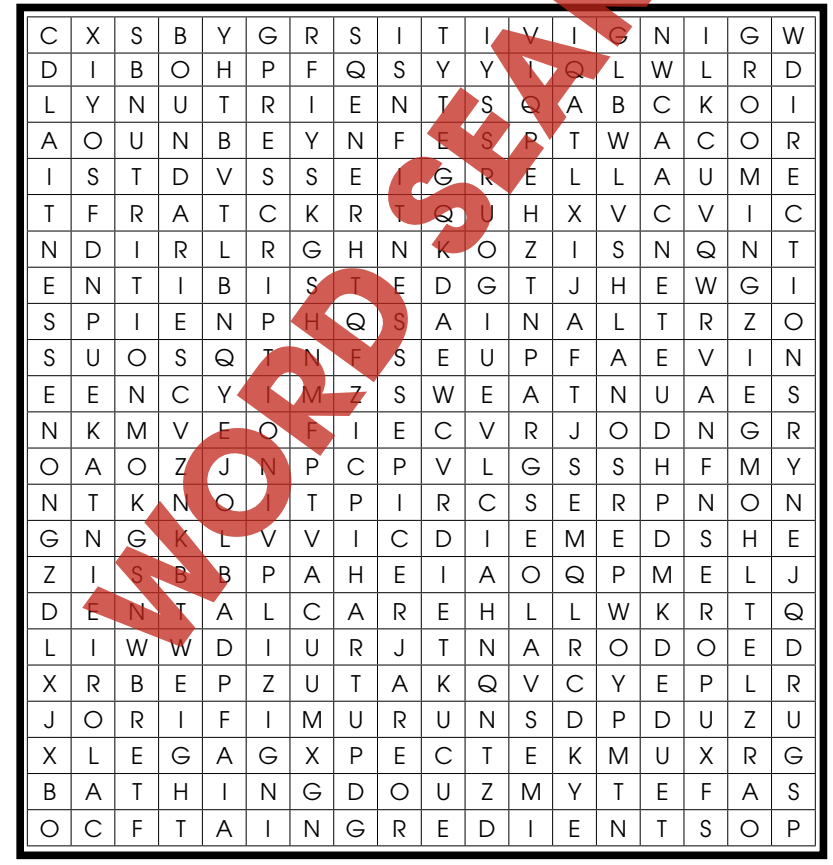
Keep in mind to have enough to survive for 72 hours. Present your emergency kit to a group. See what things you thought to include and why. See what things others thought to include and why.



# Word Search

Find all of the words in the Word Search. Words are written horizontally, vertically, diagonally, and some are even written backwards.

- |                |             |                  |              |        |
|----------------|-------------|------------------|--------------|--------|
| acne           | dental care | gingivitis       | nutrition    | safety |
| allergies      | deodorant   | grooming         | personal     | sweat  |
| bathing        | diet        | ingredients      | plaque       | vacuum |
| boundaries     | directions  | non-essential    | pores        | weight |
| calorie intake | drugs       | non-prescription | prescription |        |
| cavities       | fitness     | nutrients        | recipes      |        |



# Comprehension Quiz

## Part C

Answer each question in complete sentences.

- Why is it a good idea to plan meals that use many of the same ingredients? 2
- Felix is 17, weighs 81.6 kg and is 175.26 cm tall. Is he underweight, overweight or normal? Use the BMI calculator to find out. 4
- Min-Suh is 18 and wants to lose weight. She weighs 65 kg and is 160 cm tall. She wants to lose 0.5 kg per week. How many calories does she need to eat? Use the Mifflin-St Jeor equation to find out. 3
- What are the 5 steps to doing laundry? 5

# Body Image

Circle what you like about your body. Write what you like about it in the boxes. Draw a line connecting your description to the matching part. Draw squares around what you don't like about your body. Write what you don't like about it. Draw a line connecting your description to the matching part.





# Household Care: Cooking, Laundry and Cleaning

1. Put a check mark (✓) next to the answer that is most correct.

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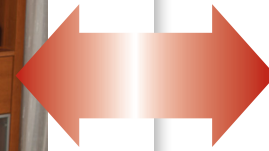


b) Which food can be cooked to different temperatures?

- A Steak
- B Chicken
- C Pork
- D Lamb

c) What is an example of 'tidying up'.

- A Doing the laundry.
- B Putting away clothes.
- C Dusting the furniture.
- D Cleaning the bathroom.



1.

a)  D

b)  A

c)  B

2.

a) 2

b) 5

c) 4

d) 1

e) 3

**10**



# EASY MARKING ANSWER KEY

2. How do you do laundry? Put the steps below in order.

- \_\_\_\_\_ a) Separate whites and colours.
- \_\_\_\_\_ b) Choose your setting.
- \_\_\_\_\_ c) Choose the water temperature.
- \_\_\_\_\_ d) Treat stains with a stain remover.
- \_\_\_\_\_ e) Measure detergent and fabric softener.

