

Family and Consumer Sciences (0120)

Test at a Glance

Test Name	Family and Consumer Sciences		
Test Code	0120		
Time	2 hours		
Number of Questions	120		
Format	Multiple-choice questions		
	Content Categories	Approximate Number of Questions	Approximate Percentage of Examination
	I. The Family	17	14%
	II. Human Development	13	11%
	III. Management	14	12%
	IV. Consumer Economics	14	12%
	V. Nutrition and Food	18	15%
	VI. Clothing and Textiles	11	9%
	VII. Housing	10	8%
	VIII. Family and Consumer Sciences Education	23	19%

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, management, consumer economics, nutrition and food, clothing and textiles, housing, and family and consumer sciences education.

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; communication patterns, including conflict prevention and resolution; and interactions with society, including changing roles and lifestyles

II. Human Development

- Theories of development: 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: special needs, including gifted conditions, drug and alcohol abuse, teenage pregnancies, and teen suicide

III. Management

- Management theory: work simplification, time management, and organization of activities
- 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

IV. Consumer Economics

- Consumer rights and responsibilities: legal and ethical considerations
- Societal influences on consumer decisions: impact of marketing, identification of wants versus needs, effect of the economy, conservation and environmental concerns
- Consumer resources for decision-making: private and government agencies providing assistance and information, published materials
- Selection of services and products: health-care services, child-care services, elder-care services; repair services; household materials and equipment, automobiles, toys

- Financial planning and management: family budgets, credit, investments, insurance, retirement planning, savings and checking accounts
- Consumer protection: labels, warranties, guarantees, government agencies, and consumer advocate groups

V. Nutrition and Food

- Factors influencing nutritional needs: e.g., gender, age, 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, money available
- Food selection and purchase: types of food available, distributors, food consumption patterns, quality and cost, government regulations, eaters' preferences

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- 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, new preservation techniques such as irradiation, and the shelf life of products

VI. Clothing and Textiles

- Wardrobe management: planning, selection, and purchase; clothing construction; design principles, including color lines and emphasis; and the care of clothing
- Textiles: types and characteristics of fibers, production and properties of fabrics

VII. Housing

- Housing: functions of housing, types of housing, factors that affect consumer housing decisions, and interior design factors, including floor plans and traffic patterns

VIII. Family and Consumer Sciences Education

- 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; 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: use of community advisory committees in planning programs; 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

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 incomplete statements below is followed by five 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

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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.

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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

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.