

Household and Personal Management Skills Final Test

1. You should generally keep makeup for about how long before deciding to throw it away?
 - a) 6 weeks
 - b) 4 months
 - c) 1 year
 - d) 3 years

2. When cleaning a room which is the BEST order when working:
 - a) dust the ceiling cobwebs, wipe the furniture, then vacuum
 - b) vacuum first, wipe the furniture, and then dust the ceilings
 - c) wipe the furniture first, then vacuum and then dust the ceilings

3. How often should you wash your bedding?
 - a) once a week
 - b) everyday
 - c) once a month
 - d) once a year

4. What is the BEST way to get rid of bad odors in the bathroom?
 - a) spray the room with Lysol
 - b) light a candle
 - c) disinfect and wipe up daily to remove the source of smells

5. If you have accidentally burned your arm while taking something out of the oven, which should you do:
 - a) immediately wrap it in a bandage
 - b) immediately run cool water over it
 - c) immediately run lukewarm water over it
 - d) cover it in antibacterial ointment

6. If a child falls off of a bunk bed what should you do:
 - a) immediately pick them up and give them a hug
 - b) administer pain relieving medicine to help ease their pain
 - c) see if the child can move and get up himself

7. Which of the following is the item most forgotten to clean and contains the most amount of germs:
- fireplace mantle
 - candle holders
 - remote control for tv
 - door ledges
8. What is a practical way to cut down on dust in your home:
- clean any filters for air conditioners every month when in use
 - clean heater vents every month when in use
 - wipe off overhead fan blades
 - keep screens on windows
 - all of the above
9. Which of the following should you NOT do when being hospitable to a guest:
- offer to get a drink for them
 - take their coat or belongings and put away
 - check a text message real quick when it comes in
 - look them in the eyes and pay attention to what they are saying
10. How often should you clean the inside of your refrigerator:
- everyday
 - once a week
 - every month
 - every 3 months
11. When is the BEST time to wash dishes:
- do them all right before you go to bed
 - immediately after you eat
 - the next morning when you wake up
12. What is the healthiest in order for fruits and veges:
- fresh, frozen, canned
 - canned, fresh, frozen
 - frozen, canned, fresh
 - fresh, canned, frozen
13. If someone has high cholesterol which meal would be the BEST to serve:
- fried chicken, mashed potatoes and gravy
 - grilled chicken, rice, and steamed vegetables
 - fettucine and alfredo sauce

14. If someone has gluten intolerance which meal would be the BEST to serve:
- a) spaghetti and meatballs
 - b) chicken and rice
 - c) chicken potpie
15. If someone has a dairy allergy, which of the following would be the BEST meal to serve:
- a) fettucine and alfredo
 - b) spaghetti and meatballs
 - c) beef stroganoff
16. When doing laundry which load should I put my bathing suit in?
- a) the towels load
 - b) the dark work clothes load
 - c) the lights load
17. Which temperature can you wash most of your items in:
- a) cold
 - b) hot
 - c) warm
18. To help have clear skin you should NOT do the following:
- a) drink lots of water
 - b) get enough sleep
 - c) wash your face every morning and night
 - d) wash your pillowcase often
 - e) put on lots of makeup to cover it up
19. If your hair is very oily, how often should you wash your hair:
- a) every day
 - b) every other day
 - c) once a week
20. What is an easy thing to do to help maintain proper weight and feel good:
- a) drink plenty of water everyday
 - b) take a vitamin
 - c) get enough sleep
 - d) exercise 3 times per week

21. Which of the following stitch is best to use when repairing a seam rip in a pillow:
- a) whipstitch
 - b) running stitch
 - c) backstitch
22. When should you begin eating your meal:
- a) when it is placed before you
 - b) after your hostess has been seated
 - c) when everyone else starts eating
23. When filling out an application which is the best to write with:
- a) a pencil so you can erase mistakes
 - b) a purple pen so yours stands out
 - c) blue or black ink pen in cursive
 - d) blue or black ink pen in print
24. When resigning from a job, what is the appropriate amount of time to give your employer before leaving?
- a) one week
 - b) two weeks
 - c) one month
 - d) no notice
25. Which of the following is an example of a "fixed expense"
- a) gas
 - b) food
 - c) rent
 - d) entertainment
26. What is your take home pay called:
- a) gross pay
 - b) net income
 - c) net worth
 - d) deductions
27. Which of the following is a choking hazard for young children:
- a) hotdogs cut into discs
 - b) popcorn
 - c) nuts
 - d) whole grapes
 - e) all of the above

28. Why is it important to have a place for everything:
- a) to be able to find items easily
 - b) gives you more time
 - c) cuts down on messes
 - d) all of the above
29. What are some signs that can occur when you have PMS?
- a) bloating
 - b) cramping
 - c) tiredness
 - d) moodiness
 - e) all of the above
30. What of the following is NOT good to do during your menstrual time:
- a) get extra sleep
 - b) drink lots of water
 - c) eat healthy foods
 - d) load up on lots of chocolate and potato chips
 - e) take some extra quiet time
 - f) exercise

Answers

1. c

2. a

3. a

4. c

5. b

6. c

7. c

8. e

9. c

10. b

11. b

12. a

13. b

14. b

15. b

16. c

17. a

18. e

19. a

20. a

21. a

22. b

23. d

24. b

25. c

26. b

27. e

28. d

29. e

30. d