

**Do all of these**

1. Tell what family, duty to family means, and family meetings.

Family: \_\_\_\_\_  
\_\_\_\_\_

Duty to Family: \_\_\_\_\_  
\_\_\_\_\_

Family Meetings: \_\_\_\_\_  
\_\_\_\_\_

2. Make a chart showing the jobs you and other family members have at home. Talk with your family about other jobs you can do for the next 2 months.

My Chores	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bathroom: Clean bathroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bedroom: Clean bedroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bedroom: Make bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily: Bring in Mail	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily: Clean spills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily: Dust	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily: Get dressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily: Pick out clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily: Put books in a pile	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily: Put Toys Away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily: Sweep floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily: Vacuum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hygiene: Keep clean; wash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hygiene: Take bath or shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kitchen: Clean kitchen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kitchen: Load/Unload dishwasher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kitchen: Put groceries away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laundry: Iron clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laundry: Put clean clothes away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laundry: Put clothes in Hamper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laundry: Sew buttons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laundry: wash load of clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meals: Clear table	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meals: Fix cereal for breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meals: Help empty dishwasher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meals: Help prepare dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meals: Help prepare lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meals: Prepare breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meals: Set / clear table	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outside: Pull weeds / work in garden	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outside: Rake leaves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outside: Wash car	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outside: Water flowers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pets: Give food & water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pets: Go for walk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trash: Empty wastebasket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trash: Take out to curb	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Inspect your home and surroundings. Make a list of hazards or lack of security that you find. Correct one problem that you found and tell what you did.

<b>Kitchen</b>	<input type="checkbox"/> Are pot handles turned inward when cooking? <input type="checkbox"/> Do you store food and household cleaners separately? <input type="checkbox"/> Are knives and other sharp items out of children's reach? <input type="checkbox"/> Do you wipe or pick up spilled water, grease or food peelings immediately? <input type="checkbox"/> Do you dry your hands before handling an electrical appliance? <input type="checkbox"/> Do your kitchen appliances have the Underwriters Laboratories (UL) designation? <input type="checkbox"/> Do you keep kitchen cabinets, doors and drawers closed? <input type="checkbox"/> Do you use microwave-safe containers for microwave cooking? <input type="checkbox"/> Are potholders, dishtowels and spice racks away from the stove so they won't catch fire? <input type="checkbox"/> Do you keep a pot lid near the stove to smother flames from a grease fire? <input type="checkbox"/> If there are small children in your home, have you installed child-resistant safety latches on all cabinets? <input type="checkbox"/> Do you have plenty of light at the stove; sink and countertop work areas, especially where you cut food?
<b>Bathroom</b>	<input type="checkbox"/> Does your tub or shower have a slip-resistant surface to stand on? <input type="checkbox"/> Are grab bars securely fastened? <input type="checkbox"/> Are medicines clearly labeled? <input type="checkbox"/> Do you clean out the medicine chest regularly in order to get rid of expired medication? <input type="checkbox"/> Is the toilet seat and lid kept down when not in use? <input type="checkbox"/> Are medicines in child-resistant containers? <input type="checkbox"/> Are there safety latches on all drawers or cabinets? <input type="checkbox"/> Are hair dryers and other appliances stored away from sink, tub and toilet? <input type="checkbox"/> Are medicines, cosmetics, sprays, cleaners, mouthwash, hair care products, etc., out of children's reach? <input type="checkbox"/> Do you store breakable bottles and jars where they can't be shattered?
<b>Bedroom</b>	<input type="checkbox"/> Are space heaters kept away from curtains and flammable materials? <input type="checkbox"/> Are cosmetics and perfumes stored out of a child's reach? <input type="checkbox"/> Is there a lamp or light switch within reach of bed? Falls can happen easily in a dark room. <input type="checkbox"/> Are children's beds placed away from all windows? <input type="checkbox"/> Can you reach your clothes in the closet and the dresser?
<b>Garage, Basement, Utility Room</b>	<input type="checkbox"/> Are insect sprays and weed killers in a locked area? <input type="checkbox"/> Are gasoline and car products in a locked storage cabinet? <input type="checkbox"/> Are oily rags and cleaning cloths in a metal receptacle? <input type="checkbox"/> Are flammable products in safety cans and stored separately in a well-ventilated storage area? <input type="checkbox"/> Are all cleaners and paint products in their original containers? <input type="checkbox"/> Do you check the area around the car before you back it out of the garage? <input type="checkbox"/> Do you keep the garage door open whenever you run the car engine inside the garage? <input type="checkbox"/> Do you inspect your garage door regularly for broken or worn parts?

<b>General Precautions</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Are stairways kept clear and uncluttered?</li><li><input type="checkbox"/> Are stairs and hallways well lit?</li><li><input type="checkbox"/> Are rugs and runners skid-proof?</li><li><input type="checkbox"/> Are rugs and carpets free of curled edges, worn spots and rips?</li><li><input type="checkbox"/> Are curtain cords and shade pulls kept out of children's reach?</li><li><input type="checkbox"/> Are guards or screens installed around fireplaces, radiators, hot pipes, and wood-burning stoves?</li><li><input type="checkbox"/> Are smoke detectors installed on each level?</li><li><input type="checkbox"/> Are smoke detector batteries changed every six months and checked monthly?</li><li><input type="checkbox"/> Are sharp edges of furniture cushioned with corner guards or other materials?</li><li><input type="checkbox"/> Do you keep the instruction manuals for your appliances so you can check if something goes wrong?</li><li><input type="checkbox"/> Do you know where the emergency shutoffs are located for electrical, gas and water service?</li><li><input type="checkbox"/> Are plastic bags kept out of a child's reach?</li><li><input type="checkbox"/> Is the thermostat on the water heater set to 120 F?</li><li><input type="checkbox"/> Do you have an emergency exit plan to use in case of fire?</li><li><input type="checkbox"/> Does your family practice using this emergency exit plan?</li><li><input type="checkbox"/> Is a list of emergency phone numbers, (police, fire, doctor, poison control) next to each phone?</li><li><input type="checkbox"/> Are unused electrical outlets covered with safety covers?</li><li><input type="checkbox"/> Are windows secured with window locks?</li><li><input type="checkbox"/> Are all stairways in good condition, with no broken, sagging or sloping steps?</li><li><input type="checkbox"/> Are there sturdy handrails or banisters by all steps and stairs?</li><li><input type="checkbox"/> Do you have a carbon monoxide detector?</li><li><input type="checkbox"/> Are poisonous plants kept out of children's reach?</li><li><input type="checkbox"/> Do you have Syrup of Ipecac in you home for use as directed in poisoning emergencies?</li><li><input type="checkbox"/> Do you have a sturdy stool that you can use to reach high cupboards and shelves?</li><li><input type="checkbox"/> Can you walk across every room in your home without detouring around furniture?</li></ul>
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4. Explain why garbage and trash must be disposed of properly.

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# Put Waste in its Place!

## Matching Game

We can best manage our wastes by disposing of things properly. One important way of doing this is putting things in the garbage can only when there is no better option.

## Disposal options



**Trash Can**  
Waste put in the garbage can gets buried in a landfill.



**Recycle Bin**  
Items put in the recycle bin are turned into new products.



**Compost Bin**  
Yard waste you put here can turn into compost for your garden.



**Worm Bin**  
You can make compost for your plants in a worm bin.



**Thrift Store**  
A thrift store sells old items so they can be used again.



**Wastemobile**  
Waste taken to the wastemobile is carefully sealed and taken to a special landfill.

## Find the best place to put each of these items.

For each item, click next to the name of the most appropriate way to dispose of that waste.



**Apple core**

- Trash Can     Recycle Bin     Compost Bin  
 Worm Bin     Thrift Store     Wastemobile



**Grass Clippings**

- Trash Can     Recycle Bin     Compost Bin  
 Worm Bin     Thrift Store     Wastemobile



**Used Paper Towel**

- Trash Can     Recycle Bin     Compost Bin  
 Worm Bin     Thrift Store     Wastemobile



**#4 Plastic Container**

- Trash Can     Recycle Bin     Compost Bin  
 Worm Bin     Thrift Store     Wastemobile

5. Make a list of some things for which your family spends money. Tell how you can help your family save money.

We spend money on:	We can save money by:
<input type="checkbox"/> Clothes	<input type="checkbox"/> Repairing clothes (sewing on buttons, patching holes, stitching ripped seams) <input type="checkbox"/> Taking care of clothes by hanging / folding them and washing them regularly <input type="checkbox"/> Buying clothes on sale <input type="checkbox"/> Buying clothes we NEED versus buying clothes we WANT
<input type="checkbox"/> Toys, sports equipment, etc.	<input type="checkbox"/> Selling gently used items at one of the "go-round" stores <input type="checkbox"/> Buying gently used items at one of the "go-round" stores <input type="checkbox"/> Visiting garage sales for cleats, pants, etc. <input type="checkbox"/> Taking care of our toys and equipment, putting it away and not leaving it at the park or a friend's house
<input type="checkbox"/> Entertainment (movies, sporting events, etc.)	<input type="checkbox"/> Going to the video store on the bargain day <input type="checkbox"/> Going to matinees instead of evening movies <input type="checkbox"/> Limiting the food purchases at the movies <input type="checkbox"/> Limiting the food and paraphernalia purchases at sporting events <input type="checkbox"/> Attending sporting events sponsored by Scouts or other kid-friendly organizations
<input type="checkbox"/> Groceries	<input type="checkbox"/> Buying only what is on the grocery list <input type="checkbox"/> Clipping coupons for things we buy often <input type="checkbox"/> Buying non-perishable foods in bulk
<input type="checkbox"/> Eating out	<input type="checkbox"/> Limiting the number of times we eat out per week <input type="checkbox"/> Plan a fun "eating out" event at home (make a home-made pizza and then "deliver it," have a picnic on a blanket, make a "Happy Meal" and include your own toy or homemade gift) <input type="checkbox"/> Plan an enjoyable night in a restaurant – look forward to it and save for it rather than acting on impulse
<input type="checkbox"/> Gas, Auto repairs, Car wash	<input type="checkbox"/> Plan your errands so that you can drive to the same area only once <input type="checkbox"/> Keep the car in good repair changing the oil often to prevent more major repairs <input type="checkbox"/> When weather permits, wash the car as a family event
<input type="checkbox"/> Vacations	<input type="checkbox"/> Take a vacation at home. Do the things someone might do if they were visiting your city. <input type="checkbox"/> Find airfare bargains using the Internet <input type="checkbox"/> Find hotel bargains using the Internet

6. Plan your own budget for 30 days. Keep track of your daily expenses for seven days.



# My Thirty Day Budget

Name: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Keep track of your daily expenses for seven days.

<b>Daily Expenses</b>			
<b>Day</b>	<b>Date</b>	<b>How I Spent Money</b>	<b>How Much I Spent</b>
<b>1</b>			<b>\$</b>
<b>2</b>			<b>\$</b>
<b>3</b>			<b>\$</b>
<b>4</b>			<b>\$</b>
<b>5</b>			<b>\$</b>
<b>6</b>			<b>\$</b>
<b>7</b>			<b>\$</b>
<b>TOTAL FOR WEEK:</b>			<b>\$</b>

**And Do Two of These (#2 and #6 have been chosen for this worksheet)**

1. Prepare a family energy-savings plan. Tell the things you did to carry it out.
2. Tell what your family does for fun. Make a list of fun things your family might do for little cost. Do one of them with a member of your family.

Things we do for fun: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Things we can do for little cost: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

As a family, we \_\_\_\_\_

which cost  nothing  less than \$10.00  a little more than \$10.00.

3. Learn how to clean your home properly. Help do it for 1 month.
4. Show that you know how to look after your clothes. Help with at least two family washes.
5. Help plan the meals for your family for at least 1 week. With adult supervision, help buy the food and help prepare at least three meals for your family.

6. Take part in at least four family meetings and help make decisions. The meetings might involve plans for family activities, or they might be about serious topics that your parent wants you to know about.

<b>Family Meeting Summary</b>	
1	
2	
3	
4	

## Put Waste in its Place!

Here's how you did...

Item	Your Choice	Best Choice	
✓ Apple Core	Worm Bin	Worm Bin	Worms will eat the apple core and other fruit and vegetable scraps, and turn them into fertilizer for your garden.
✓ Grass Clippings	Compost Bin	Compost Bin	The grass clippings, when mixed with leaves and other yard waste, will turn into compost which can be used to improve the soil in your garden. An even better method of dealing with grass clippings is to leave them on the lawn. Grass clippings, which have nutritional content, break down quickly and reduce the need for fertilizing by at least 25 percent.
✓ Used Paper Towel	Garbage Can	Garbage Can	Yes! It can't be reused, recycled, or composted. It's garbage, so throw it away. But remember, you can reduce waste by using cloth towels.
✓ #3 Plastic Bottle	Garbage Can	Garbage Can	Plastic bottles with the #3 symbol cannot be recycled in King County's recycling program. You can throw these in the garbage can, or save them for a special recycling event in your community where many hard-to-recycle materials are collected.