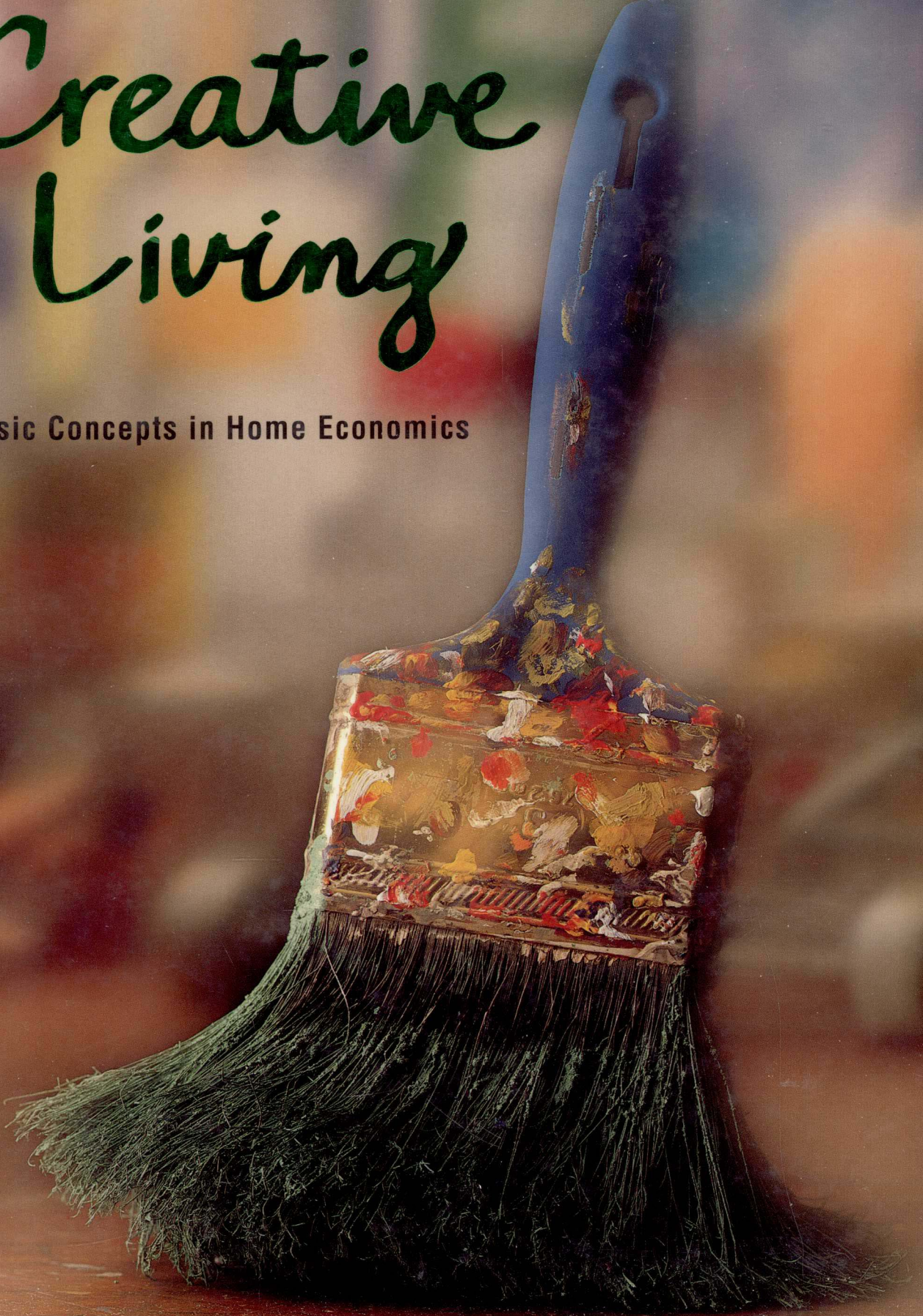


Creative Living

Basic Concepts in Home Economics



CREATIVE LIVING

Basic Concepts in Home Economics

Fifth Edition

Reviewers

Joyce Armstrong, C.H.E.
Home Economics Teacher
W. W. Samuell High School
Dallas, Texas

Marie S. Bell, C.H.E.
Consumer and Homemaking Teacher
Columbia High School
Columbia, South Carolina

Mary G. Blevins
Home Economics Instructor
Mifflin High School
Columbus, Ohio

Linda L. Dannison, Ph.D., C.H.E.
Teacher Educator
Western Michigan University
Kalamazoo, Michigan

Doris H. DeSarro, C.H.E.
Home Economics Teacher
Plaza Junior High School
Virginia Beach, VA

Ruth Felty
Vocational Supervisor
Northside Independent School District
San Antonio, TX

Joan M. Fredeen, C.H.E.
Living Skills Teacher
Armstrong Senior High School
Plymouth, Minnesota

Eva Mae Lloyd
Home Economics Department Chairperson
Ballard High School
Louisville, Kentucky

Vicki A. Risinger, C.H.E.
National Future Homemakers of America Consultant
James Rumsey Vocational Technical Center
Martinsburg, West Virginia

Linda G. Smock, C.H.E.
Supervisor of Home Economics
Pinellas County Schools
Largo, Florida

Judy G. Theriot, Ph.D., C.H.E.
Teacher Educator
Nicholls State University
Thibodaux, Louisiana

Areatha Wells, C.H.E.
Coordinator, Family and Consumer Education
Racine Unified School District
Racine, Wisconsin



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Consulting Authors

Josephine A. Foster, Ph.D.
Assistant Superintendent
Alexander County Schools
Taylorsville, North Carolina

M. Janice Hogan, Ph.D.
Head, Family Social Science Department
University of Minnesota
St. Paul, Minnesota

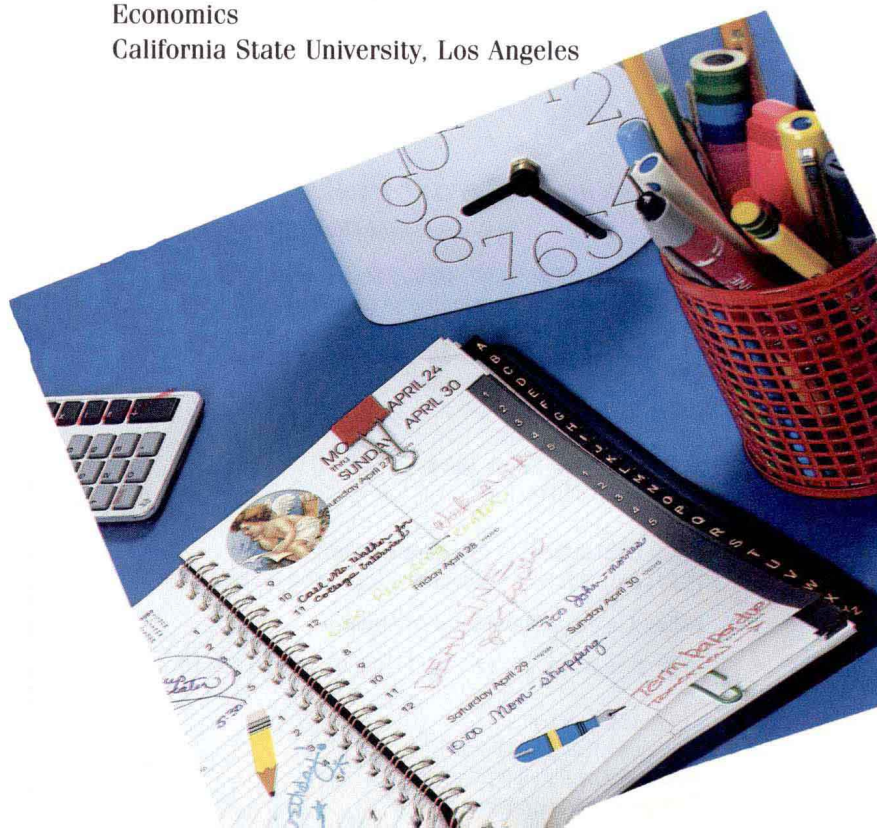
Bettie M. Herring, Ph.D.
Director of Vocational and Adult Education
Fort Worth Independent School District
Fort Worth, Texas

Audrey G. Giesecking-Williams, Ph.D.
Former Chair, Department of Home
Economics
California State University, Los Angeles

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Contents



UNIT 1: FOCUS ON YOU.....12

Chapter

- 1 You as an Individual14**
 You Are Unique.....15
 Your Personality17
 Your Self-Concept.....18
Health Watch Your Self-Concept...20

Chapter

- 2 The Teen Years22**
 A Time of Growth.....23
 A Time of Change.....27
 Your Self-Esteem27
 Managing Your Life30
Health Watch Help Is Available...26

Chapter

- 3 Your Health and Wellness32**
 Why Health Is Important.....33
 Physical Health34
 Mental, Emotional, and Social
 Health.....36
 Stress39
Health Watch Stress Can Be
 Good for You38

Chapter

- 4 Examining Your Goals.....41**
 What's Important to You?42
 Setting Goals45
 Goals and Choices.....47
Technology Acquiring
 Computer Literacy44

Chapter

- 5 Making Decisions49**
 Decisions and You50
 The Decision-Making
 Process52
 Taking Responsibility for Your
 Decisions54
Interpersonal Skills Everyday
 Decision Making55

Chapter

- 6 Managing Your Life57**
 Managing a Busy Life58
 The Management Process.....59
 Responsible Management62
Interpersonal Skills Community
 Service.....63

Teen Tips65

- Six Ways to Feel Good About
 Yourself.....66
 How to Save Face68
 Journaling—The New Way to
 Keep a Diary70

UNIT 2: YOUR FAMILY AND FRIENDS..... 72

Chapter

- 7 Relationships and You.....74**
 Types of Relationships75
 The Importance of Relationships .77
 Getting Along with Others.....79
Interpersonal Skills Older
 Family Members76

Chapter

- 8 Communication Skills82**
 The Messages You Send83
 The Messages You Receive85
 A Positive Message87
Technology Communication
 for People with
 Disabilities88

Chapter

- 9 Improving Relationship
 Skills.....90**
 Understanding Others91
 Resolving Conflicts.....92
 Relationships and Attitudes.....94
Interpersonal Skills Labels
 That Limit96



Chapter

- 10 Understanding Families.....98**
What Is a Family?.....99
Types of Families100
Appreciating Your Family101
Interpersonal Skills Cultural
Diversity of Families.....104

Chapter

- 11 Strengthening Families106**
What Makes Families Strong?...107
Handling Family Problems108
Seeking Outside Help.....111
Managing Resources
Balancing Work and
Family.....113

Chapter

- 12 Adjusting to Family
Changes.....115**
The Family Life Cycle116
Factors Causing Family
Changes116
Adjusting to Change.....121
Health Watch Family Violence ..123

Chapter

- 13 Friendships.....125**
Qualities of Friendships.....126
Making New Friends127
Friendships in the Teen Years ..130
Communicating with
Friends131
Interpersonal Skills Peer
Pressure128

Chapter

- 14 Special Relationships.....133**
New Interests and Attractions...134
Dating.....136
Problems with Relationships...137
Interpersonal Skills Ending a
Relationship.....140

Chapter

- 15 Decisions in Relationships142**
Relationships and Values.....143
Relationships and Emotions ...145
Respect for Yourself and Others.146
Interpersonal Skills Refusal
Skills147

Chapter

- 16 Your Future Relationships149**
Friendship150
Love151
Family152
Neighborhood, Community,
and Nation152
Interpersonal Skills
Leadership.....155

Chapter

- 17 Careers in Working with
People157**
Helping People: Which
Qualities Are Needed?158
Jobs Working with People161
Following Up.....163
Managing Resources Fully
Qualified.....160

Teen Tips165

- Ways to Let Off Steam166
Ten Ways to Say “No” to
Alcohol and Drugs168
Suicide: Twelve Warning Signs .170


UNIT 3: CHILD CARE AND
DEVELOPMENT172

Chapter

- 18 Children and You174**
Rewards of Caregiving.....175
What Is Parenting?176
Resources for Parenting.....179
Approaches to Parenting179
Managing Resources Parenting
Skills: A Learning Process180

Chapter

- 19 Ages and Stages.....182**
Stages of Development.....183
Infant183
Toddler.....186
The Preschooler and the School-
Age Child187
Children with Special Needs....188
Interpersonal Skills Tempering
a Tantrum190

Chapter

- 20 The Importance of Play.....192**
Play and Development.....193
Passive Activities.....197
Playing in Groups.....198
Health Watch Choosing Toys
and Equipment195

Chapter	
21	Care and Safety200
	Caring for Children201
	Rules and Limits203
	Keeping Children Safe204
	<i>Health Watch</i> Facts on Child Abuse206
Chapter	
22	Babysitting: Earning and Learning209
	Running a Babysitting Business .210
	Dealing with Problems213
	A Job Well Done214
	<i>Managing Resources</i> The Business of Caring for Children215
Chapter	
23	Ready for Parenthood?217
	The Challenge of Parenthood218
	The Responsibilities of Parenthood219
	The Rewards of Parenthood . . .221
	<i>Health Watch</i> Caring for the Unborn222
Chapter	
24	Careers Helping Children224
	Characteristics for Careers Working with Children225
	Jobs Working with Children . . .226
	Getting a Job228
	<i>Interpersonal Skills</i> Volunteer to Learn229
Teen Tips231
	Baby Basics232
	Tidbits Toddlers Love to Eat . . .234
	The Quiet Times236



UNIT 4: MANAGEMENT238

Chapter	
25	Managing Resources240
	Your Resources241
	Managing Resources246
	<i>Managing Resources</i> There's Only One World244

Chapter	
26	Managing Time248
	Planning Your Time249
	Making Time Work for You . . .250
	Planning for the Unexpected . . .252
	Hints for Good Time Management254
	<i>Technology</i> Electronic Organizers253
Chapter	
27	Managing Money256
	Your Goals and Money Management257
	Making A Budget258
	Using Your Budget262
	<i>Technology</i> Electronic Money . .261
Chapter	
28	Saving and Borrowing264
	Establishing Bank Accounts . . .265
	Borrowing Money269
	Making the Most of Savings and Credit270
	<i>Managing Resources</i> Making Money Grow268
Chapter	
29	Advertising272
	The Pros and Cons of Advertising273
	Evaluating Advertisements . . .275
	<i>Health Watch</i> Read That Label! .277
Chapter	
30	Consumer Skills280
	Planning Your Purchases281
	Knowing Your Stores281
	Understanding Sales285
	<i>Technology</i> Infomercials283
Chapter	
31	Price and Quality288
	Evaluating Purchases289
	Comparison Shopping292
	Avoiding Hidden Costs294
	<i>Managing Resources</i> Clubs Are More Than You Bargain For291
Chapter	
32	Voicing Your Opinion296
	Your Consumer Rights297
	When You Have a Complaint297
	Taking Further Action299
	The Positive Power of Consumers302
	<i>Interpersonal Skills</i> Citizenship300

Chapter

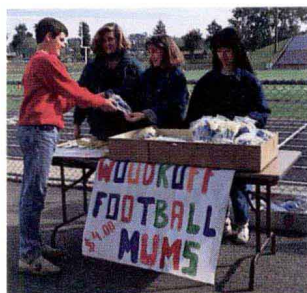
33	Being a Responsible Consumer	304
	Being Honest	305
	Being Fair	307
	Being Considerate	307
	Being Responsible	308
	<i>Interpersonal Skills</i> Taking a Bite Out of Crime	306

Chapter

34	Management and Consumer Careers	311
	Characteristics for Consumer Careers	312
	Management Careers	313
	Consumer-Related Careers	315
	Getting a Job	316
	<i>Managing Resources</i> Make It Your Business	317

Teen Tips319

Using Sense to Make Dollars . .	320
Study Time—Dos and Don'ts . .	322
Beyond Computer Games	324

**UNIT 5: FOODS AND NUTRITION**326

Chapter

35	Health and Fitness	328
	What Food Does for You	329
	The Importance of Fitness	332
	Analyzing Your Own Eating Habits	334
	<i>Health Watch</i> U.S.A.: Land of Food Opportunity	331

Chapter

36	Nutrients	336
	Carbohydrates	337
	Proteins	338
	Fats	339
	Water	339
	Vitamins	341
	Minerals	342
	<i>Health Watch</i> The Truth About Calories	340

Chapter

37	Food Groups	345
	The Bread, Cereal, Rice, and Pasta Group	346
	The Vegetable Group	347
	The Fruit Group	348
	The Milk, Yogurt, and Cheese Group	348
	The Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group	349
	Other Foods	350
	A Balanced Diet Plan	350
	<i>Health Watch</i> Fats	351

Chapter

38	Healthy Eating Habits	353
	Guidelines for Selecting Foods	354
	Meal Patterns	355
	Eating Habits and Your Future	357
	<i>Health Watch</i> Kicking the Salt Habit	359

Chapter

39	Weight Control	361
	Weight and Fitness	362
	What Affects Your Weight?	363
	Changing Your Weight	364
	Changing Your Habits	367
	<i>Health Watch</i> Fad Diets Aren't Worth Their Weight	365

Chapter

40	Planning Meals	369
	Meal Planning Considerations	370
	Sources of Recipes	372
	Choosing a Recipe	372
	Making a Shopping List	374
	Keeping Your Plan Flexible	374
	<i>Technology</i> The Computer and Meal Planning	375

Chapter

41	Shopping for Food	377
	Planning Where to Shop	378
	Judging Foods for Quality and Freshness	379
	Reading Labels	380
	Locating the Best Buys	383
	<i>Managing Resources</i> Packaging	382

Chapter

42	Kitchen Know-How	385
	Using the Kitchen for Food Storage	386
	Planning Work Areas	386
	Kitchen Appliances	389
	Using the Kitchen	390
	<i>Technology</i> Smarter Appliances for Easier Living	388

Chapter	
43	Safety and Sanitation 392
	Safety in the Kitchen 393
	Kitchen Sanitation 395
	The Danger Zone 397
	<i>Health Watch</i> Outdoor Dining . . 398
Chapter	
44	Getting Ready to Cook 400
	Study the Recipe or Directions . 401
	Make a Schedule 404
	Assemble the Equipment and
	Ingredients 407
	<i>Interpersonal Skills</i>
	Cooperating in the
	Foods Lab 406
Chapter	
45	Measuring Basics 409
	Measuring Terms 410
	Measuring Equipment 411
	Measuring Accurately 411
	Adjusting Measurements 415
	<i>Managing Resources</i> Measure
	for Measure: Equivalents . . . 414
Chapter	
46	Preparation Skills 417
	Preparing Food 418
	Cutting Techniques 418
	Mixing Techniques 421
	Special Techniques 424
	<i>Managing Resources</i> Making
	Do 425
Chapter	
47	Cooking Techniques 427
	Cooking Equipment 428
	Cooking with Moist Heat 430
	Cooking with Dry Heat 432
	Cooking with Fat 434
	When Is Food Done? 434
	<i>Interpersonal Skills</i> Working
	in a Restaurant Kitchen 433
Chapter	
48	Microwave Cooking 436
	How a Microwave Oven Works . 437
	Microwave Techniques 438
	Variables in Microwave
	Cooking 441
	Safety Considerations 441
	<i>Technology</i> A New Wave in
	Microwave Cooking 440



Chapter	
49	Breads and Cereals 443
	Selecting Breads and
	Cereals 444
	Storing Breads and Cereals . . . 447
	Cooking Breads and Cereals . . 447
	<i>Health Watch</i> Whole and
	Hearty 446
Chapter	
50	Fruits and Vegetables 451
	Selecting Fruits and
	Vegetables 452
	Storing Fruits and
	Vegetables 455
	Preparing Fruits and
	Vegetables 455
	<i>Technology</i> Strawberries in
	December 454
Chapter	
51	Milk, Yogurt, and Cheese 458
	Selecting Milk Products 459
	Storing Milk Products 463
	Cooking Milk Products 463
	<i>Health Watch</i> The Truth About
	Yogurt 462
Chapter	
52	Meats, Poultry, Fish, Eggs,
	Nuts, and Beans 466
	Selecting Meats, Poultry, Fish,
	Eggs, Nuts, and Beans 467
	Storing Meats, Poultry, Fish,
	Eggs, Nuts, and Beans 469
	Cooking Meats, Poultry, Fish,
	Eggs, Nuts, and Beans 470
	<i>Health Watch</i> Protein
	Complementing 472
Chapter	
53	Serving Meals at Home and Eating
	Out 474
	Eating at Home 475
	Good Manners: Rules of
	Thoughtfulness 477
	Eating Out 479
	<i>Interpersonal Skills</i> Etiquette
	at the Table 478



Chapter

54	Careers in Food and Nutrition	482
	Characteristics for Careers in	
	Foods and Nutrition	483
	Jobs in Food Processing.	484
	Jobs in Food Service.	485
	Getting a Job	486
	<i>Interpersonal Skills</i> Special	
	Order: Your Career in Food	
	Service	487
Teen Tips		489
	50 Snacks Under 75 Calories . .	490
	Breakfast On-the-Run.	492
	Fast Foods: Cutting the	
	Calories	494

UNIT 6: CLOTHING AND TEXTILES496

Chapter

55	Clothing and You	498
	Clothing Choices.	499
	Clothes and Your Appearance. .	500
	Clothes and Comfort	501
	Clothes and Groups	502
	Clothing Decisions	503
	<i>Interpersonal Skills</i> Peer	
	Pressure and Clothes	504

Chapter

56	Design and Your Appearance	506
	Elements of Clothing	
	Design.	507
	Understanding Color	509
	The Whole Effect	511
	<i>Interpersonal Skills</i> Understanding	
	Clothing Traditions	512

Chapter

57	Clothes and Fashion	514
	What Makes Fashion	
	Change?	515
	How Do Fashions Start?	516
	Fashions and Fads	517
	<i>Health Watch</i> Extremes in	
	Fashion.	518

Chapter

58	Fibers and Fabrics	521
	Fibers	522
	Yarns.	524
	Fabric Construction	524
	Color and Finishes	525
	Care Labels	525
	<i>Technology</i> Battling the	
	Elements	526

Chapter

59	Planning Your Wardrobe	528
	A Wardrobe Inventory	529
	Adding to Your Wardrobe	531
	<i>Managing Resources</i> Buying	
	Coordinated Pieces	534

Chapter

60	Shopping for Clothes	536
	Getting Ready to Shop	537
	Know Your Size.	539
	Evaluating Your Choice.	540
	<i>Managing Resources</i> Choosing	
	Accessories.	543

Chapter

61	Selecting Patterns, Fabrics, and Notions	545
	Body Measurements.	546
	Selecting a Pattern	548
	Selecting a Fabric	551
	Selecting Notions	552
	<i>Managing Resources</i> Deciding	
	Whether to Make or Buy	550

Chapter

62	Sewing Equipment	554
	The Sewing Machine	555
	The Serger.	559
	Other Sewing Tools and	
	Equipment	560
	<i>Technology</i> The Language of	
	Sergers	558

Chapter

63	Lay Out, Cut, and Mark	563
	Preparing Your Pattern	565
	Preparing Your Fabric	567
	Lay Out and Cutting.	567
	Marking the Fabric.	568
	<i>Health Watch</i> Safe Use of Sewing	
	Tools.	566

Chapter

64	Basic Construction	570
	Staystitching	571
	Shaping to Fit the Body	571
	Assembling the Pieces	572
	Pressing	575
	<i>Technology</i> Serger	
	Applications.	576



Chapter	
65	Adding the Details578
	Special Techniques.579
	Closures.582
	Trims584
	<i>Interpersonal Skills</i> Closures
	to Help People with
	Disabilities585
Chapter	
66	Clothes Care.587
	General Care.588
	Cleaning Clothes.589
	Simple Repairs593
	<i>Technology</i> Easy-Care Fabrics . .594
Chapter	
67	Redesigning and Recycling. . .596
	Redesigning a Garment597
	Creative Measures599
	Recycling a Garment601
	<i>Managing Resources</i> Helping the
	Needy.600
Chapter	
68	Careers in Clothing and
	Textiles603
	Characteristics for Careers in
	Clothing and Textiles604
	Jobs in Design and Marketing .605
	Jobs in Clothing Construction
	and Care.607
	Getting a Job608
	<i>Interpersonal Skills</i> What to Wear
	for an Interview.609
Teen Tips611
	Create Your Color Palette612
	T-Shirt—Make It Unique614
	Designer Jeans—Worth the \$\$? .616

UNIT 7: HOUSING AND LIVING SPACE618

Chapter	
69	Living Space and You620
	Meeting Psychological
	Needs621
	Meeting Physical Needs.622
	Housing Choices.622
	Decisions About Housing.626
	<i>Interpersonal Skills</i> Adapting
	Space for Independent Living .627



Chapter	
70	How to Organize Your
	Space629
	Organizing Your Furniture630
	Activity Areas.631
	Storage Areas632
	<i>Managing Resources</i> Closet
	Space: The Final Frontier . . .633
Chapter	
71	Designing Your Space636
	The Elements of Design637
	The Principles of Design639
	Accessories: The Personal
	Touch642
	<i>Technology</i> Computers Can
	Design, Too641
Chapter	
72	Caring for Living Space.644
	Why Care for Space?645
	Caring for Your Own Space. . . .646
	Caring for Shared Space647
	<i>Managing Resources</i> Who
	Does the Chores in Your
	Home?649
Chapter	
73	Safety in the Home.652
	Assessing the Dangers.653
	Preventing Accidents654
	<i>Health Watch</i> Home Fire Drills. .658
Chapter	
74	Managing Energy Costs in the
	Home660
	What Is Energy?661
	Steps to Save Energy661
	<i>Technology</i> The Smart
	Home665
Chapter	
75	Careers in Housing.667
	Characteristics for Careers
	in Housing668
	Jobs in Design, Construction,
	and Sales669
	Jobs in Home Maintenance
	and Use.672
	Getting a Job673
	<i>Interpersonal Skills</i> Success
	on the Job.671
Teen Tips675
	Four Looks—One Room.676
	Living on Your Own678
	Terrific Teenage Tool Kit680

Appendix682
Glossary688
Credits696
Index698

Unit One





FOCUS ON YOU

UNIT ONE

Focus on You

CHAPTER

- 1 You as an Individual
- 2 The Teen Years
- 3 Your Health and Wellness
- 4 Examining Your Goals
- 5 Making Decisions
- 6 Managing Your Life

CHAPTER

1

OBJECTIVES

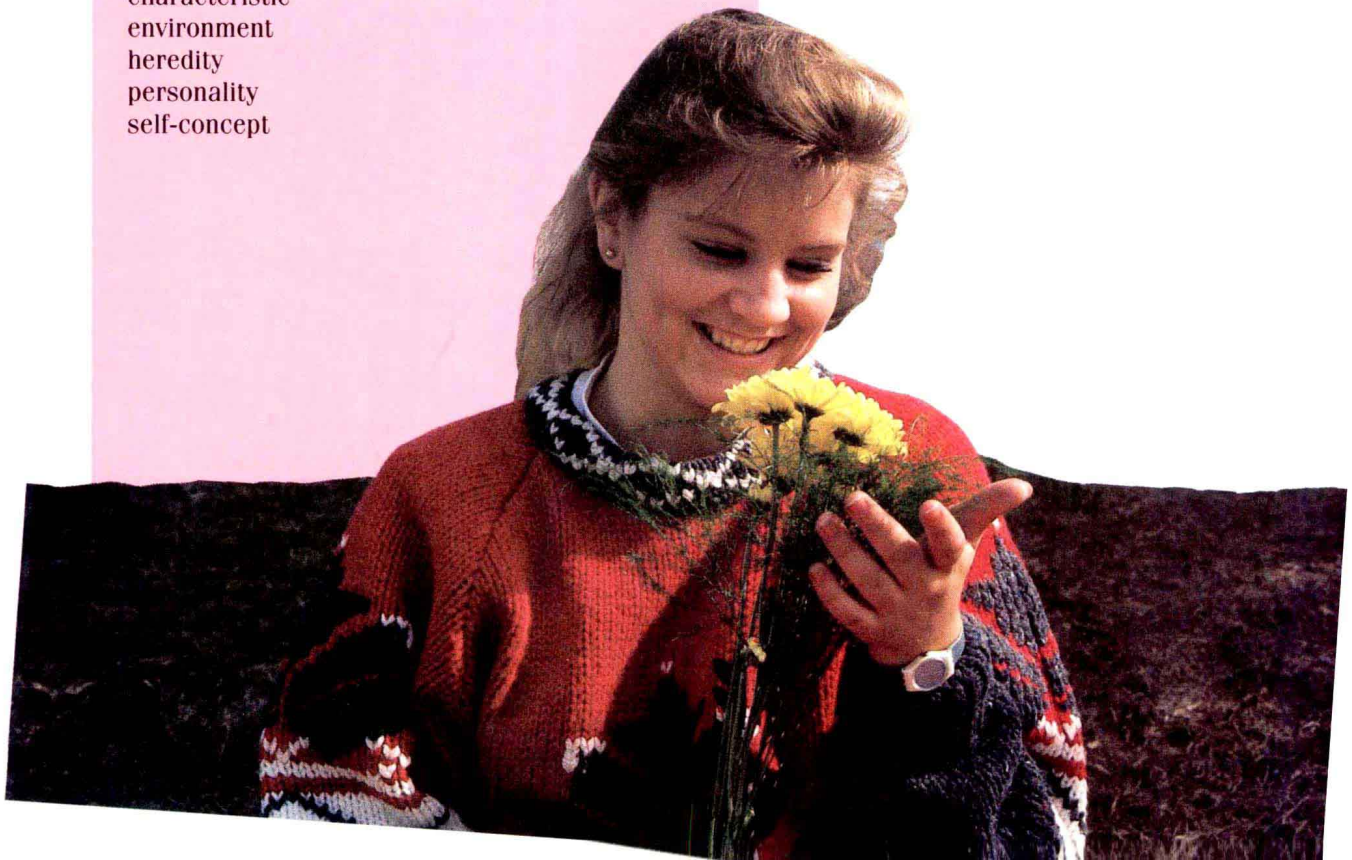
This chapter will help you to:

- Explain how different characteristics combine to make each person unique.
- Describe the influence of emotions and attitudes on personality.
- Define self-concept and discuss the importance of developing a realistic self-concept.

WORDS TO REMEMBER

attitude
characteristic
environment
heredity
personality
self-concept

You as an Individual



William and Daniel are identical twins. Most people cannot tell them apart at first. Both boys are tall and slim, with brown eyes and dark curly hair. In personality, however, they are quite different, and their friends have no difficulty telling the twins apart. William is quiet and shy. He has a few close friends, but spends a lot of time alone in his room listening to music. Daniel, on the other hand, is rarely alone. He is outgoing and energetic and spends a lot of time participating in after-school activities.

You might expect that identical twins would have similar personalities as well as similar looks. After all, they have usually been brought up in the same home by the same parents. However, even twins are like the rest of us in one important respect: each is a unique individual with a personality unlike that of any other individual.

Unless you are an identical twin, there is no one in the world who looks exactly like you. More importantly, whether you are a twin, an only child, or part of a large family, there is no one who feels, thinks, and acts exactly as you do.

You Are Unique

“He had dark, brooding eyes, and when he was with people he held himself apart from them, as if afraid to be drawn in by their friendliness.”

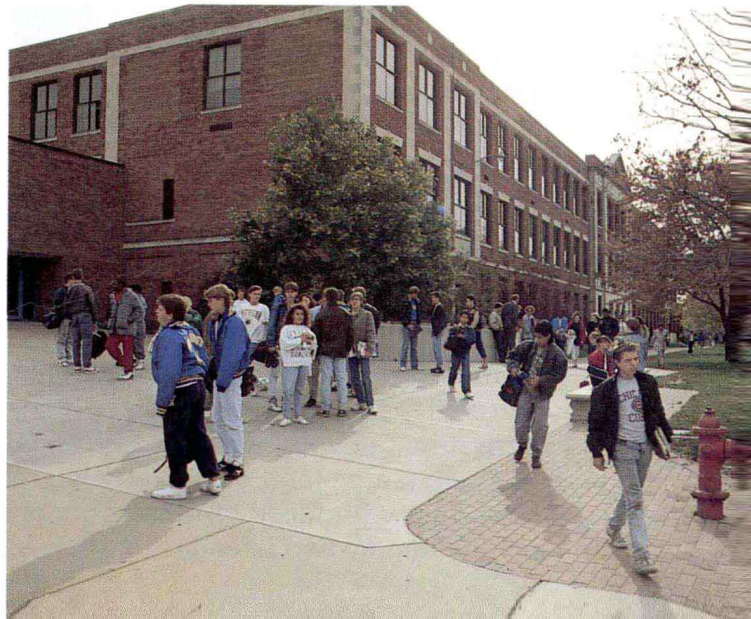
Look at any group of people and you will discover that each individual is unique, with his or her own personality.

“Her admirers knew her by what she did rather than by her appearance. She was average looking—medium height, medium weight, medium brown hair. What her friends admired her for were her actions, which were always kindnesses done without a hint of seeking any type of repayment.”

When authors want to describe people for us, they write about **characteristics**. These are the special features or traits that distinguish one individual from another. Characteristics may relate to a person’s appearance or actions. Looking at your characteristics will help you form a picture of yourself and help you see yourself as others see you.

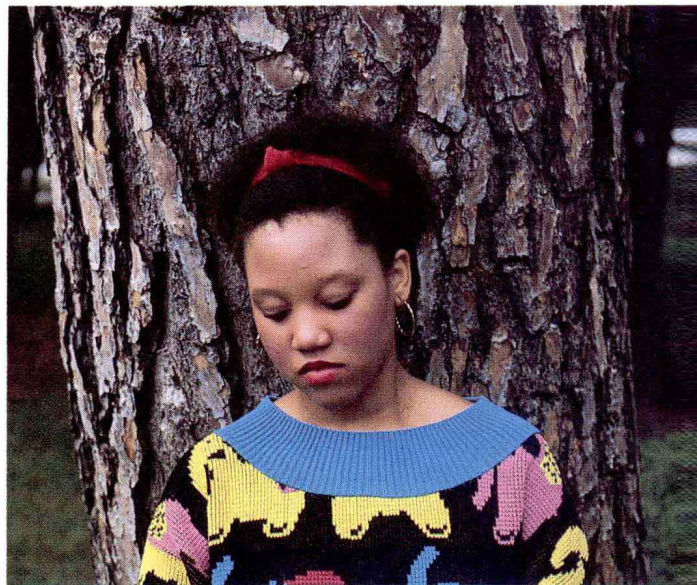
Your Characteristics

No single word could be used to describe you—or any human being. Each person is a complex combination of characteristics. These characteristics—physical, emotional, mental, and social—combine to make you the unique person you are.





- **Your body.** People notice your physical characteristics first. You might be tall or short, straight-haired or curly-haired, dark or fair. Perhaps you wear glasses or have a turned-up nose. Your physical features affect the way people see you. Most likely, you are pleased with some but may want to change others.
- **Your emotions.** Your emotional characteristics also affect the way people see you. Perhaps you are very even-tempered, or maybe you are easily upset. You may find that your emotions swing from feeling very happy one day to feeling quite low the next.
- **Your mind.** Your mental characteristics involve your abilities, attitudes, and interests. Perhaps you are good at thinking through math problems. Do you like watching baseball, or would you rather curl up with a good book? Almost everything you say or do tells people something about your mind.
- **Your relationships.** Your social characteristics include how you get along with other people. Are you quiet and shy or talkative and outgoing? Do you like to be with large groups of people or just one or two friends?



People experience a wide range of emotions. What emotions do you think this girl is expressing in each situation?

Your Actions

✓ Your behavior with others also helps add to the picture of who you are. Are you a good listener? Do you prefer spending time with a group of people or with only one special friend? Do you like sharing with others? Are you the leader of a group? These are social characteristics that people notice; they, too, add to the picture of who you are.

People see the world from different viewpoints, so the people who know you will probably notice different characteristics in you. Your parents may notice your kindness to a younger sister or your willingness to help with household chores. Your teachers will know that you are good in some subjects and have trouble with others. Your friends may know that you like to tell jokes or that you are good at organizing activities.