

HOME ENVIRONMENT SKILLS PROGRAM

Itemized Contents

<i>Page</i>	<i>Skill Title</i>	<i>Page</i>	<i>Skill Title</i>
I. Clothes Care		II. Skills Associated With Meal Preparation And Survival-Type Food Preparation	
115.1	WASHING LAUNDRY: Introduction	127.1	TABLE SETTING: Materials Recognition
115.2	SORTING LAUNDRY	127.2	BASIC TABLE SETTING
115.3	USE OF LAUNDRY AND DRY-CLEANING ESTABLISHMENTS	127.3	TABLE SETTING: According To Meal Type
116.1	WASHING LAUNDRY: Materials Recognition	128.1	STORING LEFTOVERS
116.2	WASHING COLORED LAUNDRY IN WASHING MACHINE	130.1	USE OF APRON
116.3	WASHING WHITE LAUNDRY IN WASHING MACHINE	130.2	DISHWASHING: Materials Recognition
117.1	DRYING LAUNDRY IN CLOTHES DRYER	131.1	DISHWASHING: Washing Dishes By Hand
117.2	DRYING LAUNDRY ON CLOTHESLINE	132.1	DISHWASHING: Drying Dishes
118.1	USE OF LAUNDROMAT OR APARTMENT COMPLEX UTILITY ROOM	133.1	DISHWASHING: Dishwasher Introduction And Materials Recognition
118.2	FOLDING CLEAN LAUNDRY	133.2	DISHWASHING: Use Of Dishwasher
119.1	PUTTING AWAY CLEAN LAUNDRY	135.1	KITCHEN SAFETY: Handling Electric Cords And Switches
119.2	LAUNDERING HAND-WASHABLE CLOTHING	135.2	KITCHEN SAFETY: Positioning Pots And Pans On Stove Burners
120.1	IRONING: Introduction	135.3	KITCHEN SAFETY: Removing Heated Cookware From Stove Burners And Oven
120.2	IRONING: Materials Recognition	136.1	KITCHEN SAFETY: Preventing And Extinguishing Stove Fires
120.3	IRONING: Flat Articles	136.2	KITCHEN SAFETY: Insuring Personal Safety During Stove Usage
121.1	IRONING: Pants	136.3	KITCHEN SAFETY: Using Cutting Knife
121.2	IRONING: Skirts	137.1	KITCHEN SAFETY: Wiping Spills From Floor
122.1	IRONING: Shirts Or Blouses	137.2	KITCHEN SAFETY: Lifting Lids From Opened Canned Foods
123.1	AWARENESS OF CLOTHES MENDING AND ALTERATIONS	137.3	USE OF HAND CAN OPENER
123.2	SEWING BUTTONS: Materials Recognition	138.1	USE OF PUNCH-TYPE CAN OPENER
123.3	SEWING BUTTONS: Two-Hole Type	138.2	USE OF BOTTLE OPENER
124.1	SEWING BUTTONS: Four-Hole Type	138.3	MANAGING CONTAINERS THAT OPEN AND CLOSE IN DIFFERENT WAYS
124.2	SEWING BUTTONS: Shank Type		

HOME ENVIRONMENT SKILLS PROGRAM

Itemized Contents (Cont.)

<i>Page</i>	<i>Skill Title</i>	<i>Page</i>	<i>Skill Title</i>
II. Skills Associated With Meal Preparation And Survival-Type Food Preparation (Cont.)		III. Cooking (Thirty-Two Meals) (Cont.)	
140.1	CLEANING FRUIT AND VEGETABLES	148.3	LUNCH TWO: Meal Preparation
140.2	USE OF VEGETABLE PEELER	148.4	DINNER TWO: Item Recognition And Location
141.1	BOILING WATER	149.1	DINNER TWO: Prerequisite Skills Involved
141.2	PREPARING FOOD WITH BOILING WATER	149.2	DINNER TWO: Meal Preparation
142.1	SURVIVAL-TYPE FOOD PREPARATION SYNTHESIS	149.3	SNACK TWO: Item Recognition And Location
		149.4	SNACK TWO: Snack Preparation
III. Cooking (Thirty-Two Meals)		150.1	BREAKFAST THREE: Item Recognition And Location
144.1	BREAKFAST ONE: Item Recognition And Location	150.2	BREAKFAST THREE: Prerequisite Skills Involved
144.2	BREAKFAST ONE: Prerequisite Skills Involved	150.3	BREAKFAST THREE: Meal Preparation
144.3	BREAKFAST ONE: Meal Preparation	151.1	LUNCH THREE: Item Recognition And Location
145.1	LUNCH ONE: Item Recognition And Location	151.2	LUNCH THREE: Prerequisite Skills Involved
145.2	LUNCH ONE: Prerequisite Skills Involved	151.3	LUNCH THREE: Meal Preparation
145.3	LUNCH ONE: Meal Preparation	151.4	DINNER THREE: Item Recognition And Location
145.4	DINNER ONE: Item Recognition And Location	152.1	DINNER THREE: Prerequisite Skills Involved
146.1	DINNER ONE: Prerequisite Skills Involved	152.2	DINNER THREE: Meal Preparation
146.2	DINNER ONE: Meal Preparation	152.3	SNACK THREE: Item Recognition And Location
146.3	SNACK ONE: Item Recognition And Location	152.4	SNACK THREE: Snack Preparation
146.4	SNACK ONE: Snack Preparation	153.1	BREAKFAST FOUR: Item Recognition And Location
147.1	BREAKFAST TWO: Item Recognition And Location	153.2	BREAKFAST FOUR: Prerequisite Skills Involved
147.2	BREAKFAST TWO: Prerequisite Skills Involved	153.3	BREAKFAST FOUR: Meal Preparation
147.3	BREAKFAST TWO: Meal Preparation	154.1	LUNCH FOUR: Item Recognition And Location
148.1	LUNCH TWO: Item Recognition And Location	154.2	LUNCH FOUR: Meal Preparation
148.2	LUNCH TWO: Prerequisite Skills Involved		

HOME ENVIRONMENT SKILLS PROGRAM

Itemized Contents (Cont.)

<i>Page</i>	<i>Skill Title</i>	<i>Page</i>	<i>Skill Title</i>
III. Cooking (Thirty-Two Meals) (Cont.)		III. Cooking (Thirty-Two Meals) (Cont.)	
154.3	DINNER FOUR: Item Recognition And Location	160.2	DINNER SIX: Prerequisite Skills Involved
155.1	DINNER FOUR: Meal Preparation	160.3	DINNER SIX: Meal Preparation
155.2	SNACK FOUR: Item Recognition And Location	161.1	SNACK SIX: Item Recognition And Location
155.3	SNACK FOUR: Prerequisite Skills Involved	161.2	SNACK SIX: Snack Preparation
155.4	SNACK FOUR: Snack Preparation	161.3	BREAKFAST SEVEN: Item Recognition And Location
156.1	BREAKFAST FIVE: Item Recognition And Location	161.4	BREAKFAST SEVEN: Meal Preparation
156.2	BREAKFAST FIVE: Prerequisite Skills Involved	162.1	LUNCH SEVEN: Item Recognition And Location
156.3	BREAKFAST FIVE: Meal Preparation	162.2	LUNCH SEVEN: Prerequisite Skills Involved
156.4	LUNCH FIVE: Item Recognition And Location	162.3	LUNCH SEVEN: Meal Preparation
157.1	LUNCH FIVE: Prerequisite Skills Involved	162.4	DINNER SEVEN: Item Recognition And Location
157.2	LUNCH FIVE: Meal Preparation	163.1	DINNER SEVEN: Meal Preparation
157.3	DINNER FIVE: Item Recognition And Location	163.2	SNACK SEVEN: Item Recognition And Location
157.4	DINNER FIVE: Meal Preparation	163.3	SNACK SEVEN: Snack Preparation
158.1	SNACK FIVE: Item Recognition And Location	164.1	BREAKFAST EIGHT: Item Recognition And Location
158.2	SNACK FIVE: Prerequisite Skills Involved	164.2	BREAKFAST EIGHT: Meal Preparation
158.3	SNACK FIVE: Snack Preparation	164.3	LUNCH EIGHT: Item Recognition And Location
158.4	BREAKFAST SIX: Item Recognition And Location	164.4	LUNCH EIGHT: Meal Preparation
159.1	BREAKFAST SIX: Prerequisite Skills Involved	165.1	DINNER EIGHT: Item Recognition And Location
159.2	BREAKFAST SIX: Meal Preparation	165.2	DINNER EIGHT: Meal Preparation
159.3	LUNCH SIX: Item Recognition And Location	166.1	SNACK EIGHT: Item Recognition And Location
159.4	LUNCH SIX: Meal Preparation	166.2	SNACK EIGHT: Prerequisite Skills Involved
160.1	DINNER SIX: Item Recognition And Location	166.3	SNACK EIGHT: Snack Preparation

HOME ENVIRONMENT SKILLS PROGRAM

Itemized Contents (Cont.)

<i>Page</i>	<i>Skill Title</i>	<i>Page</i>	<i>Skill Title</i>
IV. Basic Nutrition And Menu Planning		VI. Housekeeping And Safety At Home (Cont.)	
167.1	IMPORTANCE OF GOOD NUTRITION	175.2	CARE OF THROW RUGS
167.2	KNOWLEDGE OF BASIC FOOD GROUPS	176.1	SWEEPING
167.3	APPLYING KNOWLEDGE OF BASIC FOOD GROUPS TO PLANNING INDIVIDUAL MEALS	177.1	DUST MOPPING
168.1	APPLYING KNOWLEDGE OF BASIC FOOD GROUPS TO PLANNING A DAY'S MENU	177.2	WET MOPPING
		178.1	DUSTING
		179.1	GLASS CLEANING
		179.2	SINK CLEANING
		180.1	BATHTUB CLEANING
		180.2	TOILET CLEANING
		181.1	REPLACING TOILET TISSUE
V. Kitchen Equipment Skills		181.2	EMPTYING THE GARBAGE
169.1	COOKING UTENSILS RECOGNITION	182.1	CHANGING LIGHT BULBS: In Table Lamps
169.2	POTS AND PANS RECOGNITION	182.2	CHANGING LIGHT BULBS IN CEILING FIXTURES: Cover Attached With Setscrews
169.3	ELECTRIC APPLIANCES RECOGNITION	183.1	CHANGING LIGHT BULBS IN CEILING FIXTURES: Cover Attached With Decorative Nut
170.1	MISCELLANEOUS KITCHEN EQUIPMENT RECOGNITION	184.1	SETTING THE THERMOSTAT
170.2	USE OF STOVE TOP: Reading Temperatures	184.2	OPERATING DRAPES
171.1	USE OF STOVE TOP: Turning On Burner To Specified Temperature	185.1	OPERATING SHADES
171.2	USE OF STOVE TOP: Matching Burner Controls And Burners	186.1	OPERATING VENETIAN BLINDS
171.3	USE OF STOVE TOP: Synthesis	186.2	BED CARE: Materials Recognition
171.4	USE OF OVEN: Reading Oven Controls	187.1	BED CARE: Making A Bed
172.1	USE OF OVEN: Setting Oven Controls	187.2	BED CARE: Changing A Bed
173.1	USE OF HAND TIMER	189.1	WIPING FEET BEFORE ENTERING HOUSE
173.2	MEASUREMENTS: Liquid Measure	189.2	USE OF DOOR LOCKS: Push-Button Type
174.1	MEASUREMENTS: Dry Measure	189.3	USE OF DOOR LOCKS: Turn-Button Type
174.2	MEASUREMENTS: Use Of Measuring Spoons	190.1	USE OF DOOR LOCKS: Turn-Knob Type
		190.2	USE OF DOOR LOCKS: Deadbolt Type
VI. Housekeeping And Safety At Home		191.1	USE OF DOOR LOCKS: Locks On Storm Doors
175.1	VACUUMING		

HOME ENVIRONMENT SKILLS PROGRAM

Itemized Contents (Cont.)

<i>Page</i>	<i>Skill Title</i>	<i>Page</i>	<i>Skill Title</i>
VI. Housekeeping And Safety At Home (Cont.)		VI. Housekeeping And Safety At Home (Cont.)	
192.1	DEALING SAFELY WITH STRANGERS AT THE DOOR: When Client Is Home Alone	196.1	USE OF MATCHES AND CANDLES
193.1	DEALING SAFELY WITH STRANGERS AT THE DOOR: When Other Person Is Home With Client	197.1	USE OF FIRE EXTINGUISHER
193.2	DEALING SAFELY WITH STRANGERS ON THE TELEPHONE	198.1	PLUGGING AND UNPLUGGING TWO- PRONG AND THREE-PRONG PLUGS
194.1	USE OF WINDOW LOCKS: Double-Hung Window	198.2	USE OF EXTENSION CORDS
194.2	USE OF WINDOW LOCKS: Casement Window	199.1	SECURING THE HOUSE: When Home Alone
195.1	USE OF WINDOW LOCKS: Sliding Win- dow	200.1	SECURING THE HOUSE: Before Going To Bed
195.2	FIRE SAFETY	200.2	SECURING THE HOUSE: When Leaving
		202.1	USE OF PADLOCKS: Key-Operated Pad- lock
		203.1	USE OF PADLOCKS: Combination Pad- lock
		204.1	USE OF STEPLADDER
		205.1	USE OF FLASHLIGHT