

Family Consumer Science Question Bank
Revised July 2018 – Reviewed 2021
The word “OR” in an answer means they can choose either answer

Baking I and II

1. Q. Name a type of solid fat?
A. Butter or shortening, margarine
2. Q. What is the purpose of a sifter?
A. To incorporate air into flour and to mix other dry ingredients with the flour
3. Q. What is the equivalence of a pound measured in ounces?
A. 16 ounces
4. Q. What is the most common sweetener used in baking?
A. White Granulated Sugar
5. Q. True or False, Chocolate chip cookies are a rolled type of cookie.
A. False
6. Q. What nutrient helps your body carry oxygen to all parts of your body?
A. Iron
7. Q. Why should you stir the baking powder before measuring it?
A. To activate the ingredients
8. Q. How many cups in a pint?
A. Two
9. Q. What vitamin aids in healing cuts?
A. Vitamin C
10. Q. What cooking term means, to mix gently by lifting from bottom to top, then folding over?
A. Fold
11. Q. What utensil should be used to level dry ingredients when measuring and to loosen baked goods from pans?
A. Straight edge spatula
12. Q. How many teaspoons are equal to one tablespoon?
A. Three
13. Q. Name 3 kinds of measuring devices used in the kitchen?
A. Liquid Measuring cups, dry measuring cups, and measuring spoons
14. Q. To work dough with your hands, by repeating a folding motion, pressing forward then turning is called _____?
A. Knead

15. Q. What kitchen utensil do you use to cut flour and shortening when making pastry and biscuits?
A. Pastry Blender
16. Q. What is the last and most important thing to do for Mom when done baking?
A. Leave the kitchen clean
17. Q. Name three kinds of accidents that happen most often in a kitchen?
A. Burns, falls, cuts
18. Q. Name 3 things you need to do before you start to prepare food.
A. Wash your hands, Read recipe and Get out ingredients/supplies or utensils
19. Q. Describe how to measure brown sugar?
A. Spoon into a dry measuring cup, pack it down firmly
20. Q. Raw Cookie dough may have what bacteria present?
A. Salmonella
21. Q. What is the most important thing to remember in making muffins?
A. To barely dampen the dry ingredients, OR stir only until ingredients are moist OR do not over mix.
22. Q. What is molasses?
A. It is a thick, dark, brown syrup made from juice pressed from sugar cane during refining.
23. Q. What is the difference between Quick Breads and Yeast Breads?
A. Quick Breads use the leavening agents baking powder and baking soda. Yeast breads use yeast as a leavening agent.
24. Q. How is powdered sugar made?
A. It is granulated sugar that has been milled to a fine powder, then mixed with cornstarch to prevent lumping.
25. Q. At altitudes above 3,500 feet, chocolate chip cookies tend to spread; what can you do to make a firmer dough?
A. Add 2 to 3 tablespoons of flour.
26. Q. Baking soda and baking powder act as leavening agents by producing what?
A. Carbon dioxide.
27. Q. What is zest?
A. The brightly colored outer layer of the peel of a citrus fruit, mainly lemons and oranges.
28. Q. What is an example of liquid sugars?
A. Honey, corn syrup, molasses.
29. Q. What nutrient builds and repairs muscles and other parts of your body?
A. Protein.
30. Q. What is another name for confectioner's sugar?
A. Powdered sugar.

31. Q. What type of measuring cup should be used to measure molasses?
A. Liquid.
32. Q. When measuring, how much is a pinch?
A. The amount you can pick up between your thumb and forefinger.
33. Q. What is an uncooked mixture of flour, liquid, and other ingredients called, as for a cake or pancakes?
A. Batter
34. Q. What type of baking sheet should you use for evenly browned cookies?
A. Shiny
35. Q. What happens to muffins if you over grease your muffin pan?
A. They will have darker sides
36. Q. From where should you read a liquid measurement?
A. From eye level.
37. Q. What three things do sweeteners add to baked goods?
A. Flavor, tenderness, browning.
38. Q. Oils are fats that become _____ at room temperature.
A. Liquid.
39. Q. What does “pre-heat” the oven mean?
A. To heat the oven to the temperature called for in the recipe before putting the food in to roast or bake.
40. Q. How many cups are in a quart?
A. 4 cups.
41. Q. What type of flour is used in most recipes?
A. All-purpose Flour Baking II pg 3
42. Q. What gives brown sugar its flavor and color?
A. Molasses. Brown sugar is a mixture of granulated sugar and molasses. Baking II pg 3.
43. Q. What can you do to soften hard brown sugar according to the Baking II book?
A. Place in a microwave-safe glass dish. Add one apple wedge or one slice of white bread. Heat, covered on high power for 30 to 40 seconds. Let stand 30 seconds, then remove bread or apple and stir before measuring. Baking II pg 3.
44. Q. Do you need to sift powdered sugar before it is used?
A. Yes Baking II pg 3
45. Q. If your quick bread comes out with a thick, dark brown crust, it has too much of what ingredient in it?
A. Sugar. Baking II pg 10

46. Q. Can you substitute vegetable oil for solid fats like shortening?
A. No Baking II pg 4
47. Q. Should you store vegetable oil in the refrigerator?
A. No Baking II pg 4
48. Q. If you were to measure a large egg, what should it measure?
A. 1/3 cup Baking II pg 4
49. Q. How much is a dash?
A. Equal to two or three drops. Baking II pg 32
50. Q. If you do not have a square baking pan for baking cornbread, what can you use instead?
A. A 10 inch cast iron skillet or a 9 inch round baking pan. Baking II pg. 29
51. Q. Before you take the beaters out of an electric mixer, what should you do?
A. Unplug the mixer. Baking II pg 28.
52. Q. How long should refrigerator cookies be chilled before slicing?
A. At least 2 hours until firm. Baking II pg. 25
53. Q. If you do not have chocolate squares for baking, what can you substitute?
A. 1/4 cup cocoa plus 2 teaspoons of shortening or butter for each ounce. Baking II pg 5
54. Q. How will quick bread with too much baking soda or baking powder taste?
A. It will have a bitter or soapy aftertaste. Baking II pg 10
55. Q. What nutrient regulates body temperature?
A. Water – Baking I pg 3
56. Q. How hot should your oven be when baking biscuits?
A. 450 degrees pg. 9
57. Q. To achieve a lighter product when baking, what can you do?
A. Sift the flour. Baking I pg 5
58. Q. When cutting out biscuits, how thick should you roll the dough to?
A. 1/2 inch. Baking I pg 8
59. Q. How should sticky liquids be removed from a liquid measuring cup?
A. With a rubber spatula Baking I pg 6
60. Q. What is used to hold hot food such as cakes, breads, and cookies while they cool?
A. Wire cooling rack. Baking I Pg 7

SEWING I & II

61. Q. What part on the sewing machine moves the fabric as you sew?
A. Feed Dogs.

62. Q. What controls the upper thread?
A. Tension Control.
63. Q. On a sewing machine, what adjusts the length of the stitch?
A. Stitch Length Regulator
64. Q. How can you prevent your thread from pulling out of the needle when you start to sew?
A. Have the thread take up lever at the highest position when you stop OR hold threads as you lower needle into fabric making sure to leave a long tail.
65. Q. Name two pressing tools that you must have for sewing?
A. Iron and ironing board.
66. Q. The stretchiest part of the fabric is called _____?
A. Bias.
67. Q. Name 3 items of information that are found on the end of the bolt of fabric?
A. Fiber content, fabric width, cost and care directions.
68. Q. Which is the best method of straightening fabric for someone using a light to medium weight cotton or cotton poly blend?
A. Tear Method.
69. Q. On the totebag, name one way you can finish the raw edges of your bag?
A. Zigzag stitch, edge stitching, stitching and pinking, turning and stitching, or serging.
70. Q. For your first sewing project, what type of fabric is the best choice?
A. Woven 100% cotton
71. Q. On a sewing machine, what is the function of a foot control?
A. The foot control is used to start the machine sewing and controls the speed of the machine.
72. Q. The sewing tool used to take out stitches is called a _____.
A. Seam Ripper.
73. Q. True or False, Seam finishes keep the seams from shrinking when washed?
A. False
74. Q. Threads that run across the fabric from one selvage to the other are called the _____.
A. Crosswise Grain OR Filling Threads
75. Q. How wide should the finished hem be on the gathered skirt?
A. 2 inches.
76. Q. What is the name of the sewing tool that is a shorter ruler with a movable slide used for marking hems and seams?
A. Sewing Gauge OR Seam Gauge
77. Q. What does “wearing ease” mean?
A. Extra fabric width allowed above our body width so we can move comfortably. P. 15.

78. Q. Why should you insert a new needle into your sewing machine before each new project?
A. To avoid skipped stitches, the stitching will look better, and will have less of a chance in snagging the fabric.
79. Q. What should you do to your fabric before you sew to prevent the finished product from shrinking?
A. Prewash the fabric.
80. Q. Describe how you join elastic?
A. Overlap the ends about 1 inch, stitch a small square around edges, then stitch an X in the box.
81. Q. When sewing a seam, what must you do at the beginning and end of the seam?
A. Back stitch.
82. Q. What is the most important measurement for determining the fit of the shirt?
A. The chest measurement.
83. Q. What do you call fabric with two or more entirely different fibers in the same fabric each used to give certain qualities.
A. Blends.
84. Q. What are the two types of buttons?
A. Sew Through or Shank.
85. Q. How should you move the iron when pressing something?
A. Up and down.
86. Q. Fabrics that have a “one-way” design have a what?
A. Nap.
87. Q. Man-made fabrics may also be referred to as what?
A. Synthetic
88. Q. What does “permanent press” mean?
A. It is a finish that makes the fabric resistant to wrinkles.
89. Q. What are lengthwise threads called?
A. Warp OR Lengthwise grain.
90. Q. Name two tools that you can use to transfer markings from your pattern to fabric?
A. Chalk, tailors chalk, marking pens, marking pencils, OR tracing paper and a tracing wheel.
91. Q. The standard “stitches per inch” for most seams is _____?
A. 10-12.
92. Q. When you are going to wind a bobbin on an older machine, what part of the machine should you loosen, then tighten when you’re done?
A. The hand wheel, or flywheel.

93. Q. What is the term for a fabric's ability to keep its original color, not fading from sunlight, wear or laundering?
A. Colorfast
94. Q. On a pattern, a _____ line is a solid, dark outer line.
A. Cutting
95. Q. What should you do if the right and wrong sides of your fabric look alike?
A. Mark the wrong sides with a marking pen, pencil, or chalk OR place a small piece of tape on the wrong side of the fabric.
96. Q. Markings are usually made on the fabric's _____ side.
A. Wrong.
97. Q. The _____ measurement is the most important one for determining the fit of the shorts or pants.
A. Hip.
98. Q. What is the purpose of the bobbin?
A. Holds the bottom thread.
99. Q. Crewel needles have _____ eyes for easy threading.
A. Long OR Large OR Big.
100. Q. How do you "release" the fabric from the sewing machine?
A. You lift the presser foot with the presser foot lifter.
101. Q. How long are shears?
A. 7 to 8 inches pg 3
102. Q. How long is a measuring tape?
A. 60 inches. pg 4
103. Q. What type of pins should you buy to sew woven fabric with?
A. Dressmaker or silk Pg 5
104. Q. What takes the thread through the fabric?
A. The needle. pg 7
105. Q. A metal plate on your sewing machine with opening for the needle and feed dogs is the _____.
A. Throat Plate. pg 8
106. Q. When sewing with a machine what should you do when you come to a corner?
A. Pivot, by stitching to the corner, then stopping with the needle down in the fabric, lifting the presser foot and turning the garment and continue stitching. pg 14
107. Q. How long should the threads under the presser foot be when you begin to sew?
A. 6 to 8 inches. Sew Much Fun pg 22

108. Q. If after you have straightened the grain on your fabric and it still does not lay straight, what can you do?
A. Pull the fabric on the bias. pg 34
109. Q. If using the selvage as an edge finish, what should you do to it to help it lay flat without raveling?
A. Clip it a 4 inch intervals. pg 41
110. Q. What is the purpose of a seam finish?
A. To keep the seams from fraying when washed. pg 41
111. Q. Name 3 of the 5 modeling tips from Sew Much Fun II.
A. Practice Good Posture, Practice the Stairs, Walk Smoothly, Turn Slowly, and Remember to Smile. Sew Much Fun II pg 76
112. Q. Standing with your body, head, chest, and hip sections balanced one over the other is called what?
A. Good Posture. Sew Much Fun II pg 73
113. Q. What can you do to avoid cutting along the fold line?
A Extend pin tips beyond the fold making it difficult to cut in that direction. P. 21.
114. Q. What type of knot do you tie in the elastic of a scrunchie that will not come untied easily?
A. square knot. pg 51
115. Q. When is the best time to finish your seams?
A. After you cut out you pattern and before you start putting your garment together. pg 38
116. Q. What color thread should you purchase?
A. Thread that is a shade darker than the main color of your fabric. pg 38
117. Q. Are the warp or filling threads stronger?
A. Warp pg 8
118. Q. What is the stitch in the ditch technique?
A. Sewing from the top of the garment in the seam line to secure something like a facing, so that it does not show. Pg 69
119. Q. True or False: The light that is provided from the lamp of the sewing machine is enough to be able to sew.
A. False pg 5
120. Q. How do we make certain that the grain line is straight?
A. Measure the distance from the arrow to the fold or selvage, then pivot the pattern until both distances are equal. P. 20.