



# Glossary

## A

**accessory** An interesting item added to make a space more personal; an item such as shoes, a belt, a scarf, a hat, socks, a tie, or jewelry. (8-2), (16-1)

**acne** A skin condition caused by overly active oil glands. (15-1)

**acquaintance** A person you greet or meet fairly often but do not have a close relationship with. (5-4)

**acquired** Learned from the people and things around you. (1-1)

**addiction** A person's physical or mental need for a drug or other substance. (5-5)

**adolescence** (a-duhl-E-suhns) The period of great growth and change between childhood and adulthood. (1-2)

**advertisement** A message to persuade consumers to buy. (7-1)

**aerobic exercise** Nonstop, repetitive, vigorous exercise that increases breathing and heartbeat rates. (11-4)

**alteration** A change made in a garment so that it will fit. (17-2)

**amino (uh-MEE-noh) acid** A chain of building blocks that make up proteins. (10-2)

**appetite** The desire to eat. (10-1)

**appetizer** A dish served before the meal. (13-1)

**apprenticeship program** A formal program that uses on-the-job training to teach job skills. (4-1)

**aptitude test** A test that predicts a person's ability to learn certain skills. (4-1)

**arcing** Electrical sparks that can damage a microwave oven and start a fire. (12-4)

**assertive** Able to explain your needs and opinions clearly while respecting the needs and opinions of others. (5-5)

**attention span** The length of time a person can concentrate on any one thing. (6-3)

## B

**backstitching** The technique of stitching over  $\frac{1}{2}$  inch (1.3 cm) of a seam at the beginning and end to lock the threads so that the seam won't pull out. (18-2)

**balanced diet** A diet that is made up of a variety of foods with nutrients in the recommended amounts. (11-2)

**belonging** Feeling included. (5-1)

**bias** Diagonal to the threads in a woven fabric. (18-1)

**biodegradable** Able to degrade, or break down, and be absorbed by the environment. (9-2)

**bobbin** A small metal or plastic spool that holds the thread inside a sewing machine. (17-1)

**body language** The look on your face, gestures, and body stance. (2-2)

**broth** The liquid left when meat, poultry, fish, or vegetables have been cooked in water. (14-2)

**budget** A plan for using your money. (7-5)

## C

**calcium** A mineral that helps build bones and teeth and ensures normal growth. (10-3)

**calorie** A unit of heat that measures the energy available in food. (10-1)

**carbohydrates** The starches and sugars that give the body most of its energy. (10-2)

**career research** The process of finding out all you can about a field of work that interests you. (4-1)

**caregiver** A person who takes care of a child. (6-1)

**casing** A fabric tunnel made to enclose elastic or a drawstring. (18-4)

**prioritize** To rank in order of importance. (2-4)

**processed** Changed (a food) from its raw form before it is sold. (14-1)

**procrastinate** To put things off. (2-4)

**produce** Fresh fruits and vegetables. (14-1)

**promotion** A move up to a better job with more responsibility. (4-4)

**proofread** Check for errors in grammar, punctuation, and spelling. (4-2)

**protein** A nutrient that is needed to build, repair, and maintain body cells and tissues. (10-2)

**punishment** A way of discouraging inappropriate behavior. (6-1)

## R

**ravel** To have threads pull out of the cut edge of a fabric. (17-3)

**raw edge** The unfinished edge of fabric that has loose threads. (18-1)

**realistic goal** A goal that you can reach. (3-4)

**recipe** A list of ingredients and directions for preparing a specific food. (13-3)

**recycling** Turning waste items into products that can be used. (9-2)

**redirect** To turn someone's attention to something else. (6-5)

**redress** Action taken to correct a wrong. (7-4)

**reference** A person who can tell an employer about an applicant's character and quality of work. (4-3)

**refund** A return of money in exchange for an item purchased. (7-4)

**refusal skills** Ways to say no effectively. (3-1)

**resource** A source of information or expertise that you can use to help you meet your goals; something you need to accomplish a goal. (2-4), (3-4)

**respect** Consideration. (3-2)

**responsibility** Ability to make choices and to answer for those choices. (3-2)

**risk** To take a dangerous chance. (9-3)

**role** The way you behave when you interact with another person. (1-1)

**role model** A person who helps you see what is expected of you and shows you how to act in certain situations. (1-1)

**rotating** Turning a dish a quarter-turn or a half-turn in a microwave oven. (12-4)

## S

**salad** A food or a combination of foods, usually served cold with a dressing. (14-2)

**salmonella** (SAL-muh-NELL-uh) Bacteria that are often found in raw or undercooked foods, such as meat, eggs, fish, and poultry. (12-1)

**sandwich** Two pieces of bread surrounding a filling, such as meat or cheese. (14-3)

**sanitary** Free from germs. (8-3)

**saturated fat** Fat found in food from animal sources. (10-2)

**scald** To bring food slowly to a temperature just below the boiling point. (14-4)

**seam finish** A treatment used on a seam edge to prevent the fabric from raveling. (18-2)

**seasonal** More plentiful, more readily available, and less expensive at certain times of the year. (14-1)

**security** Feeling safe and protected. (5-1)

**self-concept** A mental picture of yourself. (1-3)

**self-confidence** Faith in your abilities. (1-3)

**self-esteem** The ability to respect yourself. (1-3)

**selvage** The tightly woven edge of fabric that has no visible loose threads. (18-1)

**serger** A high-speed machine that sews, trims, and finishes a seam in one step. (18-3)

**service** Work performed by one person for others. (7-1)

**serving** A portion of food that a person would be likely to eat at one time. (11-1)

**sewing gauge** A 6-inch (15-cm) ruler made of metal, with an adjustable pointer. (17-1)

**shank** A stem on a button that provides room for the extra layer of fabric around the buttonhole. (18-5)

**shape** Outline. (15-3)

**shoplifting** Taking items from a store without paying for them. (7-3)

**shopping plan** A strategy for spending the money you have available to purchase the items you need or want. (16-3)

**sibling** A brother or sister. (5-2)

**slip stitch** A hand-sewing stitch that provides an almost invisible finish. (18-5)

**small appliance** A piece of small, electrically powered kitchen equipment. (12-3)

**smoke alarm** A device that sets off an alarm when smoke is present. (6-4)

**snack** Food eaten between meals. (11-3)

**sodium** A mineral that helps regulate the amount of fluids in the body. (11-2)

**software** A computer program or set of instructions. (4-2)

**solitary play** Play during which an infant plays alone and shows little interest in interacting with other children. Also called independent play. (6-3)

**specialty store** A store that carries only a specific type of merchandise. (7-3)

**stain** A soiled or discolored area. (16-4)

**stamina** The ability to focus on a single activity or a long time. (11-4)

**standard format** A recipe format that lists all the ingredients in order of use, followed by step-by-step directions for preparing the food. (13-3)

**staple** Food that you are likely to use often. (13-2)

**status** Level of importance. (15-2)

**status symbol** A piece of clothing or other item that gives the owner a special feeling of importance. (16-3)

**staystitching** A row of permanent stitching made on or very near the seam line in the seam allowance. (18-4)

**stereotype** An idea or image formed in advance about all members of a group. (2-1)

**stitch finger** A metal prong on the needle plate or presser foot of a serger. (18-3)

**stitch regulator** A dial or lever on a sewing machine that controls the length of the stitches. (17-1)

**store-brand product** Food or household item that has a store's name or another name used only by that store on the label. (13-2)

**stress** The body's reaction to changes around it. (5-3)

**style** The design of a garment. (15-2)

**sunscreen** A lotion that guards the skin against harmful rays of the sun. (15-1)

**supervisor** The person who checks an employee's work and evaluates his or her performance. (4-4)

**synthetic fiber** A fiber made partially or entirely from chemicals. (16-2)

## T

**tail chain** A length of thread shaped like a chain and made on a serger without fabric under the needle. (18-3)

**talent** Natural ability. (2-4)

**teamwork** The cooperative efforts of everyone in a group to work together to reach a goal. (2-3), (4-4)

**texture** The way something feels or looks as if it would feel. (8-2), (13-1), (15-3)

**time schedule** A plan to make sure that all foods are ready to serve at the right time. (13-1)

**toddler** A child who is one to three years old. (6-2)

**trade-off** Something that you give up in order to get something more important. (3-4)

**tradition** A custom or belief handed down from one generation to another. (5-2)

**traffic pattern** The path people take to move around and in and out of a room. (8-1)

**interest** A fee paid by a bank in order to use your money. (7-5)

**interfacing** A layer of special fabric placed between two pieces of fabric to give more shape to a garment. (17-3)

**intruder** Someone who uses force to get into a home. (6-4)

**iron** A mineral that is an essential component of blood. (10-3)

## J

**job applicant** A person who wants a job. (4-3)

**job application** A form on which you supply information about yourself that will help an employer make a hiring decision. (4-3)

**job interview** A face-to-face meeting between an employer and a job applicant. (4-3)

**job opening** A job that is not filled. (4-3)

**job preparation** The learning required to get and keep the kind of job you want. (4-1)

## K

**knit fabric** Fabric made by looping threads together. (16-2)

## L

**landfill** A huge pit where waste is dumped and buried between layers of earth. (9-2)

**layaway plan** A scheduled payment plan in which you put a small amount of money down and make regular payments until you have paid for an item. (7-5)

**layout** A diagram of how pattern pieces should be placed on fabric. (18-1)

**leader** A person with the ability to guide and motivate others. (2-3)

**leavening agent** An ingredient that makes baked food rise. (13-4)

**life change** A major way in which your life is altered by events that you may or may not be able to control. (5-3)

**logo** A company's identification symbol. (15-2)

**looper** A rounded part that holds the thread inside a serger. (18-3)

## M

**major appliance** A piece of large kitchen equipment. (12-3)

**management** Using what you have to get what you want, being organized, and planning ahead. (2-4)

**marking** A guide on a pattern piece for making a project. (18-1)

**maturity** Making wise decisions, practicing self-control, and acting responsibly. (2-1)

**meal pattern** Habit people follow that determines when and what they eat each day. (13-1)

**meat extender** A food added to meat to make a small amount of meat go farther. (14-5)

**media** The means of communication by which advertisers send their messages. (7-2)

**mend** Repair. (16-4)

**menu** A list of all the dishes a restaurant serves, organized by category. (11-3)

**metric measurement** A system of measurements based on multiples of ten. (13-4)

**microwave oven** An appliance that cooks by vibrating the molecules in food. (12-3)

**mineral** Element needed by the body in small amounts for sturdy bones and teeth, healthy blood, and regular elimination of body wastes. (10-3)

**moderation** Avoiding extremes. (11-2)

**modesty** Ideas people have about the proper way for clothing to cover the body. (15-2)

**moist-heat cooking** Cooking in liquid. (14-5)

## N

**nap** A one-way texture in fabric. (17-3)

**narrative format** A recipe format that provides a paragraph description of the steps and ingredients in order of use. (13-3)

**national-brand product** A product that you see advertised on television or in newspapers or magazines. (13-2)

**natural resource** A material that is supplied by nature. (9-1)

**need** Something that you have to have in order to live. (3-1)

**negotiation** (ni-GOH-shee-AY-shuhn) The process of talking about a conflict and deciding how to reach a compromise. (5-6)

**neutral color** Black, white, beige, or gray. (15-3)

**nonverbal communication** Messages sent without using words. (2-2)

**notion** A small item that is part of the construction of a garment. (17-3)

**nutrient** (NOO-tree-ent) A substance in food that is important for the body's growth and maintenance. (10-1)

**nutrient-dense food** A food that is rich in the nutrients your body needs to stay healthy. (11-3)

**nutrition** (noo-TRI-shuhn) The study of nutrients and how they are used by the body. (10-1)

## O

**obesity** A condition in which a person's weight is 20 percent or more above his or her ideal weight. (11-4)

**open dating** The display of a freshness date on packaged food. (13-2)

**option** Possible choice. (3-3)

**osteoporosis** A condition in which bones gradually lose their mineral content and become weak and brittle. (10-3)

## P Q

**parallel play** Play that occurs alongside of, rather than with, another child. (6-3)

**parenthood** The function of being a parent. (6-1)

**parenting** The process of caring for children and helping them grow and learn. (6-1)

**pasta** A food made from flour and water and formed into shapes. (14-3)

**pattern** A plan for making a garment or project. (17-2)

**pedestrian** A person who travels on foot. (9-3)

**peer** A person of the same age as you. (5-4)

**peer group** A group of people of the same age. (5-4)

**peer mediation** A process by which specially trained students help other students find a solution to a problem. (5-6)

**peer pressure** The influence you feel to go along with the behavior and beliefs of your peers. (5-5)

**perishable** Likely to spoil quickly. (12-1)

**personality** The sum total of a person's traits, feelings, attitudes, and habits. (1-2)

**personal style** The kind of clothes you like best. (16-1)

**pinking shears** Scissors that have a zigzag edge. (17-1)

**plaque** (PLAK) A soft, sticky film on the teeth, created by the bacteria that live in a person's mouth. (15-1)

**poison control center** A medical facility with a staff trained to help in poisoning emergencies. (6-4)

**pollution** The changing of air, water, and land from clean and safe to dirty and unsafe. (9-1)

**popularity** The state of being well liked. (5-5)

**potential** The capacity to grow and develop. (3-1)

**precaution** Step taken to avoid danger. (8-3)

**precycle** To avoid buying products that use more packaging than necessary. (9-2)

**prejudice** (PRE-juh-dis) An opinion about people that is formed without facts or knowledge about those people. (5-6)

**preschooler** A child who is three to five years old. (6-2)

**presser foot** The metal piece at the end of a sewing machine needle that holds the fabric in place. (17-1)

**pretreat** To apply a liquid detergent or stain remover to spots before laundering a garment. (16-4)

**defrosting** Thawing or unfreezing frozen food. (12-4)

**dehydrated** Dried so that all or most of the liquid has been taken out of a food. (14-2)

**department store** A store that carries a wide range of merchandise. (7-3)

**dermatologist** A doctor who treats skin disorders. (15-1)

**design** The art of combining elements in a pleasing way. (8-2)

**developmental task** An achievement or milestone, such as walking or talking, that can be expected of children at a certain age or stage of growth. (6-2)

**diagonal** On an angle. (8-2)

**diet** Everything you regularly eat and drink. (10-1)

**Dietary Guidelines** Advice on what Americans should eat to stay healthy. (11-2)

**digestion** The process of breaking down food into a form the body can use. (10-1)

**discipline** The task of teaching a child which behavior is acceptable and which is not. (6-1)

**discount store** A store that carries a limited selection of items at low prices. (7-3)

**dough** A thick mixture of flour, liquid, and other ingredients. (14-3)

**dovetailing** Fitting different tasks together smoothly and efficiently. (12-5)

**dressings** A sauce that adds flavor to a dish. (14-2)

**dry-heat cooking** Cooking without liquid. (14-5)

## E

**ease** The ability to move freely in a garment; the amount of fullness added to a garment pattern for movement and comfort. (16-2), (18-1)

**emotion** A feeling such as happiness, fear, or love. (1-2)

**empathy** The ability to put yourself in another person's place. (2-1)

**employee manual** A book of rules that employees must follow. (4-4)

**empty-calorie food** A food that is high in calories but low in nutrients. (11-3)

**energy efficient** Made to use less energy. (9-1)

**enriched** Having nutrients that were lost in processing replaced in the same quantity or in greater quantity than the unprocessed food originally contained. (10-3)

**entrepreneur** A person who starts and runs his or her own business. (4-4)

**environment** All the living and nonliving things that surround you. (1-1)

**evaluate** To determine the value of what you have accomplished. (2-4)

**exchange** A trade of one item for another. (7-4)

**expectation** A person's idea of what should be or should happen. (5-4)

**expenses** The money you spend to buy goods and services. (7-5)

**expire** To run out. (7-4)

## F

**facing** A fabric piece used to finish the raw edge of a garment. (18-4)

**factory outlet** A store that carries only one manufacturer's products. (7-3)

**fad** A fashion that is very popular for a short time. (15-2)

**fad diet** A diet that promises quick weight loss through unusual means. (11-4)

**family** A group of two or more people who care about each other and are committed to each other. (5-2)

**fashion** Style of clothing that is accepted as popular at a particular time. (15-2)

**feed dogs** Parts of a serger that position the fabric for the next stitch. (18-3)

**fiber** The tough, stringy part of raw fruits, vegetables, and grains that the body cannot digest; one of the tiny strands that make up yarns. (10-2), (16-2)

**first impression** An instant opinion, or image. (2-1)

**fitness** The ability to handle day-to-day events in a healthy way. (11-4)

**fixed expenses** Expenses that are always the same. (7-5)

**flammable** Capable of burning easily. (12-2)

**flexibility** The ability to adjust easily to new conditions. (4-4)

**flexible expenses** Expenses that vary. (7-5)

**floor plan** A diagram of a room arrangement. (8-2)

**flossing** Pulling dental floss back and forth between the teeth at the gum line to remove food particles. (15-1)

**focal point** Center of interest. (16-1)

**food group** A category of foods on the Food Guide Pyramid. (11-1)

**Food Guide Pyramid** A set of guidelines to help you choose what and how much to eat to get the nutrients you need. (11-1)

**function** Use. (8-1)

## G

**garnish** A small amount of a food or seasoning added to decorate a food. (13-1)

**generic product** A product with a label listing only the product name and nutritional information. (13-2)

**goal** Something you want to achieve. (3-4)

**goods** Products made for sale. (7-1)

**gossip** Talking about other people and their personal lives. (2-2)

**grade labeling** A measurement of food quality using standards set by the government. (13-2)

**graduated measuring cups** Set of measuring cups in commonly used sizes. (13-4)

**grain** The direction in which the threads run in a fabric. (16-2), (18-1)

**group play** Play with several other children. (6-3)

**guidance** Direction. (6-1)

**guide sheet** A set of step-by-step instructions for sewing a pattern. (18-1)

## H

**habit** A behavior pattern that is repeated without thinking about it. (3-3)

**hard-cooked egg** An egg that is left in hot water, covered, for 15 to 18 minutes. (14-5)

**hazard** A danger. (9-3)

**hemming stitch** A hand-sewing stitch used for hems. (18-5)

**heredity** The passing of traits or characteristics from parents to their children. (1-1)

**hue** The name of a color. (15-3)

**hunger** The physical need to eat. (10-1)

**hygiene** Practices that promote health. (15-1)

## I

**illusion** A feeling that something is different from the way it really is. (8-2)

**image ad** An ad that connects a product or service to a lifestyle that consumers would like to have. (7-2)

**impression** An image you present or others present to you. (2-1)

**impulse buying** Making a sudden decision to buy. (7-3)

**incineration** Disposing of waste by burning it. (9-2)

**income** The amount of money you earn or receive regularly. (7-5)

**independent play** Play during which an infant plays alone and shows little interest in interacting with other children. Also called solitary play. (6-3)

**infomercial** An extended-length informational commercial that appears on television. (7-2)

**information ad** An ad that describes the features of a product or service and gives facts about its price and quality. (7-2)

**initiative** Taking action without being asked. (3-2)

**insulation** A material installed in the attic or walls of a building to keep it cooler in summer and warmer in winter. (9-1)

**intensity** The brightness or dullness of a color. (15-3)



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**carbohydrates** The starches and sugars that give the body most of its energy. (10-2)

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**caregiver** A person who takes care of a child. (6-1)

**casing** A fabric tunnel made to enclose elastic or a drawstring. (18-4)



**casserole** A combination of ingredients cooked and served in a baking dish. (14-2)

**chain store** One of a group of stores that bear the same name and carry the same merchandise. (7-3)

**child abuse** Physical or emotional mistreatment of a child. (6-1)

**childproof** Safe for children to play and explore in. (6-4)

**cholesterol (kuh-LES-tuh-rawl)** A waxlike substance the body produces and needs in small amounts. (10-2)

**citizen** A member of a community, such as a city, state, or country. (2-3)

**classic style** A style that remains in fashion for a long time. (15-2)

**cleaning plan** A list of daily, weekly, and occasional household jobs and of the family member or members who are responsible for each job. (8-3)

**color wheel** An arrangement of colors that shows the relationships of colors to each other. (15-3)

**commitment** Promise. (3-2)

**communication** The process of sending and receiving messages. (2-2)

**comprehension** Understanding what you read. (4-2)

**compromise (KAHM-pruh-myz)** An agreement in which each person gives up something in order to reach a solution that satisfies everyone. (5-6)

**conduct** To carry electricity. (12-2)

**cone** A large, rounded cylinder used to hold thread on a serger. (18-3)

**conflict** Any struggle, disagreement, or fight. (5-6)

**conscience** The internal moral code that directs people's behavior. (6-2)

**consequences (CON-suh-kwen-sez)** Results of a choice made or an action taken. (3-3)

**conservation** The saving of resources. (9-1)

**considerate** Thoughtful. (5-1)

**consistent** Reacting the same way to the same situation each time it occurs. (6-1)

**constructive criticism** Someone's evaluation of you that encourages you and helps you become a better person. (1-3)

**consumer** A person who buys goods and services. (7-1)

**contamination** Becoming infected with bacteria. (12-1)

**convenience food** Food that is already partly prepared to save time. (13-3)

**conversation** The sharing of ideas, thoughts, and feelings. (2-2)

**cooperation** Working together for the good of all. (5-1)

**cooperative play** Play that involves one or two other children and sharing toys. (6-3)

**cope** Adjust to a difficult situation. (5-3)

**cost per wearing** The amount of money spent for each time you wear an article of clothing. (16-3)

**coworker** A person an employee works with. (4-4)

**credit** A method of payment that lets you buy now and pay later. (7-5)

**culture** The ways of thinking, acting, dressing, and speaking shared by a group of people. (1-1)

**curdle** To separate into little particles (curds). (14-4)

**customary measurement** Traditional units of measure. (13-4)

## D

**dairy food** Food made from milk. (14-4)

**dart** A tapered V-shaped seam used to give shape to a garment. (17-2)

**debit card** A card that is issued by a bank and is used to withdraw money directly from a person's bank account. (7-5)

**decision** A choice a person makes about what action to take. (3-3)

**decompose** To break down. (9-2)

**default** To fail to make a decision, leaving the outcome to chance. (3-3)