



18 USC 707

# 10 Days of Home Economics Lessons



THE UNIVERSITY OF ARIZONA

Cooperative Extension



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# Day 1- Meal Budgeting

## Supply List:

- Notepad
- Pen/Pencil
- Calculator (optional)
- Local grocery store ad (or a way to locate ingredient prices, and package size)
- Recipe of your choice

For this activity you will need to determine the cost of each ingredient in your recipe.

First, determine how many units are in each package size. For Example: We need 15 corn tortillas. The package contains 30. So, how many 15 tortilla servings are in the pack of 30? Divide 30 by 15 and you get 2.

Now, take your answer and divide that into the total price. For Example: \$1.62 divided by 2 = .81 cents. So, our 15 corn

tortillas are going to cost us .81 cents.

Do this for all ingredients.

If you have two different types of measurements like the cheese - we need 4 cups, but the package consists of ounces. Convert ounces to cups first, then, do the math. We know that there are 8 oz in 1 cup. So 8oz multiplied by 4 cups is 32oz. Now, you can do the math to figure out your price.

### Chicken Enchiladas

Recipe Serves 6-8

Recipe Ingredients:	Shopping Package Size	Price Per Package**
3 Large Chicken Breasts	8 Chicken Breasts	9.83
15 Corn Tortillas (fajita size)	30 Corn Tortillas	1.62
1 10oz Can Green Enchilada Sauce	10oz can	1.38
4 cups shredded Monterey Jack Cheese	16oz block	3.28

\*\*Prices found on grocery.walmart.com

### Chicken Enchiladas

Recipe Serves 6-8

Recipe Ingredients:	Shopping Package Size	Price Per Package**	Our Cost
3 Large Chicken Breasts	8 Chicken Breasts	9.83	3.69
15 Corn Tortillas (fajita size)	30 Corn Tortillas	1.62	.81
1 10oz Can Green Enchilada Sauce	10oz can	1.38	1.38
4 cups shredded Monterey Jack Cheese	16oz block	3.28	6.56
			Total: 12.44
			8 Servings: 1.55 per serving
			6 Servings: 2.07 per serving

\*\*Prices found on grocery.walmart.com

Look at the highlighted column and you can see how much each item costs for our recipe. Now, add them all up and you get the total cost of the entire meal. Finally, divide the total by # of servings to see how much you're paying for each person to eat this meal.

## What constitutes a low-cost meal?

Any meal where the cost is \$1.50 or less per serving is a low-cost meal.

A moderate-cost meal would be between \$1.50-\$2.50 per serving.

A high-cost meal would be over \$2.50 per serving.

This example is a moderate-cost meal and I'd say that the cheese is what pushed us over budget. You could always use less cheese to stay in budget, but I'm willing to go over budget for cheese!! I'm just sayin'...

## Ready for a Challenge?

Try to come up with a meal for your family that is considered a low-cost meal.

Find a recipe, consider how many people you need to feed, any allergies in your family you need to accommodate? Can you fit in both a vegetable and a protein source in your budget?



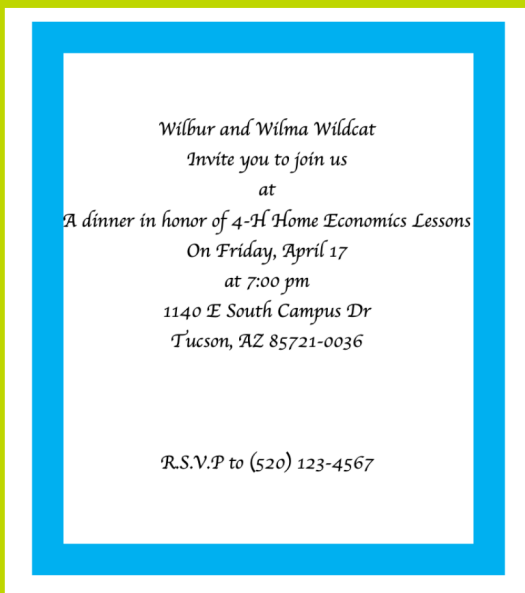
# Day 2- Writing an Invitation

## Supply List:

- Cardstock (or some other thick paper for invitations)
- Pen/Pencil
- Colored Pencils/Crayons
- Computer (optional, if you would like to create you invitations digitally instead)

## Writing an Informal Invitation -

- List the name(s) of the host(s).  
Omit honorifics such as Dr., Mr., Mrs. and Ms. unless the person holds an official rank. The host's title goes on a line beneath the host's name. When there are multiple hosts, the most senior person's name is listed first.
  - Extend the invitation.  
semiformal: "cordially invite(s) you to"  
informal: "invite(s) you to join us"
  - List the event, such as "dinner," a reception" or "lunch."
    - Give the purpose of the event ("in honor of...").
    - Give the date
    - State the time
    - Give the location, including street address.
    - List any special instructions, such as "map enclosed", "...registered at..."
    - List R.S.V.P. information.
- If you are issuing an invitation without a separate response card, print the address and/or telephone number of the person handling replies. If you are supplying response cards, state "Response card enclosed." Do not list a cutoff date for a reply.



## The Formal Invitation -

- Follow the same rules for the Informal Invitation above, but include titles such as Dr., Mr., Mrs., and Ms. and official ranks of people such as President, Pastor, Reverend, Captain, Officer, etc.
- Extend the invitation  
formal: "requests the honor of your presence"
- Dates: Write out the extended date, including the year
- Time: Spell out the time. (i.e. "o'clock")
- Include RSVP card with the invitation

## Ready for a Challenge?

### Design your own Invitation

Take that meal budget you created and get ready to serve dinner to your family. Make them special invitations for the dinner you plan to cook for them this week. Let them know when, where, what time. Get creative and add color and designs on your invitations. Hand deliver them when you are done!



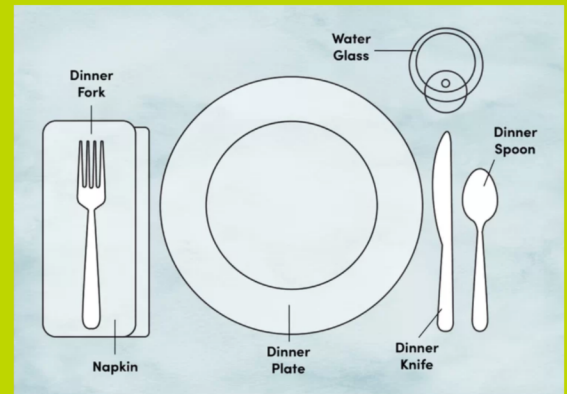
# Day 3- Setting the Table

## Supply List:

- Silverware
- Plates
- Napkins
- Cups
- A Table
- A number of people attending

## Informal Setting

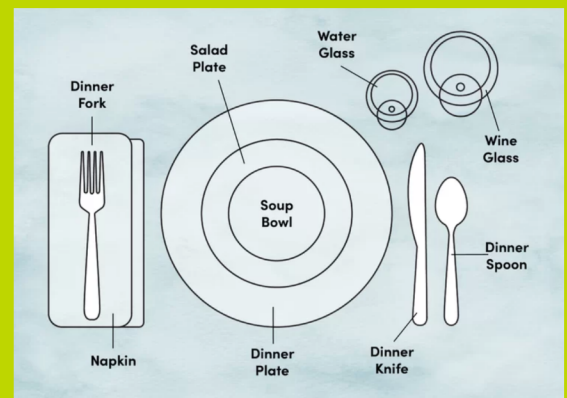
This setting is perfect for a small, informal lunch with friends or family. For this type of setting, place a plate in front of each chair. Then, take a folded napkin and place it to the left of the plate. Next,



place a dinner fork on top of the napkin. To the right of the plate, place a knife (blade facing toward the plate), and then a spoon. At the tip of the knife, place a water glass

## Casual Setting

This setup is perfect for large get-togethers with friends or if you plan on serving more than one course. Start with a dinner plate, then place a salad plate or soup bowl (or both) on top. To the left of the plate, place the folded napkin down, and put the fork on top. To the right of the plate, place the dinner knife (with the blade facing the plate) down, followed by a dinner spoon to the right. Above the knife, place the water glass and drink glass.



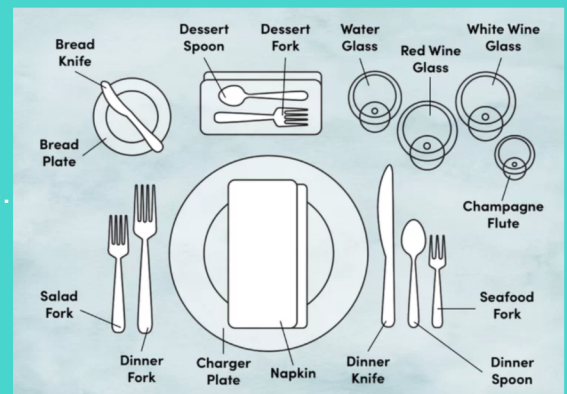
## Formal Setting

To begin, formal dinners typically include a tablecloth and centerpieces. Centerpieces should be low enough that guests can see each other.

The napkin goes on top of the plate or to the left of the forks.

If space is tight, the forks can be placed on top of the napkin. To the left of the plate, place a salad fork as the outermost fork, then a dinner fork. Above the forks, place a bread and butter plate with a butter knife laid on top.

To the right of the plate, place the dinner knife (with the blade facing the plate) closest to the plate. Then place the dinner spoon to the right of that, followed by an seafood fork (if seafood is being served). About one inch from the top of the knife, place a water glass. The water glass is first, followed by the drink glasses. Place the dessert spoon and fork horizontally above the plate, with the spoon handle facing to the right. The dessert fork is then laid below that with the handle facing the opposite way.



## Ready for a Challenge?

Set the table for the dinner party you made invitations for

Is it informal, casual, or formal? Who is going to do all these dishes after the fact?...





# Day 4- Cooking Beef and Chicken

## Supply List:

- Chicken Breast
- Non-stick Cooking spray
- Ground Beef
- Skillet
- Spoon/Spatula to stir
- Glass or Metal oven safe pan
- Meat thermometer
- Spices (optional)

For this activity you will need to get help from a trusted adult.

## Basics of cooking a chicken breast

- Make sure your chicken breast is fully thawed in its package and that you have washed your hands and sanitized your preparation surface
- You can season the chicken if you would like with various spices by placing the chicken breast in a ziploc bag or bowl with the spices and stirring (or seal the bag and shake)
- Once your chicken is coated in spices place it in an oven safe

pan that you have sprayed with cooking spray or rubbed with butter.

- Large chicken breasts (7oz or 200g) take about 20-22 minutes to cook. Medium-sized breasts (5 – 6oz or 150 – 180g) take about 18-20 minutes.

- To insure your chicken is cooked through, use a meat thermometer. It should read 165°F (75°C) when inserted in the thickest part of the meat.

- When cooking chicken in the oven you can finish it on "broil" for 2 minutes to get a crispy outside. Let finished chicken rest out of the oven for 5 minutes before cutting to insure it stays juicy.



## Basics of Browning Ground Beef

- Make sure your ground beef is fully thawed in its package and that you have washed your hands and sanitized your preparation surface
- Heat your skillet on the stove top, you can add a little cooking oil to the bottom of the pan during this process
- Add your ground beef to a hot skillet, stirring to break it up into pieces
- Once it is broken up allow it to brown by stirring less often. If you stir too often you will end up steaming your ground beef rather than browning it. Browning is more flavorful than steaming.
- Once fully browned with no visible pink it is done

## Ready for a Challenge?

Learn an alternative way to cook chicken and beef instead of using the oven and stove (Ask and Adult for help)

What are some other ways to cook chicken and beef? Does it make them taste different? Try a few different ways!



# Day 5- Create a Cleaning Chart

## Supply List:

- Poster Board/White Board
- Colored Pencils/Markers

For this activity you will need to know the number of people in your house who are capable of helping with chores

No one likes to do chores but they are an important part of keeping our homes in good shape, and living a healthy lifestyle.

Chore charts are a great for several reasons:

- They help you plan what tasks need to be done ahead of time to prevent procrastination and forgetfulness. This helps you from becoming overwhelmed when suddenly your whole house is a mess and you need to clean everything before tomorrow's dinner party.
- They spread the work out. Chores charts give everyone a job so the work is more manageable. If every one does 15 minutes a day that save one person from hours of cleaning on Sunday
- They help you relax and lead a less stressed life. When you are busy cleaning can get pushed aside. This leads to a dirty house which might stress you out more. Keeping a small daily schedule will avoid this stress.

## Create your own chore chart

- List out all the chores you can think of in your house on a piece of paper.
  - Examples include: Vacuum, mop, take out the trash, dust, clean mirrors and windows, wipe down baseboards, clean out the fridge, do laundry, do dishes, pick up dog poop, pull weeds, clean your room, make your bed, clean the bathroom, organize the closets, shake out the rugs, etc.
- Next to each chore note how often this chore needs to be done
  - For example: Make your bed- every morning, wipe down baseboards- every other month
- Next to each chore note who should do this chore (This can rotate)
  - For example: Make your bed- every morning, everyone
- On a white board or poster board break it up by household members in one column and the days of the week in the top row. In that person's row you can list their chores for that day of the week. When creating this some tasks that are only done once a month may not end up on the chart for that week but keep the list you made so you can refer back to it when updating the chart weekly!
- Post your chart for everyone to see so they know their responsibilities

CHORE CHART						
	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday
ADISON	Change Sheets	Take out garage garbage	Scrub counters	Clean mudroom bathroom mirror	Empty Dishwasher	Bedroom: garbage, dust, vacuum
		Sweep porch	Sweep out pantry	Scrub mudroom toilet in & out	Load Dishwasher	Vacuum stairs
	Sweep Dining room	Mop hallway	Clean out utensil drawer (wipe container)	Scrub mudroom bath counter/ sink Change hand towel	Empty laundry & kitchenette garbage clear liners	Nozzle edges of mudroom
	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday
HENRY	Empty ALL bathroom garbages		Empty Dishwasher	Wipe outside of kitchen garbages	Wipe all laptop screens	Vacuum Laundry room (edges & rug)
	Wipe mudroom walls	Change Sheets	Load Dishwasher	Empty laundry garbage clear liner	Scrub counters	Empty Dishwasher
	Clean bathroom mirror	Mop dining room	Clean under kitchen sinks	Dust upstairs living room & all picture frames	Wipe downstairs windowsills	Bedroom: garbage, dust, vacuum
	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday
ZOEY	Wipe upstairs windowsills	Empty office garbages	Clean bathrm mirror Change hand towel	Empty Dishwasher		Load Dishwasher
		Clean laundry room sink & counters	Scrub toilet in & out	Load Dishwasher	Change Sheets	Bedroom: garbage, dust, vacuum
	Wipe top of railings	Wipe inside bathrm drawers	Scrub bath counter & sink w/wipe	Change Sheets	Dust piano room	Vacuum office and edges

## Get creative and make your own chore chart

Decorate it and get creative with the layout. Share it with us by using the hashtag #Arizona4hhomeec on Facebook, Instagram, or Tik Tok



# Day 6- Basics of Laundry

## Supply List:

- Full dirty clothes hamper
- Washing machine
- Laundry soap
- Dryer sheets
- Clean clothes basket
- Help from a trusted adult

**For this activity you will need to use your household laundry machine, if you do not have one please skip this activity and save it for the day you go to do laundry.**

Doing laundry can seem daunting at first, with a large growing pile of clothes, especially if you have a large family. Following these simple guidelines you will find it can be quite simple, even kids can help!

## Sort Clothes by Color

There are several distinct piles in which to sort clothes: whites, darks, lights, jeans, and delicates. You could sub-divide even further, but these categories are the most used.

→ Whites: White t-shirts, white underwear, white socks and other similar items fall into this category. This pile is for white sturdy cottons that can withstand normal agitation in the washer on a warm or hot wash cycle.

→ Darks: Grays, blacks, navies, reds, dark purples and similar colors are sorted into this load.

→ Lights: More pastel-type colors such as pinks, lavenders, light blues, light greens and yellows are placed in this pile of laundry.

→ Jeans: All items with denim material are washed together in this load.

→ Delicates: This category includes several types of clothing – lace, pantyhose, washable silks, and any clothing you'd like to keep from the harsh agitation of the washer.

### White Wash:

- Normal Wash Cycle
- Hot Water
- Use detergent recommended for white clothes to keep them bright
- Tumble dry on normal setting with dryer sheet

### Dark Wash:

- Normal Wash Cycle
- Warm Water
- Use detergent recommended for colors to prevent fading and bleeding colors
- Tumble dry on low setting with dryer sheet

### Light Wash:

- Normal Wash Cycle
- Warm Water (or Hot if especially soiled clothing)
- Use detergent recommended for colors to prevent fading and bleeding colors
- Tumble dry on low setting with dryer sheet

### Jean Wash:

- Normal Wash Cycle
- Warm Water (unless especially soiled-hot)
- Use detergent recommended for colors to prevent fading and bleeding colors
- Tumble dry on low or hang to dry to make jeans last longer

### Delicate Wash:

- Delicate Wash Cycle/ Gentle Wash Cycle
- Cold water only
- Use very little detergent, or use a detergent specially for cold water.
- Hang to air dry

## Ready for a Challenge?

Grab a trusted Adult and learn how to treat stains before washing. Learn how to hand wash items that cannot be put in the washing machine. Who is going to fold all this laundry when it's done??





# Day 7- Cleaning Tips and Tricks

## Supply List:

- Various Supplies, use these tricks as needed!
- Keep this as a tip sheet!

## Descale your coffee maker.

Remove caked-on minerals by filling the reservoir with a mixture that's half vinegar, half water. Let the solution brew halfway, then stop and let sit for 30 minutes before completing the cycle. Rinse by "brewing" a pot of clean water afterwards.

## Clear glasswear looking cloudy from the dishwasher?

Soak glasswear with hard water build-up for 5 minutes in white vinegar. Hand rinse and Dry, Tada!

## Restore your shower pressure.

Unclog your shower head by mixing equal parts white vinegar and water and pouring it into a plastic bag. Tie the bag around the shower head to immerse the holes in the solution and secure with a rubberband. Let soak up to an hour, then remove and wipe away the loosened deposits.

## Fluff feather pillows.

Feather pillows can get washed and dried in the machine. Load two pillows at a time for balance and use only a tiny amount of detergent. Wash them on a delicate cycle with an extra rinse, then tumble dry on low with several clean tennis balls or dryer balls to poof them back up.

## De-stink the garbage disposal.

Run a few lemon rinds through the disposal and follow with cold water to get rid of any gross odors.

## Make your own all-purpose cleaner.

Combine 4 tablespoons baking soda and 1 quart warm water, and use it with a sponge to wipe messes away. This works great on your shiny appliances like microwaves, refrigerators, and the stove top.

## Sanitize your phones and remotes.

Did you know your cell phone can harbor more germs than a toilet seat? Sanitize it regularly using an alcohol wipe, do the same for your remotes around the house.

## Wipe down purses.

About half all women's bags have fecal bacteria on them, so give it a wipe down with a disinfectant wipe.

## Make a mirrors and windows gleam.

Since coffee filters are lint-free, you can swap them out for paper towels to give mirrors and windows a no-streak shine.

## Clear a slow drain.

When you notice your drain is starting to clog, pour a 1/2 cup of baking soda down it, followed by a 1/2 cup of vinegar. Cover with a wet cloth to contain the science fair-like effects. Wait five minutes and then flush with hot water.

## Ready for a Challenge?

Come up with your own tips and tricks for cleaning. What's the best way to dust ceiling fan blades? How about the best way to clean all your hard toys like legos, and action figures or Barbies?





# Day 8- Threading a Needle

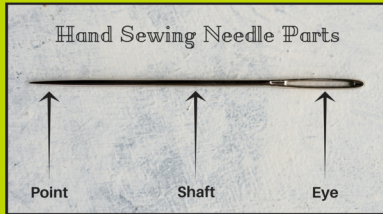
## Supply List:

- Sewing Needles
- Threader (optional)
- Thread

## Threading a needle

Threading a sewing needle can be an exasperating task. There are tips and tricks that can help make it less frustrating. For example, place a white background behind the needle to make it easier to see the eye and thread. Cut the thread with sharp

scissors (to prevent frayed ends) at a 45-degree angle. Be sure to stiffen the thread using water, saliva, or wax. If you still have difficulty, use a needle threader tool or tweezers.



## Using a Needle Threader

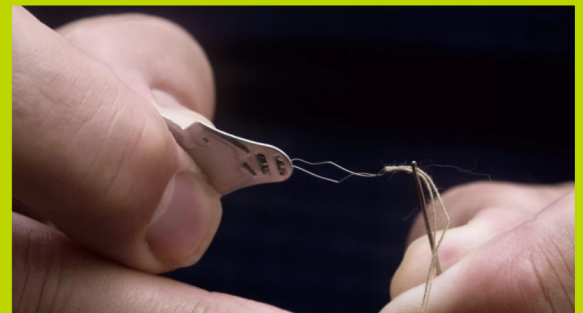
Some needle threaders come with some sewing needles and can be purchased in almost all sewing sections. These are the basics:

- Place the handle of the threader in your dominant hand, holding it between your thumb and forefinger.
- Insert the diamond-shaped wire through the eye of the needle, all the way to the handle of the needle
- Pass the thread through the diamond-shaped wire (which is a much bigger target than the eye of the needle). Keep hold of the thread in one hand.
- Draw the needle away from the threader handle and back up the wire. With that action, the thread passes through the eye of the needle and threads the needle.

## Tying a knot for hand threading

The basic procedure:

- Place the end of the thread on your pointer finger, holding it in place with your thumb.
- Wrap the thread around your pointer finger a couple of times.
- Using your thumb, slide the thread loops towards the end of your pointer finger. The loops will wrap around each other as they travel toward the end of your pointer finger.
- Slide the loose knot to the end of the thread, then tug on the thread to tighten the knot.



## Ready for a Challenge?

## Keep Practicing Threading and Knotting!

Tomorrow you'll use these for some hand sewing basics.



# Day 9- Hand Sewing

## Supply List:

- Sewing Needle
- Thread (button thread optional)
- Button (or 2)
- Scraps of material to practice on

## Basics

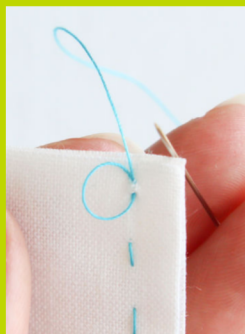
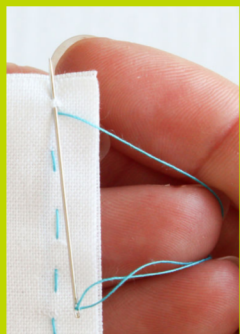
Hand sewing take practice. You want to weave your needle and trailing thread in and out of the fabric but with a uniform amount of spacing.

Practice this going one direction until you can master uniform stitches with proper spacing and taughtness.

Once you master one direction try making a turn on your fabric, forming a 90 degree corner. How about a curved line next?

## Anchoring

At the end of your project you can do an anchor stitch to knot the end as an alternative to a traditional knot. To do this you will make a small stitch forwards (about half the size of your current stitches or smaller) pull your thread through and then take your needle and go back through the same holes of your small stitch in the same forwards direction. pull your thread through but not tight. If done correctly you now have a little loop sticking up. take your needle through that loop and pull tight. You are now finished and can snip your thread.



Shank Button

## Sewing on a Button

A shank button requires being hand sewn. Some sewing machines can sew on a flat button, but it is often quicker to use hand sewing. Use button or carpet thread if you have it as these are stronger.

To sew on a shank button, you will make several anchoring stitches on top of each other without the button, then sew six or more looping stitches through the shank of the button.

For a flat button, start by sewing an "X" on the fabric where you want to place the button. Sew up and down through the holes in the button several times mimicking the "X" you made under the button. On the final pass, bring your needle and thread only up under the button, so your thread should be between the secure button and your fabric. Wrap the thread tightly around the base of the button a few times. Pass the needle through this bundle a time or two. Then push the needle back through to the backside of the fabric. Stitch through the stitches to form an anchoring loop and push your needle through the loop and tighten. You can snip your thread now.



## Ready for a Challenge?

Do any clothing items in your household have small tears or buttons that fell off? Repair them with your new hand sewing skills. You can buy different colored thread to match the item and your repairs will be nearly invisible!



# Day 10- How to get your 5 servings of Fruit and Veggies a day

## Supply List:

- Veggies
- Fruits
- Your imagination



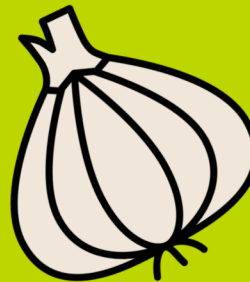
## 5 Ways to Get Your 5 a Day

You may have heard that you should eat 5 servings of fruit and vegetables a day — which works out to a total of about 2½ cups. But experts actually recommend getting even more than that amount.

There are no limits on the quantities of tasty fruits and veggies you can enjoy. Unless, of course, you load them up with butter or dressing, or deep-fry them! Many of us still find it hard to fit fruit and veggies into our meals.

Here are some ideas to help you get into the 5-a-day (or more!) habit:

- Start with the first meal of the day. Plan to eat a serving or two of fruit with breakfast every day. Mix it up so you don't get bored. Half a grapefruit, an apple, or a handful of berries on your cereal are all good choices. Continue this pattern by eating vegetables at lunch and at dinner.
- Get extra energy from fruit or vegetable snacks. The carbohydrates in fruit and vegetables are great sources of energy. Combine them with a serving of protein — such as a piece of cheese, a cup of yogurt, or a tablespoon of peanut butter, and you get staying power too. Ants on a log, anyone?
- Double up on fruit and veggie servings. Recommended servings of fruit and veggies can be small. Unlike other foods, it's OK to double the serving size of fruit or vegetables. Serve yourself a 1-cup portion of broccoli or tomatoes instead of the standard serving of ½ cup.
- Use fruit and vegetables as ingredients. Enjoy bread? Bake up a batch of zucchini bread and get your veggies along with your grains! Use applesauce instead of oil in your baked goods. Chop up veggies (peppers, carrots, celery) and toss them into your favorite chili recipe. If you don't like vegetables much, sneak them into foods you do enjoy (like grating carrots into tomato sauce or, again, zucchini into bread). It's a great way to get your veggies without having to taste them!
- Try a new fruit, vegetable, or recipe each week. Our bodies like variety. So set a goal to try something different each week. You may find a new favorite. One good way to get variety is to eat the fruit and veggies that are in season in your area.



## Ready for a Challenge?

Try to incorporate a new veggie into you dinner tonight. What veggies are in season right now? Will you steam it as a side dish or will you cook it into your main meal? Have some fruit for dessert while you are at it!

