



The *PRAXIS*® Study Companion

Family and Consumer Sciences (5123)



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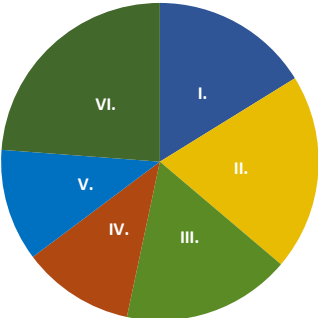
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Family and Consumer Sciences (5123)

Test at a Glance

Test Name	Family and Consumer Sciences		
Test Code	5123		
Time	130 minutes		
Number of Questions	130 selected response questions		
Format	The test consists of a variety of selected-response questions, where you select one or more answer choices and other types of questions. You can review the possible question types in Understanding Question Types.		
Test Delivery	Computer Delivered		
	Content Categories	Approximate Number of Questions	Approximate Percentage of Examination
	I. Family, Career, and Community Interrelationships	22	17%
	II. Wellness, Nutrition, and Food Science	27	21%
	III. Human Development and Interpersonal Relationships	23	18%
	IV. Housing, Interior Design, Textiles, and Apparel	16	12%
	V. Business Skills Across Career Pathways	16	12%
	VI. Professional Teaching Practices	26	20%

About The Test

The Family and Consumer Sciences test is designed for prospective teachers of family and consumer sciences teachers from middle school to high school. The 130 selected-response questions assess subject knowledge as well as the methodology applicable to teaching family and consumer sciences. The test specifications are based on the Family and Consumer Sciences Standards 3.0. The test is broad in scope to provide the range in subject areas to which prospective family and consumer sciences teachers are exposed and the variety of programs for which they are prepared. The test is typically taken by examinees who have completed a bachelor's degree program with an emphasis on family and consumer sciences. Six content areas include family, career, and community interrelationships; wellness, nutrition, and food science; human development and interpersonal relationships; housing, interior design, textiles, and apparel business skills across career pathways, and professional teaching practices. This test may contain some questions that will not count toward your score.

Content Topics

This list details the topics that may be included on the test. All test questions cover one or more of these topics.

Note: The use of “e.g.” to start a list of examples implies that only a few examples are offered and the list is not exhaustive.

Discussion Questions

In this section, discussion questions provide examples of content that may be included in the questions you receive on testing day. They are open-ended questions or statements intended to help test your knowledge of fundamental concepts and your ability to apply those concepts to classroom or real-world situations. Answers for the discussion questions are **not** provided; however, thinking about the answers will help improve your understanding of fundamental concepts and may help you answer a broad range of questions on the test. Most of the questions require you to combine several pieces of knowledge to formulate an integrated understanding and response. The questions are intended to help you gain increased understanding and facility with the test’s subject matter. You may want to discuss these questions with a teacher or mentor.

I. Family, Career, and Community Interrelationships

A. Career Development through Family and Consumer Sciences

1. Understands how contextual factors within the individual, family, community, and workforce influence career planning
2. Knows employability, job-seeking, and job-keeping skills that are in demand in the labor market
3. Understands how a class/course in family and consumer sciences facilitates career pathway exploration and preparation in aligned occupations, industries, and fields
4. Knows how to integrate FCCLA programs and activities into instructional plans to teach family and consumer sciences standards, facilitate career development, and foster positive youth development
5. Knows how to build community partnerships and stakeholder involvement through civic engagement, public relations, and program marketing that result in a more effective and impactful instructional program

B. Consumer Economics and Family Resources

1. Knows culturally competent financial management principles and practices for managing diverse individual and family resources
2. Understands sustainability trends and issues affecting families and future generations

3. Knows systems of consumer protection that prevent fraudulent, unethical, and deceptive practices affecting families and the national agencies that provide human services
4. Understands how advancements in media and technology influence family and consumer decisions and the effect on quality of life
5. Is familiar with the interrelationships of consumers and economic systems at global, national, and local levels
6. Knows how to assess the influences of values, diverse needs, and goals of individuals, families, and communities in relation to consumer choices

C. Family Science

1. Understands family functioning and its effect on individuals and society
2. Understands the diversity of individuals and families and how to demonstrate cultural competence in supporting individuals, families, and communities
3. Understands individual and contextual factors that impact and influence the well-being of individuals and families
4. Understands teamwork and leadership skills in the family, workplace, and community

Discussion Question: Family, Career, and Community Interrelationships

- How do contextual factors influence career planning and the well-being of individuals and families?
- How do financial management principles affect individual and family resources?

- How do advancements in media influence consumer decisions and affect the quality of family life?
- What are some sustainability trends that are affecting the way people choose to live their lives and to think about future generations?

II. Wellness, Nutrition, and Food Science

A. Individual and Family Health and Wellness

1. Understands the dimensions of wellness and their interconnectedness
2. Understands individual and family wellness practices that promote overall health, well-being, and resiliency across the life span
3. Is familiar with the influence of global perspectives and local systems on the health and well-being of individuals and families
4. Knows how to facilitate students' reflection of their own well-being across the various dimensions of health (e.g., physical, mental, emotional, spiritual, and social) across the life span
5. Knows how to facilitate culturally responsive health promotion practices that promote wellness of the whole person
6. Knows how to share evidence-based health and nutrition information and prevent the spread of misinformation

B. The Role of Food in Individual, Family, and Community Health and Well-Being

1. Knows how to identify the impact of science, technology, engineering, arts, and mathematics (STEAM) on food practices, food availability, and related issues on a global society
2. Knows the role food plays in building family and community identity and relationships
3. Understands challenges and issues in the food system related to food safety, access and equity, and environmental sustainability
4. Understands how nutrients function within the body
5. Understands the nutritional needs of individuals when providing food education, including those with special dietary needs, disordered eating conditions, and cultural and religious practices

C. Food Production, Preparation, and Service Procedures

1. Knows food safety, testing, and sanitation management principles and procedures within the home, food service industry, and manufacturing throughout the food system
2. Knows how to acquire, handle, store, and prepare foods to meet consumer needs
3. Knows professional food preparation methods and techniques to produce a variety of safe food products and menu items that meet consumer needs

4. Knows menu planning and product development techniques that use standardized recipes that meet consumer needs

Discussion Question: Wellness, Nutrition, and Food Science

- What are the dimensions of wellness, and how are they interconnected?
- What are health practices that promote individual and family wellness?
- What are some nutritional needs of individuals?
- How do nutrients function within the body?
- What are some culturally responsive health practices that promote wellness?
- What are some professional food preparation methods that meet consumers' needs?

III. Human Development and Interpersonal Relationships**A. Human Development, Instruction, and Early Childhood Education**

1. Understands the principles, practices, and theories of human development across the life span
2. Understands contextual influences that affect human development
3. Understands developmentally appropriate practices, playful learning, and alignment with curriculum for early childhood education

4. Understands how to maintain a safe and healthy learning environment for children to meet their socio-emotional, physical, and cognitive needs
5. Knows professional practices, standards and techniques related to working and/or building positive relationships with children, their families and communities

B. Parenting and Interpersonal Relationships

1. Understands the roles and responsibilities of parenting
2. Understands parenting practices and behaviors that optimize human development to strengthen individuals and families
3. Understands physical, social, emotional, and cognitive factors related to the parenting process including family structures
4. Understands characteristics of various types of interpersonal and intrapersonal relationships
5. Knows how to communicate needs and wants to build positive relationships that support individual and family well-being across the life span
6. Understands effective communication, conflict resolution, and problem-solving strategies within different contexts

Discussion Questions: Human Development and Interpersonal Relationships

- What are the contextual influences that affect human development?
- How does a safe learning environment foster a child's socio-emotional, physical, and cognitive development?
- What are the roles and responsibilities of parenting, and what are some factors related to the parenting process?
- How do individuals communicate their needs in order to build positive relationships that support their well being across their lifespan?

IV. Housing, Interior Design, Textiles, and Apparel

A. Housing and Interior Design

1. Is familiar with the role of housing and interior design in individual, family, and community life and well-being
2. Is familiar with housing and design concepts as they relate to theory, principles, and elements of design and sustainable design
3. Is familiar with how to consider housing, interior design, and furnishings regarding ecological, historical, socioeconomic, cultural, and global contexts

B. Textile and Apparel Skills

1. Is familiar with types of fiber and textile products and materials and their appropriate applications

2. Knows basic design and construction skills related to fashion, apparel, and textiles
3. Knows skills, techniques, and technology needed to produce, alter, or repair fashion, apparel, and textile products

Discussion Questions: Housing, Interior Design, Textiles and Apparel

- What principles of design theory are used in interior design?
- How do ecological, historical, socioeconomic, cultural, and global contexts affect housing and interior design options?
- What design and construction skills are related to fashion, textiles, and apparel?
- What are different types of fiber textiles?

V. Business Skills Across Career Pathways

A. Business Skills Across Career Pathways

1. Knows career pathways and entrepreneurial opportunities in family and consumer sciences
2. Knows how to integrate managerial skills, leadership skills, and ethical practices in order to optimize business objectives, employee well-being, and customer satisfaction
3. Understands components of quality customer service within the context of related career pathways

4. Is familiar with how to manage human resources within the FCS career pathways to achieve goals and objectives (e.g., recruiting, interviewing, selecting, hiring, and terminating employees)
5. Knows procedures that promote safety, security, and sustainability within the context of related career pathways

Discussion Questions: Business Skills Across Career Pathways

- What managerial and leadership skills and ethical practices are needed to optimize business objectives?
- How do leadership skills affect individuals in the workplace?
- What customer service skills can be applied in the workplace in order to ensure consumer satisfaction?

VI. Professional Teaching Practices

A. Curriculum and Instruction

1. Is familiar with how the FCS Body of Knowledge and the American Association of Family & Consumer Sciences Code of Ethics frame professional practice in family and consumer sciences education
2. Is familiar with how to relate philosophical perspectives of family and consumer sciences and career and technical education to current and future professional practice (recruitment, mentoring, and ongoing professional development)
3. Understands how to integrate the FCS Body of Knowledge through curriculum development and/or instructional planning

4. Understands how to develop curricula and instructional planning that address the integrative content, recurring concerns, and evolving family, consumer, career, and community issues
5. Understands how to integrate family and consumer sciences content and grade-level core academic standards
6. Understands and applies the integrative nature of family and consumer sciences content
7. Understands how to employ family and consumer sciences classroom- and lab-management strategies that use resources responsibly and support a safe, culturally responsive, and accessible learning environment
8. Knows how to create an inclusive learning environment where students apply critical literacy to improve individuals, families, and communities (e.g., action research, service learning, problem-based learning)
9. Knows how to use a variety of authentic assessment techniques to gather and evaluate data to improve student learning
10. Knows how to use data (e.g., student achievement data, Perkins performance indicators, research, labor market info) for program improvements (e.g. professional learning communities, professional conferences, district advisory council, FCCLA) reflective of the FCS Body of Knowledge

B. Laboratory Management

1. Knows how to plan, organize, and maintain an efficient and safe environment in the laboratory
2. Understands procedures to acquire, take inventory, replenish, and prevent loss of laboratory supplies, tools, and equipment (e.g., purchasing policies, asset management, the role of bookkeeper, equipment, and material disposal)
3. Understands how to implement, model, and assess appropriate health, safety, sanitation, and sustainability practices based on current, industry-relevant standards
4. Understands how to designs labs that allow students to apply and reflect on what they have learned in the classroom within real-world settings
5. Understands how to assess group dynamics, protocol adherence, and lab production, as aligned to the FCS curriculum

Discussion Questions: Professional Teaching Practices

- How can an FCS teacher create an inclusive learning environment where students can apply critical literacy to improve their learning?
- How does an FCS teacher plan, organize, and maintain a safe environment in a lab?
- What are appropriate sanitation processes?
- How can authentic assessment techniques improve student learning?
- How does the FCS Body of Knowledge frame professional practice in FCS education?
- How should an FCS teacher integrate the FCS Body of Knowledge into instructional planning?

Family and Consumer Sciences (5123) Sample Test Questions

Sample Questions

The sample questions that follow represent a number of the types of questions and topics that appear on the test. They are not, however, representative of the entire scope of the test in either content or difficulty. Answers with explanations follow the questions.

Directions: Each of the questions or statements below is followed by suggested answers or completions. Select the one that is best in each case.

1. Which of the following pathways is housed within the Hospitality and Tourism Career Cluster?
 - (A) Family and Community Services
 - (B) Restaurants and Food/Beverage Services
 - (C) Business Information Management
 - (D) Food Products and Processing Systems

2. In which of the following ways can developmentally appropriate practices be integrated into early childhood education to support optimal learning and development?
 - (A) Focusing primarily on academic skills and rote memorization
 - (B) Strictly adhering to a standardized curriculum scope and sequence
 - (C) Designing activities that match a child's cultural background, language skills, and cognitive abilities
 - (D) Emphasizing structured lessons and limiting play in learning centers

3. Which of the following is the most accurate statement about the dimensions of wellness?
 - (A) Attention must be given to all dimensions of wellness, but the attention does not have to be equally balanced.
 - (B) Attention must be given to all dimensions of wellness, and the attention should be equally balanced.
 - (C) Attention does not need to be given to all dimensions of wellness as long as there is a clear focus on a few dimensions.
 - (D) The dimensions of wellness are not interconnected, so the attention given to all dimensions does not have to be equally balanced.

4. Which of the following must be identified at the beginning of a historic-house rehabilitation project?
 - (A) Areas of the home that can be modernized and the original architectural details that can be retained
 - (B) Areas of the home that are outdated and need a more aesthetically pleasing design and layout
 - (C) Areas of the home that are secondary spaces but define the home's importance
 - (D) Areas of the home that are essential in communicating its historic and architectural character

5. Which of the following illustrates the most accurate path of the food system life cycle in the United States?
 - (A) Origin of resource; agricultural production; food processing, packaging, and distribution; preparation and consumption; end-of-life disposal
 - (B) Agricultural production; origin of resource; food processing, packaging, and distribution; preparation and consumption; end-of-life disposal
 - (C) Origin of resource; agricultural production; preparation and consumption; food processing, packaging, and distribution; end-of-life disposal
 - (D) Agricultural production; food processing, packaging, and distribution; origin of resource; preparation and consumption; end-of-life disposal

6. Which of the following describes the best approach families can take to protect Earth's resources for future generations?
 - (A) Finding ways to reduce local industries' stress on Earth's resources
 - (B) Practicing ways to prudently use and regenerate Earth's resources
 - (C) Reducing consumption of products that must be disposed of in the trash
 - (D) Suggesting the incorporation of sustainability into family-training education

7. Which of the following statements is true about the impact of family meals?
- (A) Studies show that eating together has limited impact on weight control or family dynamics.
 - (B) Family dinners are an opportunity to build self-esteem in children, and the food should be freshly prepared by an adult head of household.
 - (C) When adults eat alone this promotes sensible eating habits; family meals tend to lead to overeating in young children.
 - (D) When a family sits down together for a meal, it can help them handle the stresses of daily life.
8. According to Maslow, the physical needs for food, water, safety, security, and belongingness are best met by which of the following?
- (A) The classroom
 - (B) The village
 - (C) The home
 - (D) The church
9. Which of the following best reflects an understanding of the diversity of individuals and families and demonstrates cultural competence in supporting families in the field of family and consumer science?
- (A) Recognizing that families come from different cultural backgrounds and respecting their unique beliefs and values in the family engagement process
 - (B) Focusing solely on individual child development without taking into consideration the cultural perspectives of families
 - (C) Implementing interventions without considering the cultural beliefs and values of families
 - (D) Believing that all families have the same cultural perspectives and practices, and applying a one-size-fits-all approach to family engagement

10. Which of the following is a key professional practice for building positive relationships with young children?
- (A) Setting strict rules and boundaries to maintain discipline
 - (B) Providing rewards and incentives for desired behaviors
 - (C) Using active listening and showing genuine interest in children's thoughts and feelings
 - (D) Maintaining a formal and authoritative demeanor during each interaction
11. Which of the following best describes a type of positive parenting that promotes a child's prosocial development?
- (A) Controlling a child's negative behavior by using immediate consequences
 - (B) Influencing a child's temperament by modeling emotional modulation and expression
 - (C) Promoting a child's creative growth by encouraging innovative thinking in areas of interest
 - (D) Encouraging a child to be a leader when interacting with peers during scheduled activities
12. Which **THREE** of the following are Student Body units within FCCLA's national educational programs?
- (A) The Healthy You
 - (B) The Financial You
 - (C) The Fit You
 - (D) The Resilient You
 - (E) The Advocate You
13. Which of the following explains why it is necessary to consider evolving family, consumer, career, and community issues when developing a new curriculum?
- (A) To ensure that teaching approaches are static and consistent
 - (B) To ensure that the primary focus is on academic accomplishments
 - (C) To ensure that instruction is dynamic and involves technology
 - (D) To ensure that education is relevant and practical for all students

14. A well-designed living space best supports a family's overall well-being by doing which of the following?
- (A) Allowing for increased noise, separation, and equality
 - (B) Guaranteeing exclusion, efficiency, and safety
 - (C) Promoting comfort, safety, security, and flexibility
 - (D) Encouraging individuality, adaptability, and reduced interactions
15. Which of the following best identifies the primary collaborative action that members of a vertical professional learning community (PLC) need to take to help students prepare for future career opportunities?
- (A) Meeting with teachers in other content areas to discuss strategies for integrating career topics into their instruction
 - (B) Reviewing a school's mission statement to confirm that helping students seek meaningful employment is aligned with competencies in other areas
 - (C) Connecting with industry professionals in the community to develop a set of key indicators of success to include in the curriculum
 - (D) Planning instruction that fills the gaps in the content taught at different grade levels to ensure that students master the knowledge and skills they need for future success
16. Which of the following is an example of a service learning activity that is appropriate for high school students?
- (A) Preparing food to donate to and serve at a local senior center
 - (B) Choosing a research topic for a term paper based on a favorite novel
 - (C) Organizing a staff-versus-students basketball game for a pep rally
 - (D) Writing an original comedic skit and performing it in a school talent show

17. Which of the following best describes changes in human development in the psychosocial domain?
- (A) Peers become more important to middle school children as they explore new roles and form their individual identities.
 - (B) Fine and gross motor skills in preschool children become more refined as the children grow, which increases their coordination and improves their ability to play games.
 - (C) Children in elementary school develop the ability to think logically about the abstract world around them and to apply thinking skills that help them become more independent.
 - (D) Language development in infants appears to grow at a relatively fast rate, allowing them to begin thinking logically about the concrete world in which they live.
18. Which of the following is an FCS teacher doing by performing frequent spot cleaning and sanitizing of a food lab during the day?
- (A) Assessing class adherence to laboratory protocols
 - (B) Preventing loss of laboratory materials and supplies
 - (C) Planning and maintaining an efficient laboratory
 - (D) Modeling laboratory health and sanitation practices
19. Which of the following is the best title for someone who has recently reported the company they work for to the EPA for illegally dumping waste into a local pond?
- (A) A first-line worker
 - (B) A whistleblower
 - (C) An unethical manager
 - (D) A concerned citizen
20. In a horizontally organized company, which **TWO** of the following management techniques will best foster constructive teamwork?
- (A) Having open discussions with employees before making decisions
 - (B) Providing delayed responses to employees' questions and ongoing concerns
 - (C) Selecting the most senior employees to lead innovative teams
 - (D) Encouraging employees to step outside their area of expertise
 - (E) Updating employees with the status of the latest new projects

21. Which of the following is an appropriate entrepreneurial activity for a student who majored in family and consumer science with a concentration in interior design?
- (A) Visiting a client who responded to a social media advertisement to personally present them with a computer-generated design solution
 - (B) Working for an established floors and doors company to create unique items for modern churches
 - (C) Participating in a team that creates accurate vintage-style furniture for specialized boutiques
 - (D) Proofing the window-dressing sketches of interns before they present the sketches to their department managers
22. Which of the following acronyms is commonly used in the food service industry and classroom setting to ensure that foods that were received first are used first?
- (A) LIFO
 - (B) FAT TOM
 - (C) POS
 - (D) FIFO
23. Which **THREE** of the following are primary ways for ordinary citizens to promote sustainable food systems?
- (A) Protecting and restoring the biodiversity of ecosystems
 - (B) Modeling the impact of food systems on the environment
 - (C) Using fossil fuel-based fertilizers to grow crops
 - (D) Reducing dependence on nonrenewable resources
 - (E) Making use of resources that produce little or no waste
24. Which of the following are the three main types of carbohydrates found in foods?
- (A) Sugars, starches, and fiber
 - (B) Starches, protein, and vitamins
 - (C) Sugars, vitamins, and fats
 - (D) Fiber, protein, and fats

25. Which of the following is the best example of integrating core academic standards into the family and consumer sciences curriculum?
- (A) Encouraging students to taste, discuss, and judge food laboratory creations
 - (B) Providing opportunities for students to respond to food-related questions
 - (C) Having students work with fractions to enlarge and reduce recipe ingredients
 - (D) Having students research recipes to prepare and serve in the kitchen
26. Which of the following best explains how family structures affect the social and emotional development of children?
- (A) Family structures have no significant impact on social and emotional development.
 - (B) Different family structures can influence social and emotional development in unique ways.
 - (C) Social and emotional development are solely determined by genetics and individual temperament.
 - (D) Family structures primarily affect only the physical and emotional development of children.
27. Which of the following is the recommended location for safely thawing frozen food?
- (A) In the refrigerator
 - (B) In cold water in the kitchen sink
 - (C) In the microwave
 - (D) On the counter at room temperature
28. Which of the following lists best defines an employability skill as defined by the Department of Labor?
- (A) Networking
 - (B) Command of language
 - (C) Work ethic
 - (D) Independence

29. Which of the following best describes the most responsible use of technology?
- (A) When sending personal information, use only a Web site beginning with "https," because it is a secure Web site.
 - (B) When researching information online, it is acceptable to use someone else's log-in without their knowledge.
 - (C) When in a theater to see a play or movie, it is a good idea to keep a cell phone on and to check it often for calls or texts.
 - (D) When using the Internet, cyberbullying of a person or group can be observed, but it is best not to actively participate.
30. Which of the following best describes a way that a business leader can involve employees in optimizing customer satisfaction?
- (A) Accepting the idea that a variety of opinions need to be heard throughout the organization's decision-making process
 - (B) Encouraging employees to deliver outstanding customer service as a means of advancing their career
 - (C) Consulting with third-party partners for additional strategies to use to improve customer satisfaction
 - (D) Listening to and understanding problems that customers identify and responding promptly with solutions
31. Cross contamination is when pathogens spread from one food or surface to another. Which of the following stages in the flow of food is most likely to allow the transfer of pathogens to occur?
- (A) Holding
 - (B) Preparing
 - (C) Storing
 - (D) Receiving

32. Which of the following theorists introduced the concept of scaffolding as a teaching technique to facilitate the development of cognitive skills through guided participation?
- (A) Lev Vygotsky
 - (B) Jean Piaget
 - (C) B. F. Skinner
 - (D) Albert Bandura
33. Which of the following best relates to the second level of Abraham Maslow's hierarchy of human needs?
- (A) A teenager, Jed, decorates his bedroom walls with band posters.
 - (B) A young woman who lives alone installs a security system.
 - (C) A family displays their travel souvenirs throughout the home.
 - (D) An older couple moves into a smaller home after retirement.

Answers

1. Option (B) is correct. Restaurants and Food/Beverage Services is the pathway listed under the Hospitality and Tourism Career Cluster.
2. Option (C) is correct. By taking into consideration a child's cultural background, language proficiency, and developmental level, educators can create a supportive and inclusive learning environment.
3. Option (A) is correct. The dimensions of wellness are interconnected and, therefore, all need to be given attention. However, the attention given to each dimension does not have to be equally balanced for overall health.
4. Option (D) is correct. The purpose for which the house was originally designed or used during its period of significance must be identified at the beginning of a historic-house rehabilitation project.
5. Option (A) is correct. The full life cycle of the United States food system illuminates the connection between consumption behaviors and production practices.
6. Option (B) is correct. Families can make Earth a better place by rethinking, redesigning, regenerating, and renewing its resources without compromising the needs of future generations.
7. Option (D) is correct. Eating together gives family members a chance to listen to each other and offer advice, which can help them handle stress.
8. Option (C) is correct. Physical needs as described by Maslow should be met first in a safe home by parents or caregivers.
9. Option (A) is correct. It is important to recognize and positively support the unique beliefs and traditions of families by putting a strong emphasis on the influence of cultures and languages and the importance of understanding family perspectives in relationship building.
10. Option (C) is correct. Using active listening and showing interest through open and respectful communication is a fundamental professional practice for building positive relationships with young children. This practice promotes healthy communication, collaboration, and mutual respect.
11. Option (B) is correct. A child's temperament is a part of the child's prosocial development. When a parent creates a positive relationship with a child and the child has a role model that displays appropriate expressions, feelings, and emotions, the child's ability to self-regulate is enhanced.

12. Options (A), (C), and (D) are correct. They are three of the four units within the Student Body program that help members make informed, responsible choices for their physical and mental health and that provide members with opportunities to teach others. The Healthy You empowers teens to make wise food and lifestyle choices. The Fit You empowers teens to take charge of their health and level of fitness. The Resilient You empowers teens to live in ways that build emotional health.
13. Option (D) is correct. By incorporating evolving concepts into curriculum and instructional development, educators are helping to prepare students for experiences they will encounter outside the classroom.
14. Option (C) is correct. A well-designed home should provide family members with an environment that promotes comfort, safety, security, and flexibility. This allows the family members to grow and develop and does not impede their well-being.
15. Option (D) is correct. A vertical PLC involves collaboration among teachers who teach the same content area across grade levels. One of the teachers' primary roles is to review content-related standards at each grade level and fill in the learning gaps that may be occurring.
16. Option (A) is correct. Preparing food and helping to serve it at a local community senior center is a great way for high school students to serve the community. In addition, any students who are in a culinary arts program will be able to meet the program's curriculum standards.
17. Option (A) is correct. Psychosocial development involves emotions, personality, self-esteem, and relationships. Peers become more important for adolescents, who are exploring new roles and forming their own identities.
18. Option (D) is correct. Microbial contamination happens when food has been contaminated by microorganisms, including bacteria, viruses, mold, fungi, and toxins. To control contamination in a food lab, surfaces should be sanitized regularly according to industry-relevant standards.
19. Option (B) is correct. A whistleblower is a person who reports the illegal activities of one's employer to different media outlets and law enforcement.
20. Options (A) and (D) are correct. Having open and forthright discussions and encouraging employees to learn about other aspects of a project for which they are responsible allows for all employees to feel a part of the decision-making process.
21. Option (A) is correct. Using a software program to generate design concepts suitable for a client's needs and visiting the client in person are the best actions a young entrepreneur can take to be a successful business owner.

22. Option (D) is correct. FIFO, which stands for “first in, first out,” is an inventory method used when the first products purchased should be the first products used.
23. Options (A), (D), and (E) are correct. Protecting ecosystems is essential to restoring biodiversity and will have a positive impact for sustainable food systems. Once nonrenewable energy resources are used up, they cannot be replaced; therefore they should be avoided or used as little as possible. Food security is affected by food loss and waste. Using resources that produce large amounts of waste has a negative impact on food systems.
24. Option (A) is correct. Carbohydrates are one of the main nutrients in our diet. They help provide energy for our body. There are three main types of carbohydrates found in foods: sugars, starches, and fiber.
25. Option (C) is correct. Integration of core academic standards into the family and consumer sciences curriculum involves directly connecting academic concepts with practical applications that occur within an FCS classroom. Having students use fractions to follow, modify, and adapt recipes directly integrates math into the FCS curriculum.
26. Option (B) is correct. Family structures have an impact on the social and emotional development of children. Acknowledging the diverse ways in which family structures can shape a child’s experiences and development will help parents and other caregivers better support the child.
27. Option (A) is correct. Placing frozen food in the refrigerator to thaw is the most ideal method. Thawed perishable food should be refrigerated within two hours or within one hour if exposed to temperatures above 90°F.
28. Option (C) is correct. The Department of Labor indicates that employability skills, such as professionalism or work ethic, oral and written communication, teamwork and collaboration skills, and critical thinking or problem-solving are transferrable and important to work readiness for all industries.
29. Option (A) is correct. The abbreviation “https” stands for hypertext transfer protocol secure. The “s” stands for secure and lets the user know that the site is using a secure sockets layer (SSL) certificate, which encrypts all communication and data as it passes from a browser to the Web site’s server.
30. Option (D) is correct. The primary way for an organization to improve and maintain customer satisfaction is for a leader to involve the employees in listening to customers and to help employees develop strategies for meeting customers’ needs.

31. Option (B) is correct. Cross contamination is most frequently caused by unwashed cutting boards, hands, or kitchen tools like knives and tongs. While cooking to safe temperatures will kill dangerous bacteria, most food contamination happens when the bacteria from a raw food item interact with food that doesn't need to be cooked. Because, without proper sanitation procedures, pathogens can move from hands or surfaces to raw food and may not be eliminated by cooking.
32. Option (A) is correct. Lev Vygotsky introduced the concept of scaffolding as a teaching technique within his sociocultural theory. It emphasizes the role of guided participation and structured support in facilitating the development of cognitive skills in learners.
33. Option (B) is correct. Safety needs represent the second tier in Maslow's hierarchy, and these needs include the security of body, employment, family, and health.

Understanding Question Types

The *Praxis*® assessments include a variety of question types: constructed response (for which you write a response of your own); selected response, for which you select one or more answers from a list of choices or make another kind of selection (e.g., by selecting a sentence in a text or by selecting part of a graphic); and numeric entry, for which you enter a numeric value in an answer field. You may be familiar with these question formats from seeing them on other standardized tests you have taken. If not, familiarize yourself with them so that you won't have to spend time during the test figuring out how to answer them.

Understanding Selected-Response and Numeric-Entry Questions

For most questions you will respond by selecting an oval to choose a single answer from a list of answer choices.

However, interactive question types may also ask you to respond by doing the following.

- Selecting more than one choice from a list of choices.
- Typing in a numeric-entry box. When the answer is a number, you may be asked to enter a numerical answer. Some questions may have more than one entry box to enter a response. Numeric-entry questions typically appear on mathematics-related tests.
- Selecting parts of a graphic. In some questions, you will select your answers by selecting a location (or locations) on a graphic such as a map or chart, as opposed to choosing your answer from a list.
- Selecting sentences. In questions with reading passages, you may be asked to choose your answers by selecting a sentence (or sentences) within the reading passage.
- Dragging and dropping answer choices into targets on the screen. You may be asked to select answers from a list of choices and to drag your answers to the appropriate location in a table, paragraph of text, or graphic.
- Selecting answer choices from a drop-down menu. You may be asked to choose answers by selecting choices from a drop-down menu (e.g., to complete a sentence).

Remember that with every question, you will get clear instructions.

Understanding Constructed-Response Questions

Some tests include constructed-response questions, which require you to demonstrate your knowledge in a subject area by writing your own response to topics. Essay questions and short-answer questions are types of questions that call for a constructed response.

For example, an essay question might present you with a topic and ask you to discuss the extent to which you agree or disagree with the opinion stated. For such questions, you must support your position with specific reasons and examples from your own experience, observations, or reading.

Following are a few sample essay topics to review:

- *Brown v. Board of Education of Topeka*
 “We come then to the question presented: Does segregation of children in public schools solely on the basis of race, even though the physical facilities and other ‘tangible’ factors may be equal, deprive the children of the minority group of equal educational opportunities? We believe that it does.”
 - A. What legal doctrine or principle, established in *Plessy v. Ferguson* (1896), did the Supreme Court reverse when it issued the 1954 ruling quoted above?
 - B. What was the rationale given by the justices for their 1954 ruling?
- *In his self-analysis, Mr. Payton says that the better-performing students say small-group work is boring and that they learn more working alone or only with students like themselves. Assume that Mr. Payton wants to continue using cooperative learning groups because he believes they have value for all students.*
 - Describe **TWO** strategies he could use to address the concerns of the students who have complained.
 - Explain how each strategy suggested could provide an opportunity to improve the functioning of cooperative learning groups. Base your response on principles of effective instructional strategies.
- *“Minimum-wage jobs are a ticket to nowhere. They are boring and repetitive and teach employees little or nothing of value. Minimum-wage employers take advantage of people who need a job.”*
 - Discuss the extent to which you agree or disagree with this opinion. Support your views with specific reasons and examples from your own experience, observations, or reading.

Keep the following things in mind when you respond to a constructed-response question.

1. **Answer the question accurately.** Analyze what each part of the question is asking you to do. If the question asks you to describe or discuss, you should provide more than just a list.
2. **Answer the question completely.** If a question asks you to do three distinct things in your response, you should cover all three things for the best score. Otherwise, no matter how well you write, you will not be awarded full credit.
3. **Answer the question that is asked.** Do not change the question or challenge the basis of the question. You will receive no credit or a low score if you answer another question or if you state, for example, that there is no possible answer.
4. **Give a thorough and detailed response.** You must demonstrate that you have a thorough understanding of the subject matter. However, your response should be straightforward and should not be filled with unnecessary information.
5. **Take notes on scratch paper so that you don't miss any details.** Then you'll be sure to have all the information you need to answer the question.
6. **Reread your response.** Check that you have written what you intended to write. Do not leave sentences unfinished or omit clarifying information.

General Assistance For The Test

***Praxis*® Interactive Practice Test**

This full-length *Praxis*® practice test lets you practice answering one set of authentic test questions in an environment that simulates the computer-delivered test.

- Timed just like the real test
- Correct answers with detailed explanations
- Practice test results for each content category

ETS provides a free interactive practice test with each test registration. You can learn more [here](#).

Doing Your Best

Strategy and Success Tips

Effective *Praxis* test preparation doesn't just happen. You'll want to set clear goals and deadlines for yourself along the way. Learn from the experts. Get practical tips to help you navigate your *Praxis* test and make the best use of your time. Learn more at [Strategy and Tips for Taking a *Praxis* Test](#).

Develop Your Study Plan

Planning your study time is important to help ensure that you review all content areas covered on the test. View a sample plan and learn how to create your own. Learn more at [Develop a Study Plan](#).

Helpful Links

[Ready to Register](#) – How to register and the information you need to know to do so.

[Disability Accommodations](#) – Testing accommodations are available for test takers who meet ETS requirements.

[PLNE Accommodations \(ESL\)](#) – If English is not your primary language, you may be eligible for extended testing time.

[What To Expect on Test Day](#) – Knowing what to expect on test day can make you feel more at ease.

[Getting Your Scores](#) – Find out where and when you will receive your test scores.

[State Requirements](#) – Learn which tests your state requires you to take.

[Other Praxis Tests](#) – Learn about other *Praxis* tests and how to prepare for them.

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