

**Family Consumer Science Question Bank**  
**Revised April 2025**  
**The word “OR” in an answer means they can choose either answer**  
**120 Questions (60 Baking and 60 Sewing)**

**Baking I and II**

1. Q. What two things does food give us?  
A. energy to move and to do things; and nutrients to help you grow and stay healthy.  
Source: Baking I p6
2. Q. What is the purpose of a sifter?  
A. To incorporate air into flour and to mix other dry ingredients  
Source Baking I p 10
3. Q. What is the equivalence of a pound measured in ounces?  
A. 16 ounces  
Source: Baking I p9
4. Q. True or False, Chocolate chip cookies are a rolled type of cookie.  
A. False  
Source: Baking I P 12
5. Q. What nutrient helps your body carry oxygen to all parts of your body?  
A. Iron  
Source: Baking I p6
6. Q. Why should you stir the baking powder before measuring it?  
A. To activate the ingredients  
Source: Baking I p8
7. Q. How many cups in a pint?  
A. Two  
Source: Baking I p9
8. Q. What vitamin aids in healing cuts?  
A. Vitamin C  
Source: Baking I p 6
9. Q. What cooking term means, to mix gently by lifting from bottom to top, then folding over?  
A. Fold  
Source: Baking I p 11
10. Q. To level dry or solid ingredients when measuring. To loosen baked goods from pans.  
A. Spatula  
Source Baking I p 10
11. Q. How many teaspoons are equal to one tablespoon?  
A. Three  
Source Baking I p9
12. Q. Name 3 kinds of measuring devices used in the kitchen?  
A. Liquid Measuring cups, dry measuring cups, and measuring spoons

Source: Baking I p7

13. Q. To work the dough on a floured surface by pressing with the heel of the hand, folding over, and rotating dough 90 degrees through the process until the dough is elastic and smooth is called \_\_\_\_\_?  
A. Kneading  
Source: Baking I p 11
14. Q. What kitchen utensil do you use to cut flour and shortening when making pastry and biscuits?  
A. Pastry Blender  
Source Baking I p10
15. Q. Describe how to measure brown sugar?  
A. Break up any lumps by squeezing or rolling. Spoon into a dry measuring cup. Pack it down firmly with the back of a spoon so that it keeps the shape of the cup when turned over. Level with the straight edge of a knife or metal spatula.  
Source: Baking I p 8
16. Q. What is the most important thing to remember in making muffins?  
A. To barely dampen the dry ingredients  
Source: Baking I p19
17. Q. What nutrient builds and repairs muscles and other parts of your body?  
A. Protein.  
Source: Baking I p6
18. Q. An uncooked mixture of flour, liquid, and other ingredients, as for a cake or pancakes.  
A. Batter  
Source: Baking I p 11
19. Q. What type of baking sheet should you use for evenly browned cookies?  
A. Shiny  
Source: Baking I p13
20. Q. What happens to muffins if you over grease your muffin pan?  
A. They will have darker sides  
Source: Baking I p 20
21. Q. What does “pre-heat” the oven mean?  
A. To heat the oven to the temperature called for in the recipe before putting the food in to roast or bake.  
Source: Baking I p 11
22. Q. How many cups are in a quart?  
A. 4 cups.  
Source: Baking I p 9
23. Q. What nutrient regulates body temperature?  
A. Water  
Source: Baking I pg 6
24. Q. How hot should your oven be when baking biscuits?

- A. 450 degrees  
Source: Baking I pg. 24
25. Q. What utensil is used to remove food from spoons, sides of bowls, and pans  
A. Rubber spatula  
Source: Baking I p 10
26. Q. What is used to hold hot food such as cakes, breads, and cookies while they cool?  
A. Wire cooling rack. Baking I Pg 10  
Source: Baking I p 10
27. Q. Raw Cookie dough may have this bacteria, which can cause food poisoning?  
A. Salmonella  
Source: Baking I p7
28. Q. Name three kinds of accidents that happen most often in a kitchen?  
A. Burns, falls, cuts  
Source: Baking I p 7
29. Q. Metal or glass measuring cups and spoons are recommended over plastic measuring utensils. Why?  
A. Plastic can crack or bend out of shape  
Source: Baking I p 7
30. Q. Name 3 things you need to do before you start to prepare food.  
A. Read the entire recipe, assemble the ingredients and equipment, learn how to use the equipment safely  
Source: Baking p 7
31. Q. What is molasses?  
A. It is a thick, dark, brown syrup made from juice pressed from sugar cane during refining.  
Source: Baking II p 5
32. Q. How is powdered sugar made?  
A. It is granulated sugar that has been milled to a fine powder, then mixed with cornstarch to prevent lumping.  
Source: Baking II p 5
33. Q. What is another name for confectioner's sugar?  
A. Powdered sugar.  
Source: Baking II p5
34. Q. What type of measuring cup should be used to measure molasses?  
A. Liquid.  
Source Baking II p5
35. Q. What three things do sweeteners add to baked goods?  
A. Flavor, tenderness, browning.  
Source: Baking II p 5
36. Q. What gives brown sugar its flavor and color?  
A. Molasses. Brown sugar is a mixture of granulated sugar and molasses.

Source: Baking II p 5

37. Q. What can you do to soften hard brown sugar according to the Baking II book?  
A. Place in a microwave-safe glass dish. Add one apple wedge or one slice of white bread. Heat, covered on high power for 30 to 40 seconds. Let stand 30 seconds, then remove bread or apple and stir before measuring.  
Source: Baking II p 3
38. Q. Do you need to sift powdered sugar before it is used?  
A. Yes  
Source: Baking II p 5
39. Q. Can you substitute vegetable oil for solid fats like butter or shortening?  
A. No  
Source: Baking II p 6
40. Q. How should shortening and vegetable oil be stored?  
A. At room temperature  
Source: Baking II p 6
41. Q. If you were to measure a large egg, what should it measure?  
A. 1/3 cup  
Source: Baking II p 6
42. Q. Baking soda and baking powder act as leavening agents by producing what?  
A. Carbon dioxide.  
Source: Baking II p 7
43. Q. If you do not have chocolate squares for baking, what can you substitute?  
A. 1/4 cup cocoa plus 2 teaspoons of shortening or butter for each ounce.  
Source: Baking II p 7
44. Q. From where should you read a liquid measurement?  
A. From eye level.  
Source: Baking II 8
45. Q. At altitudes above 3,500 feet, chocolate chip cookies tend to spread; what can you do to make a firmer dough?  
A. Add 1 tablespoon of flour per recipe  
Source: Baking II p 10
46. Q. How much is a dash?  
A. Equal to two or three drops.  
Source: Baking II p 11
47. Q. When measuring, how much is a pinch?  
A. The amount you can pick up between your thumb and forefinger.  
Source: Baking II p 11

48. Q. What is zest?  
A. The brightly colored outer layer of the peel of a citrus fruit, mainly lemons and oranges.  
Source: Baking II p 12
49. Q. What is the difference between Quick Breads and Yeast Breads?  
A. Quick Breads use the leavening agents baking powder and baking soda and are mixed, shaped, and baked all at once without waiting between steps  
Source: Baking II p 13
50. If your quick bread is soggy and the middle has fallen, what are two possible causes?  
A. Too much liquid, Insufficient leavening, Batter stood too long before baking, or it is under done  
Source: Baking II p 13
51. Q. If your quick bread comes out with a thick, dark brown crust, it has too much of what ingredient in it?  
A. Sugar.  
Source: Baking II p13
52. Q. How will quick bread with too much baking soda or baking powder taste?  
A. It will have a bitter or soapy aftertaste.  
Source: Baking II p 13
53. Q. How long should refrigerator cookies be chilled before slicing?  
A. At least 2 hours until firm.  
Source: Baking II p 25
54. Q If you do not have a square baking pan for baking cornbread, what can you use instead?  
A. A 10 inch cast iron skillet or a 9 inch round baking pan.  
Source: Baking II p 32
55. Q. What is an example of liquid sugars?  
A. Honey, corn syrup, molasses.  
Source: Baking II p 5
56. Q. If you do not have buttermilk, how can you make sour milk?  
A. Stir 1 tablespoon of lemon juice or vinegar into a liquid measuring cup and add enough milk to make 1 cup total liquid. Let the mixture stand 5 minutes before using in your recipe.  
Source: Baking II p 7
57. Q. How should All-purpose flour be stored?  
A. In an airtight container in a cool, dry place.  
Source: Baking II p 5
58. Q. Margarine contains what 4 ingredients?  
A. Fat, water, mild solids, and salt.  
Source: Baking II p 6.
59. Q. Vegetable oils are generally made from what?  
A. corn, soybeans, sunflower seeds, or peanuts.  
Source: Baking II p 6

60. Q. What is chocolate “bloom”  
A. A gray film on the chocolate caused by improper storage.  
Source: Baking II p 7

## SEWING I & II

61. Q. How long are shears?  
A. 7 to 8 inches  
Source: Sew Much Fun I pg 3
62. Q. Name two pressing tools that you must have for sewing?  
A. Iron and ironing board.  
Source: Sew Much Fun I p 3
63. Q. What is the name of the sewing tool that is a short ruler with a movable slide used for marking hems and seams?  
A. Sewing Gauge OR Seam Gauge  
Source: Sew Much Fun I p 4
64. Q. Crewel needles have \_\_\_\_\_ eyes for easy threading.  
A. Long OR Large OR Big.  
Source: Sew Much Fun p 5
65. Q. What part on the sewing machine holds the fabric tight against the presser foot and moves the fabric as you sew?  
A. Feed Dogs  
Source: Sew Much Fun I p 7
66. Q. A metal plate on your sewing machine with opening for the needle and feed dogs is the \_\_\_\_\_.  
A. Throat Plate.  
Source: Sew Much Fun I pg 8
67. Q. On a sewing machine, what is the function of a foot control?  
A. The foot control regulates how fast or slow the machine sews, like the gas pedal on a car.  
Source: Sew Much Fun I p 8
68. Q. On a sewing machine, what adjusts the length of the stitch?  
A. Stitch Length Regulator  
Source: Sew Much Fun I p 8
69. Q. The stretchiest part of the fabric is called \_\_\_\_\_?  
A. Bias.  
Source: Sew Much Fun I p 30
70. Q. Threads that run across the fabric from one selvage to the other are called the \_\_\_\_\_.  
A. Crosswise Grain OR Filling Threads  
Source: Sew Much Fun I p 30
71. Q. For your first sewing project, what type of fabric is the best choice?  
A. Woven 100% cotton  
Source: Sew Much Fun I p 31

72. Q. Name 3 items of information that are found on the end of the bolt of fabric?  
A. Fiber content, fabric width, cost and care directions.  
Source: Sew Much Fun I p32
73. Q. What should you do to your fabric before you sew to prevent the finished product from shrinking?  
A. Prewash the fabric.  
Source: Sew Much Fun I p33
74. Q. Which is the best method of straightening fabric for someone using a light to medium weight cotton or cotton poly blend?  
A. Tear Method.  
Source: Sew Much Fun I p 33
75. Q. When you are going to wind a bobbin on an older machine, what part of the machine should you loosen, then tighten when you're done?  
A. The hand wheel, or flywheel.  
Source: Sew Much Fun I p 20
76. Q. How long should the threads under the presser foot be when you begin to sew?  
A. 6 inches.  
Source: Sew Much Fun I p 22
77. Q. If after you have straightened the grain on your fabric and it still does not lay straight, what can you do?  
A. Pull the fabric on the bias down the length of the fabric and then recheck the edges.  
Source: Sew Much Fun I p 34
78. Q. Name one way you can finish the raw edges of your fabric?  
A. Zigzag, edge stitch, stitch and pink, turn and stitch, serge or clipping selvage.  
Source: Sew Much Fun I p39-41
79. Q. If using the selvage as an edge finish, what should you do to it to help it lay flat without raveling?  
A. Clip it a 4 inch intervals.  
Source: Sew Much Fun I p 42
80. Q. What is the purpose of a seam finish?  
A. To keep the seams from fraying when washed.  
Source: Sew much Fun I p 41
81. Q. What type of pins should you buy to sew woven fabric with?  
A. Dressmaker or silk  
Source: Sew Much Fun I p 5
82. Q. When sewing with a machine what should you do when you come to a corner?  
A. Pivot, by stitching to the corner, then stopping with the needle down in the fabric, lifting the presser foot and turning the garment and continue stitching.  
Source: Sew Much Fun I p 14
83. Q. What color thread should you purchase?  
A. Thread that is a shade darker than the main color of your fabric.

Source: Sew Much Fun I p 38

84. Q. Describe how you join elastic?  
A. Overlap the ends about 1 inch, stitch a small square around edges, then stitch an X in the box.  
Source: Sew Much Fun I p 46
85. Q. The standard “stitches per inch” for most seams is \_\_\_\_\_?  
A. 10-12.  
Source: Sew Much Fun I p 8
86. Q. When looking at hand needles, the smaller the number means what?  
A. The larger the needle.  
Source: Sew Much Fun I p 5
87. Q. How can you prevent your thread from pulling out of the needle when you start to sew?  
A. Have the thread take up lever at the highest position when you stop OR hold threads as you lower needle into fabric making sure to leave a long tail.  
Source: Sew Much Fun I p 7
88. Q. What size of needle should you use for most cottons and blends?  
A. Size 10-12.  
Source: Sew Much Fun I p 7
89. Q. What direction should you turn the hand wheel of the sewing machine?  
A. Towards you  
Source: Sew Much Fun I p 12
90. Q. How many times should you wrap the thread around the bobbin before starting to wind the bobbin on the machine?  
A. 5-6 times  
Source: Sew Much Fun I p 20
91. Q. Arranging your sewing room in a \_\_\_\_\_ shape is the most efficient.  
A. U-shape  
Source: Sew Much More Fun p 13
92. Q. What do you call fabric with two or more entirely different fibers in the same fabric, each used to give certain qualities to the fabric?  
A. Blends.  
Source: Sew Much More Fun II p18
93. Q. What does “permanent press” mean?  
A. It is a finish that makes the fabric resistant to wrinkles.  
Source: Sew Much More Fun II p18
94. Q. What is the term for a fabric’s ability to keep its original color, not fading from sunlight, wear or laundering?  
A. Colorfast  
Source: Sew Much More Fun II p18
95. Q. On a pattern, a \_\_\_\_\_ line is a solid, dark outer line.  
A. Cutting



Source: Sew Much More Fun II p24

96. What does “wearing ease” mean?  
A. Extra fabric width allowed above our body width so we can move comfortably.  
Source: Sew Much More Fun II p25
97. Q. What is the most important measurement for determining the fit of the shirt?  
A. The chest measurement.  
Source: Sew Much More Fun II p26
98. Q. The \_\_\_\_\_ measurement is the most important one for determining the fit of the shorts or pants.  
A. Hip.  
Source: Sew Much More Fun II p26
99. Q. When laying out your pattern on your fabric, how do we make certain that it is laid straight on the grain?  
A. Measure the distance from the arrow at one end of the grain line to the fold or selvage, then pivot the pattern so that the other end of the grain line is an equal distance.  
Source: Sew Much More Fun II p30
100. Q. What can you do to avoid cutting along the fold line?  
A. Extend pin tips beyond the fold making it difficult to cut in that direction.  
Source: Sew Much More Fun II p31
101. How often should you pin a pattern to the fabric?  
A. At the corner and every 6”-8” in between  
Source: Sew Much More Fun II p32
102. Q. Name two tools that you can use to transfer markings from your pattern to fabric?  
A. Chalk, marking pens/ pencils, OR tracing paper and a tracing wheel.  
Source: Sew Much More Fun II p34
103. Q. Markings are usually made on the fabric’s \_\_\_\_\_ side.  
A. Wrong.  
Source: Sew Much More Fun II p34
104. Q. What should you do if the right and wrong sides of your fabric look alike?  
A. Mark the wrong sides with a marking pen, pencil, or chalk OR place a small piece of tape on the wrong side of the fabric.  
Source: Sew Much More Fun II p37
105. Q. How should you move the iron when pressing something?  
A. Up and down.  
Source: Sew Much More Fun II p41
106. Q. What are the two types of buttons?  
A. Sew Through or Shank.  
Source: Sew Much More Fun II p54
107. Q. A row of machine stitching ½” from the edge of curved areas is called what?  
A. Staystitching

Source: Sew Much More Fun II p 65

108. Q. Stitching that attaches the seam to the facing of garments to keep the facing edge from rolling out is known as what?

A. Understitching

Source: Sew Much More Fun II p 75

109. Q. When is the best time to remove spots and stains?

A. When they are fresh, before washing in hot water or drying.

Source: Sew Much More Fun II p 82

110. Q. Standing with your body, head, chest, and hip sections balanced one over the other is called what?

A. Good Posture.

Source: Sew Much More Fun II p 85

111. Q. Name 3 of the 5 modeling tips from Sew Much Fun II.

A. Practice Good Posture, Practice the Stairs, Walk Smoothly, Turn Slowly, and Remember to Smile.

Source: Sew Much More Fun II p 89

112. Q. Why should you insert a new needle into your sewing machine before each new project?

A. To avoid skipped stitches, the stitching will look better, and will have less of a chance in snagging the fabric.

Source: Sew Much Fun I p 7

113. Q. Fabrics that have a “one-way” design have a what?

A. Nap.

Source: Sew Much more Fun p 15

114. Q. What is the stitch in the ditch technique?

A. Sewing from the top of the garment in the seam line to secure something like a facing, so that it does not show.

Source: Sew Much More Fun Pg 76

115. Q. What is the typical width of woven fabrics?

A. 36”-45” inches wide

Source: Sew Much More Fun Pg 16

116. The threads running lengthwise in a fabric are also called what?

A. The warp

Source: Sew Much More Fun Pg 17

117. T/F The selvage may shrink more than the rest of the fabric?

A. True

Source: Sew Much More Fun Pg 17

118. What are notches on a pattern?

A. are single or double diamond shapes that help you match garment pieces accurately

Source: Sew Much More Fun Pg 24

119. What color of tracing paper should you select to transfer pattern markings?

A. Lightest color tracing paper that will show on your fabric.  
Source: Sew Much More Fun Pg 36

120. What are the two steps to pressing a seam after stitching?

A. Press the seam flat to even out the stitches then press open.  
Source: Sew Much More Fun Pg 42