



L.I.F.E.

Learning Information For Everyday

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Checklist of Topics

Feel free to check off topics as your teen answers the question and masters the subject.

Introduction

- Icon Key

Warm-Up Questions

- Telling Time
- Reading Rulers
- Calculating GPA
- Military Time
- Funeral Attire
- Misc. Vocabulary

Home Life Questions

- Minor Home Repairs
- Kitchen Fires
- Cooking Vocabulary
- Cooking Skills
- General Home Life Skills
- Medications
- Medical Insurance
- Car Maintenance


Community Questions

- Public Libraries
- Community Emergency Agencies
- Chamber of Commerce
- Public Parks
- Public Transportation

General Government Questions

- Voting
- General Government Knowledge

Study Habits Questions

- Study Skills Defined
 - Study Environment
 - Study Techniques
 - Outlining
- 




From Home Life, question 2

2. Have your teen *demonstrate* the following tasks related to Minor Home Repairs:

- use a hammer to pound in a nail
- use a drill
- hang a picture in drywall/plaster using an anchor bolt
- hang a picture into a stud
- change the filter in the furnace/air conditioning unit
- test the smoke alarm
- patch a hole in drywall
- paint and trim a wall in a room
- use a hand saw to cut a board in half or cut a limb off a tree outside

From Home Life, question 20

20. Have your teen *demonstrate* the following tasks related to Cooking:

- plan and create a meal using fresh food from all four food groups (no pre-packed foods allowed)
 - follow a recipe and make a meal
 - defrost the freezer (if your freezer is automatic defrost, just discuss how to safely defrost a freezer that is not...like a dormatory refrigerator would be)
 - identify freezer burn on an item
 - check for expiration date on five items in the cupboard or pantry
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From Home Life, question 22

22. Have your teen *demonstrate* the following tasks related to General Home Life:

- iron a shirt
- sew on a button
- hem a pair of pants
- mend a clothing hole
- do a load of laundry
- empty lint filter on dryer
- dust a room
- make a bed
- clean a window (*without smears*)
- effectively pack a suitcase
- vacuum a room
- fold a fitted sheet
- load and run dishwasher
- use a plunger
- sweep with a broom
- locate main power breaker in your living quarters
- locate main water shut-off valve in your living quarters
- reset breaker after a loss of power in an area of your living quarters

From Home Life, question 34

34. Have your teen *demonstrate* the following tasks related to Car Maintenance:

- change a tire
 - check tire pressure
 - fill car with gas & pay
 - add wiper fluid
 - check transmission fluid (*check when engine is hot*)
 - check car oil (*check when engine is cold*)
 - add oil if needed or demonstrate how to add
 - change car wiper blades
 - jump a dead car battery with cables (*or simulate*)
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