Introduction

Exploring Life and Career—Introduction to Social Health is a book about you. It is about understanding yourself. It is about becoming a responsible member of your family and community. It is about managing your resources. It is about the foods you eat, the clothes you wear, and the job you may choose in the future.

You are a special person. You are growing, developing, and learning responsibility. You are also learning about life. This book will teach you skills that can make a difference in your life and the lives of others.

This text will also help you enjoy your life because you will feel more confident about making decisions and solving problems. The decisions you make affect your life each day. You will learn to make decisions concerning yourself, others, and your environment. You will also learn how your decisions affect others and the world in which you live.

Life is an adventure! This book will help you enjoy, understand, and value life's adventure each step of the way.



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About the Authors

Deborah Tunstall Tippett, PhD, CFCS, Durham, North Carolina. Dr. Tippett's background includes serving as a family and consumer sciences teacher at the middle school level for 12 years, along with working as a teacher educator at both the University of North Carolina, Greensboro, and at Meredith College in Raleigh, North Carolina. She also served as a professor and department head of the Human Environmental Sciences Department at Meredith College.

Dr. Tippett has published research articles and chapters for books, and conducted workshops and courses related to middle school family and consumer sciences. She has presented to a variety of groups both nationally and internationally and holds certifications from Gallup as a Strengths-Based Educator and from Case Western Reserve University in Appreciative Inquiry.

Nationally, she was chair of the Kappa Omicron Nu Honor Society Board of Directors, a leader for the Global Perspectives Community for AAFCS, and an officer with the Council of Administrators in Family and Consumer Sciences, the Family and Consumer Sciences Education Association, and the IFHE-US. Internationally, she served on the Board of the International Home Economics Services.

As a public school teacher, she was recognized as the local, county, and regional teacher of the year. In North Carolina, she was awarded honorary membership in the FCCLA and recognized awarded the Professional of the Year by the NCAFCS. At Meredith College, Dr. Tippett received the President's Award for Excellence and the Outstanding Teaching Award. The American Association of Family and Consumer Sciences bestowed her with the Distinguished Service Award.

Carmen Pedersen, PhD, Winder, Georgia. Dr. Pedersen's background includes 16 years of secondary and higher education teaching. She is currently a Clinical Assistant Professor in the Workforce Education program at the University of Georgia.

Dr. Pedersen taught middle and high school family and consumer sciences and served as an FCCLA Adviser for 11 years. She has studied, researched, and presented family and consumer sciences content at the state, national, and international level. Much of her experience has been focused on preparing new teachers to work in the field. As such, she has taught and supervised undergraduate student teachers and graduate students advancing their professional careers.

Dr. Pedersen serves as an officer for the Georgia Association of Family and Consumer Sciences and as a member of the Board of Directors for Georgia FCCLA.

Martha Dunn-Strohecker, PhD, Peabody, Massachusetts. Martha served as a faculty member in Gerontology at North Shore Community College. She also served as a consultant in management and diversity training. Martha taught at both the secondary and postsecondary levels. Her extensive career has combined family and consumer sciences, community nutrition, and public service.

Among her numerous honors, Dr. Dunn-Strohecker received Ohio State University's highest award, the Centennial Award, and also the university's Outstanding Leadership Recognition for her services to families. Further, she has been listed in *Who's Who of American Women* and received volunteer service awards from Goodwill Industries and the American Red Cross.

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New to This Edition

The ninth edition of ***Exploring Life and Career*** features updates throughout that promote physical, intellectual, and social-emotional learning and development. New topics, features, and additions to this edition include the following:

- New Student Projects at the beginning of each unit help students apply their knowledge in the real world.
- The Learning Outcomes are now aligned to specific sections of the text, including lesson review questions, summaries, and end-of-chapter questions. This organizes the content into smaller chunks to facilitate mastery of concepts by learners of various levels.
- Updates to reflect the new 2025-2030 *Dietary Guidelines for Americans*.
- Updates to align with the new career clusters

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The authors and publisher wish to thank the following industry and teaching professionals for their valuable input into the development of *Exploring Life and Career.*

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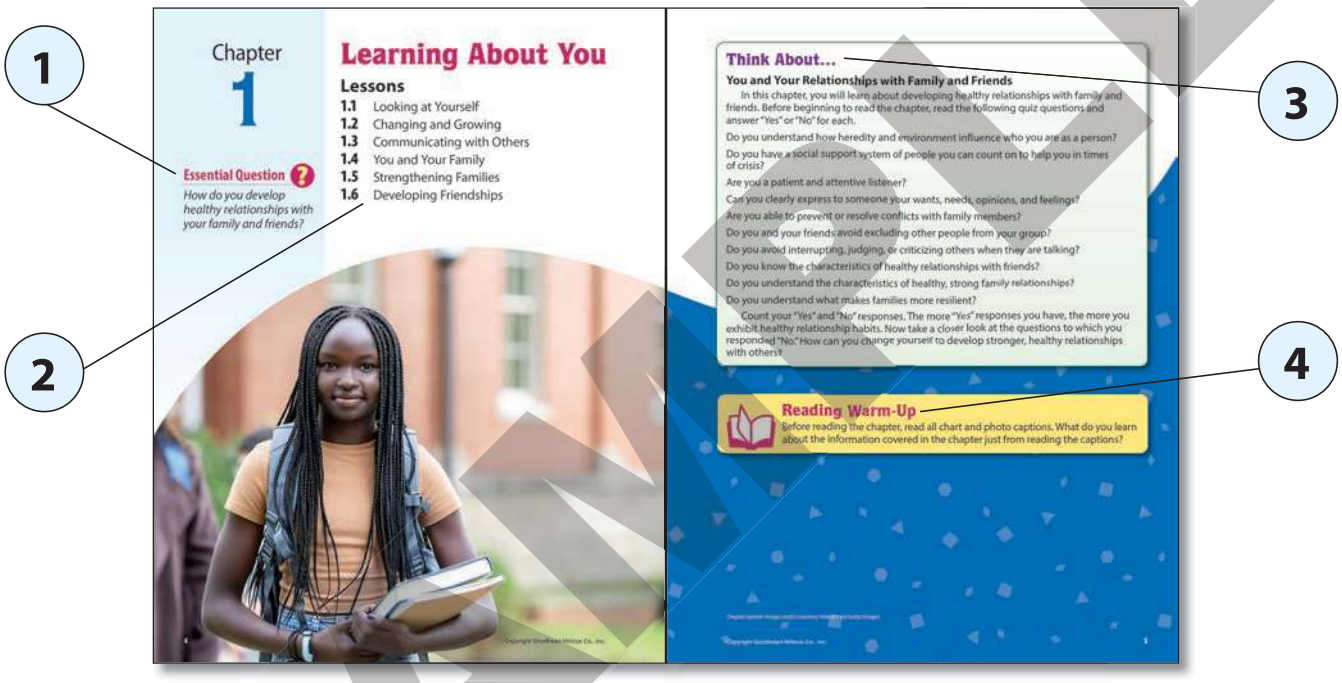
Grow
Ongoing Support and Sharing of Best Practices

Succeed
Strong Outcomes and a True Partnership

Prepare for Learning Success

Exploring Life and Career is presented in an easy-to-understand and relevant format. Practical activities set the stage for your learning success. As you begin to read each chapter, look for the following:

1. Every chapter begins with an *Essential Question*. Discuss this question with your classmates and talk about the information you want to learn.
2. A list of *Lessons* introduces the chapter topics. Review this list and consider what you hope to learn as you read them.
3. You can assess your prior learning about the chapter content by completing the *Think About...* activity. Use the results to help you pinpoint areas in which you can improve.
4. Complete the *Reading Warm-Up* activity to help you learn and remember what you learn.





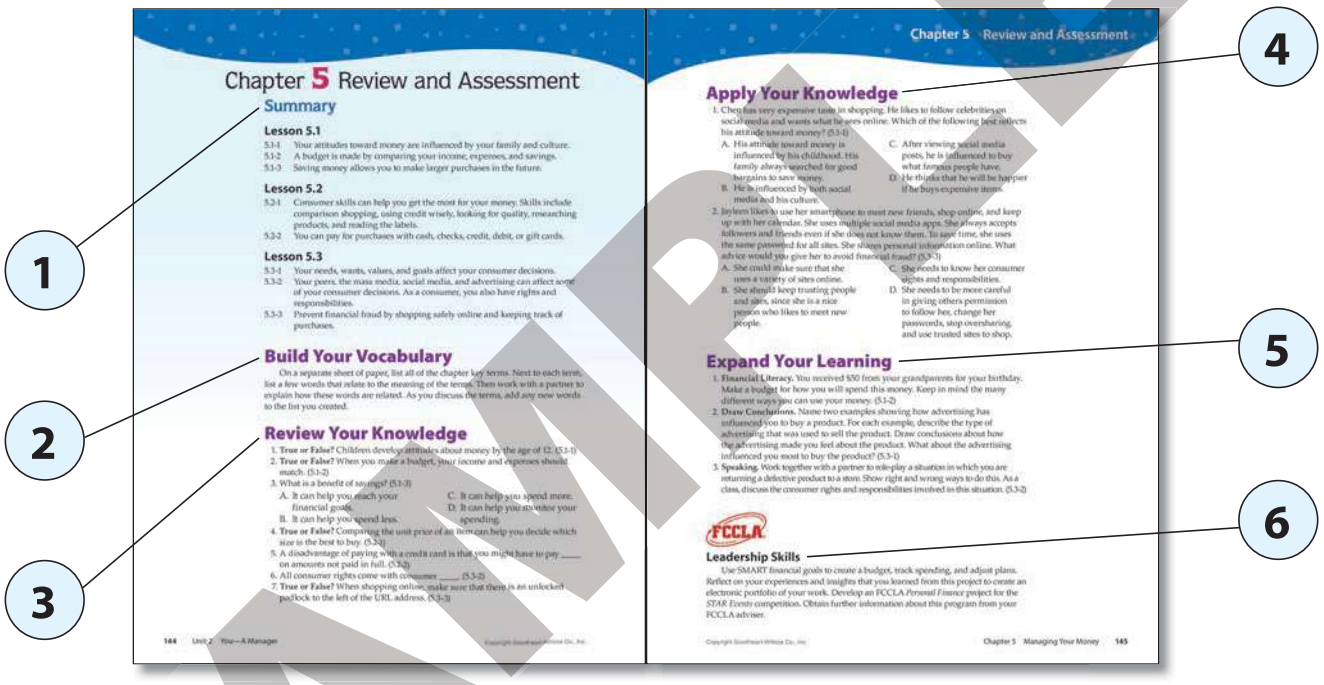
5. *Learning Outcomes* guide your learning as you read the lesson. Each outcome aligns with a content heading as well as the summary at the end of the chapter.
6. *Key Terms* enhance your understanding of content vocabulary. These terms appear in bold, magenta type in the text along with a definition.

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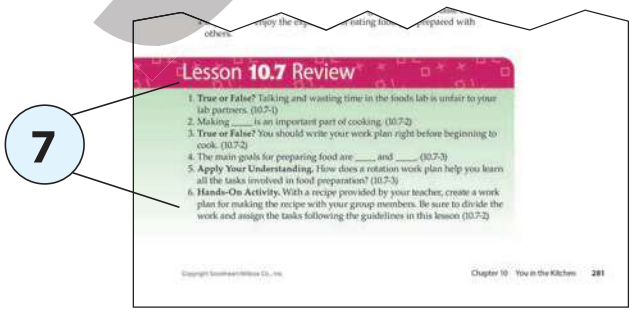
Assess and Apply Your Learning

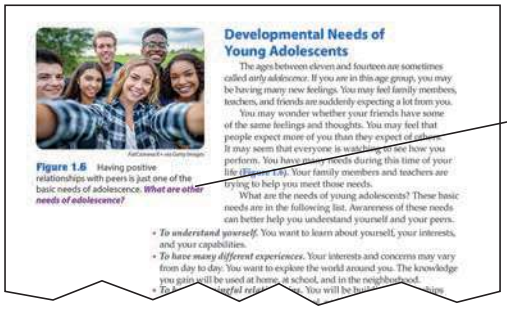
Assessing what you learn is important as you progress through the text. There are many options to help you confirm learning as you explore the text. To review and assess an entire chapter:

1. The *Summary* gives you an overview of the chapter content by lesson.
2. *Build Your Vocabulary* activities invite you to apply your knowledge of the *Key Terms*.
3. *Review Your Knowledge* activities help you evaluate your understanding of lesson and chapter content
4. *Apply Your Knowledge* activities help you apply your knowledge of the content to real-life scenarios.
5. *Expand Your Learning* activities provide additional activities to strengthen your thinking skills.
6. *FCCLA Leadership Skills* activities include ideas for individual and team activities that that can be expanded for competitive events and leadership development.



7. Answer the *Lesson Review* questions to demonstrate and reinforce your understanding of what you read. Complete the *Hands-On Activity* to demonstrate your skills related to the lesson.
8. Read the captions and answer the questions. When you are finished, refer back to the chapter to review any information about which you are uncertain.



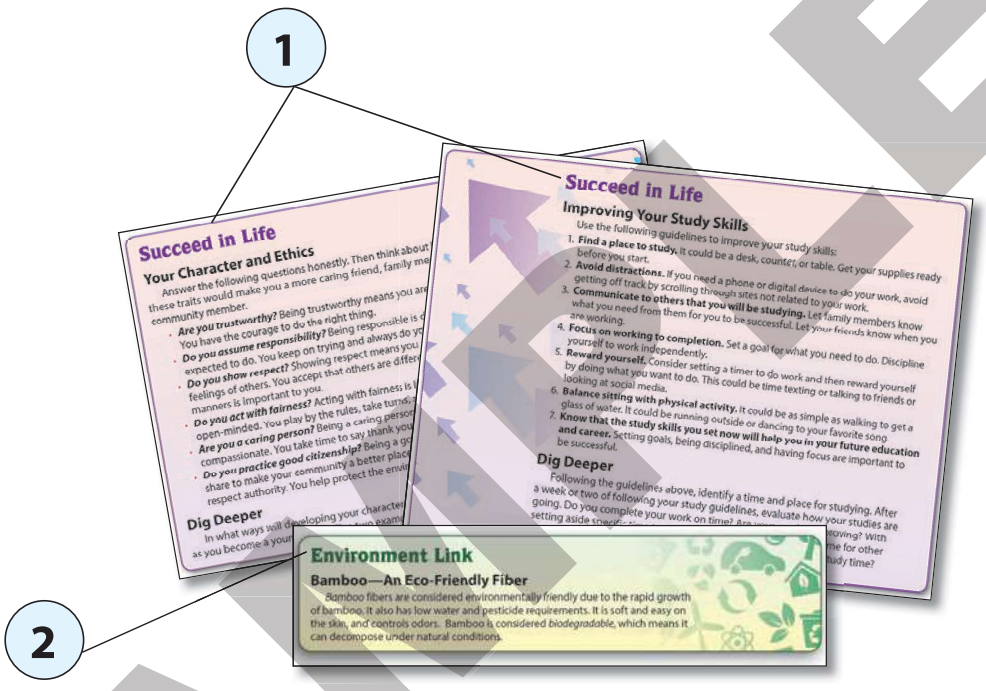


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Engage with Lively Features, Graphics, and Charts

Engaging, high-interest features, graphics, and charts deliver content on relevant topics. These features enhance your learning in each chapter.

1. *Succeed in Life* features explore the life skills that promote success now and in the future. Use the *Dig Deeper* activities to apply these skills in your daily life.
2. *Environment Link* features suggest ways you can raise your environmental awareness.

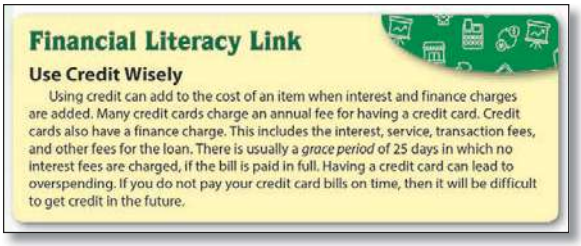


3. Colorful graphics and charts bring chapter concepts to life and clearly and concisely illustrate concepts.



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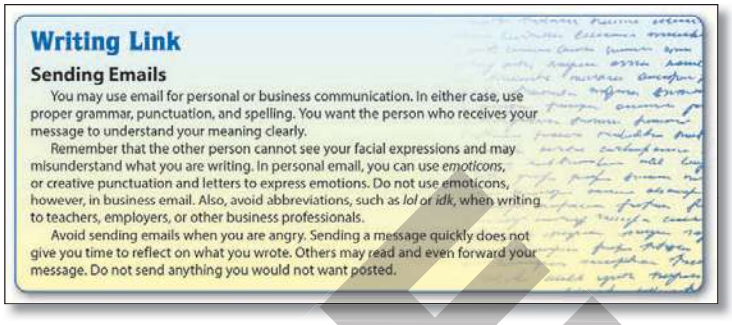
These high-interest features are integrated throughout the text and relate the chapter content to academic skills, health and safety, and community involvement.



Financial Literacy Link

Use Credit Wisely

Using credit can add to the cost of an item when interest and finance charges are added. Many credit cards charge an annual fee for having a credit card. Credit cards also have a finance charge. This includes the interest, service, transaction fees, and other fees for the loan. There is usually a *grace period* of 25 days in which no interest fees are charged, if the bill is paid in full. Having a credit card can lead to overspending. If you do not pay your credit card bills on time, then it will be difficult to get credit in the future.



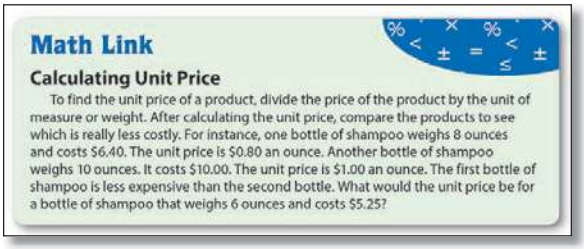
Writing Link

Sending Emails

You may use email for personal or business communication. In either case, use proper grammar, punctuation, and spelling. You want the person who receives your message to understand your meaning clearly.

Remember that the other person cannot see your facial expressions and may misunderstand what you are writing. In personal email, you can use *emoticons*, or creative punctuation and letters to express emotions. Do not use emoticons, however, in business email. Also, avoid abbreviations, such as *lol* or *idk*, when writing to teachers, employers, or other business professionals.

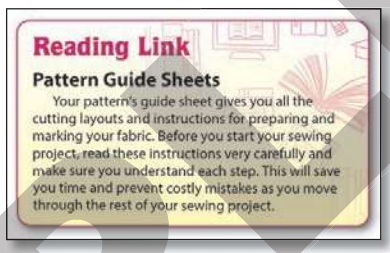
Avoid sending emails when you are angry. Sending a message quickly does not give you time to reflect on what you wrote. Others may read and even forward your message. Do not send anything you would not want posted.



Math Link

Calculating Unit Price

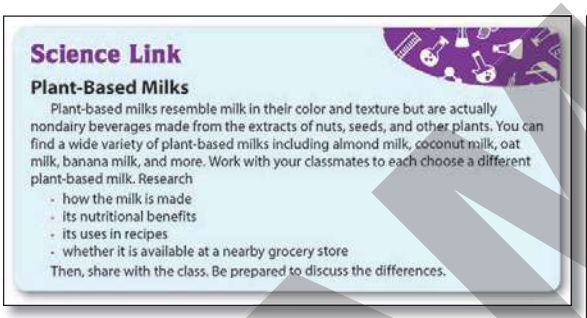
To find the unit price of a product, divide the price of the product by the unit of measure or weight. After calculating the unit price, compare the products to see which is really less costly. For instance, one bottle of shampoo weighs 8 ounces and costs $6.40. The unit price is $0.80 an ounce. Another bottle of shampoo weighs 10 ounces. It costs $10.00. The unit price is $1.00 an ounce. The first bottle of shampoo is less expensive than the second bottle. What would the unit price be for a bottle of shampoo that weighs 6 ounces and costs $5.25?



Reading Link

Pattern Guide Sheets

Your pattern's guide sheet gives you all the cutting layouts and instructions for preparing and marking your fabric. Before you start your sewing project, read these instructions very carefully and make sure you understand each step. This will save you time and prevent costly mistakes as you move through the rest of your sewing project.



Science Link

Plant-Based Milks

Plant-based milks resemble milk in their color and texture but are actually nondairy beverages made from the extracts of nuts, seeds, and other plants. You can find a wide variety of plant-based milks including almond milk, coconut milk, oat milk, banana milk, and more. Work with your classmates to each choose a different plant-based milk. Research

- how the milk is made
- its nutritional benefits
- its uses in recipes
- whether it is available at a nearby grocery store

Then, share with the class. Be prepared to discuss the differences.

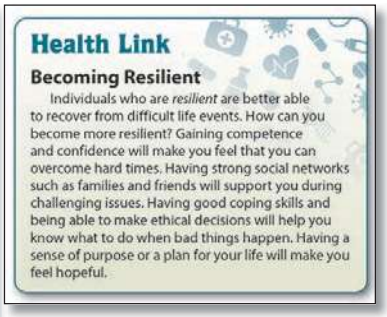


Safety Link

Prevent Bullying

If you are experiencing bullying, do the following:

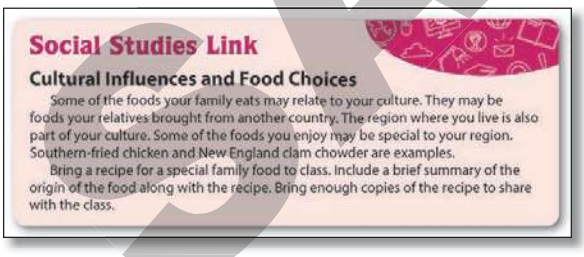
- Get immediate help if you feel unsafe.
- Know it is not your fault. It has to do with the negative thoughts and behaviors of others.
- Talk to someone. Find a trusted teacher or friend and let a parent or guardian know.
- Protect yourself. Try to avoid places where bullying often occurs. If you are bullied online, block or unfriend those who are bullying you. Use the highest privacy settings.
- Take advantage of activities that increase your self-confidence. Clubs, sports, and service groups can help you feel good about yourself.



Health Link

Becoming Resilient

Individuals who are *resilient* are better able to recover from difficult life events. How can you become more resilient? Gaining competence and confidence will make you feel that you can overcome hard times. Having strong social networks such as families and friends will support you during challenging issues. Having good coping skills and being able to make ethical decisions will help you know what to do when bad things happen. Having a sense of purpose or a plan for your life will make you feel hopeful.



Social Studies Link

Cultural Influences and Food Choices

Some of the foods your family eats may relate to your culture. They may be foods your relatives brought from another country. The region where you live is also part of your culture. Some of the foods you enjoy may be special to your region. Southern-fried chicken and New England clam chowder are examples.

Bring a recipe for a special family food to class. Include a brief summary of the origin of the food along with the recipe. Bring enough copies of the recipe to share with the class.



Community Link

Cultural Experiences

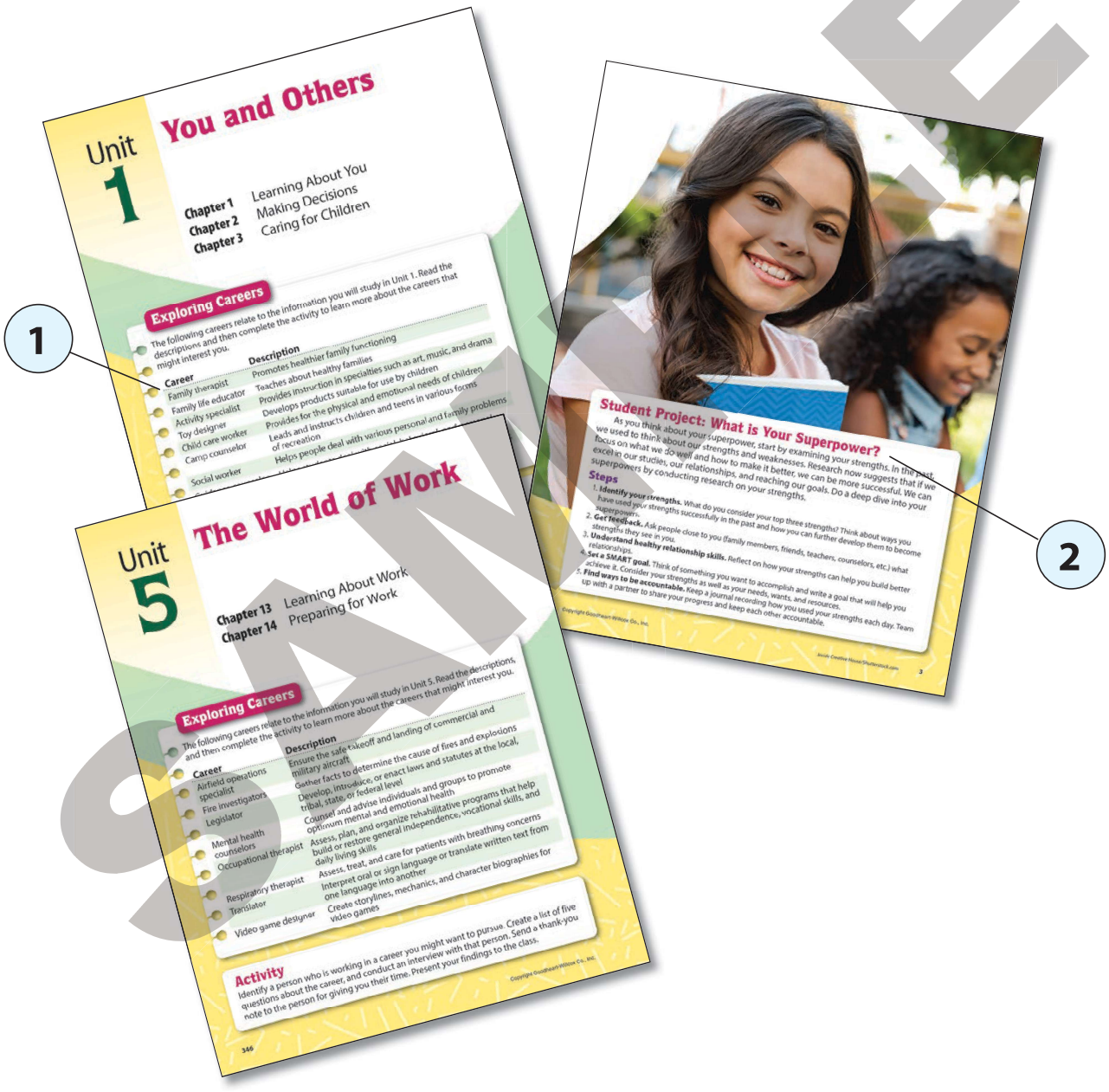
Learn more about a culture other than your own. How are the families structured in this culture? Who makes the decisions? How are children treated? How do they celebrate holidays and special family events? How can you use this information to improve your community relationships?

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Focus on Careers for Your Future

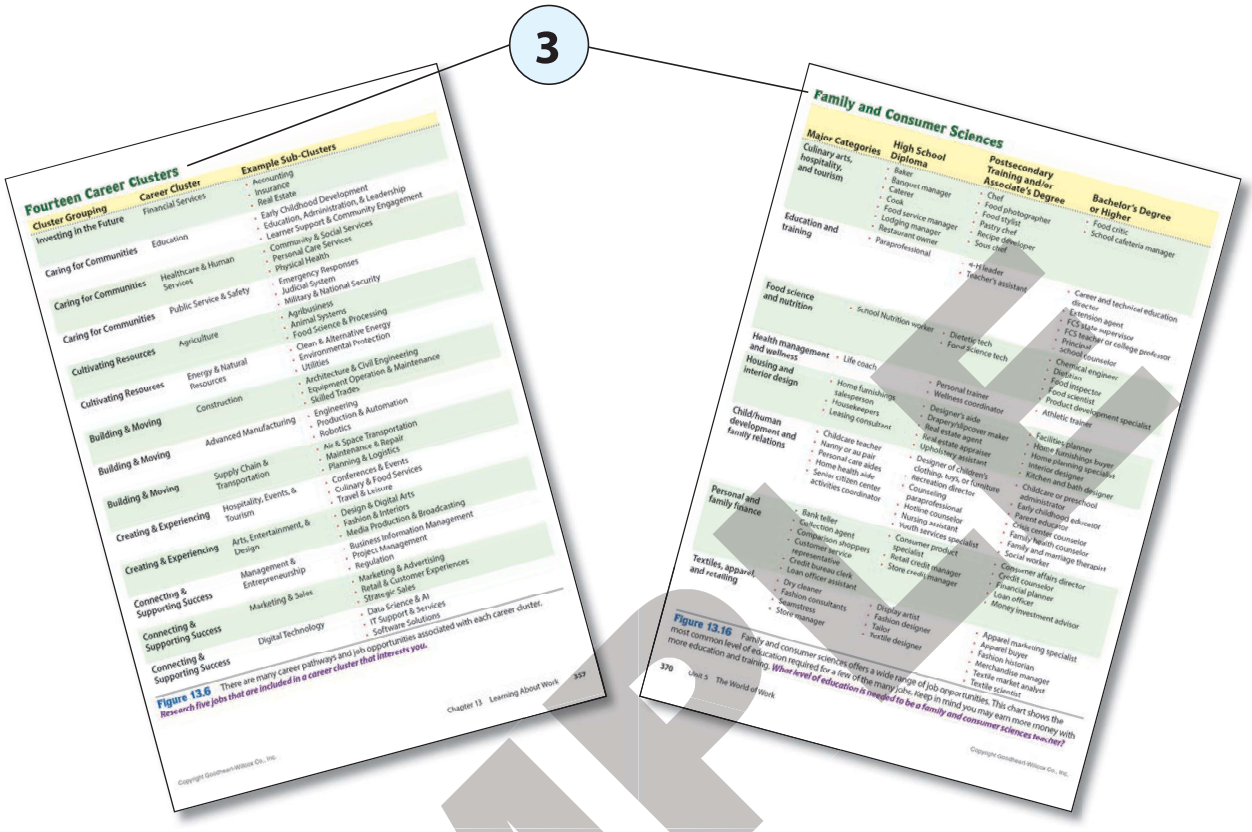
As you prepare for your future and investigate possible careers, the knowledge and skills you gain from the text will help ignite your passion for the career path you choose. ***Exploring Life and Career*** presents an introduction to the new career clusters framework for you to examine.

1. *Exploring Careers* on each unit opener presents snapshots of various careers related to the content you will study. Complete the accompanying activities to learn more about the career options that are available.
2. *Student Projects* provide students an opportunity to apply their knowledge and skills to enhance their understanding of the content.



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3. *Chapter 13* introduces and summarizes the 14 career clusters and shows some pathways and career samples that relate to many Family and Consumer Sciences career options available.



4. *Chapter 14* describes the knowledge and skills you need to get your first job, including writing a cover letter, résumé, and creating a portfolio. The chapter also addresses how to be successful in the workplace.



SAMPLE

Brief Contents

UNIT 1—You and Others

Chapter 1 Learning About You 4
Chapter 2 Making Decisions 40
Chapter 3 Caring for Children 62

UNIT 2—You—A Manager

Chapter 4 Managing Daily Living. 94
Chapter 5 Managing Your Money 128
Chapter 6 Managing Your Living Space 146
Chapter 7 Managing Your Environment 170

UNIT 3—You and Food

Chapter 8 The Foods You Eat 190
Chapter 9 Planning Meals 216
Chapter 10 You in the Kitchen 246

UNIT 4—You and Your Clothes

Chapter 11 Buying and Caring for Clothes 288
Chapter 12 Learning to Sew 320

UNIT 5—The World of Work

Chapter 13 Learning About Work 348
Chapter 14 Preparing for Work 376

SAMPLE

Contents

UNIT 1

You and Others

Chapter 1

Learning About You 4

Lesson 1.1 Looking at Yourself 6

Lesson 1.2 Changing and Growing 10

Lesson 1.3 Communicating with Others . . 16

Lesson 1.4 You and Your Family 22

Lesson 1.5 Strengthening Families 27

Lesson 1.6 Developing Friendships 32

Chapter 1 Review and Assessment 37

Chapter 2

Making Decisions 40

Lesson 2.1 Your Needs and Wants 42

Lesson 2.2 Your Resources 46

Lesson 2.3 Your Values and Goals 50

Lesson 2.4 Your Decisions 54

Chapter 2 Review and Assessment 59



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Chapter 3

Caring for Children 62

Lesson 3.1 Babysitting 64

Lesson 3.2 Baby's First Year 70

Lesson 3.3 The Toddler Stage 76

Lesson 3.4 Preschoolers 81

Lesson 3.5 How Children Learn 85

Chapter 3 Review and Assessment 89

SAMPLE

UNIT 2

You—A Manager

Chapter 4

Managing Daily Living 94

Lesson 4.1 The Management Process 96

Lesson 4.2 Managing Your Physical Health. 102

Lesson 4.3 Managing Your Social and Emotional Health. 107

Lesson 4.4 Managing Your Appearance. 113

Lesson 4.5 Managing Your Digital Footprint. 119

Chapter 4 Review and Assessment . . . 125



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Chapter 5

Managing Your Money 128

Lesson 5.1 Understanding Your Finances. 130

Lesson 5.2 Developing Savvy Consumer Skills 134

Lesson 5.3 Making Smart Financial Decisions 138

Chapter 5 Review and Assessment . . . 144

Chapter 6

Managing Your Living Space 146

Lesson 6.1 Your Living Space 148

Lesson 6.2 Home Safe Home 155

Lesson 6.3 Caring for Your Home 160

Chapter 6 Review and Assessment . . . 167

Chapter 7

Managing Your Environment. 170

Lesson 7.1 Protecting the Environment 172

Lesson 7.2 Making a Difference at Home 177

Lesson 7.3 Making a Difference in Your Community 181

Chapter 7 Review and Assessment . . . 185

SAMPLE

UNIT 3

You and Food



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Chapter 8

The Foods You Eat 190

Lesson 8.1 Nutrition and Energy Balance 192

Lesson 8.2 Following a Healthy Dietary Pattern 199

Lesson 8.3 Making Food Choices 208

Chapter 8 Review and Assessment . . . 213

Chapter 9

Planning Meals 216

Lesson 9.1 Planning Nutritious Meals 218

Lesson 9.2 Shopping for Food 222

Lesson 9.3 Buying and Storing Food . . . 229

Lesson 9.4 Serving Meals 234

Lesson 9.5 Caring About Behavior in Social Settings 238

Chapter 9 Review and Assessment . . . 243

Chapter 10

You in the Kitchen 246

Lesson 10.1 Working with Kitchen Tools 248

Lesson 10.2 Safety and Sanitation 254

Lesson 10.3 Reading Recipes 260

Lesson 10.4 Basic Cooking Skills 263

Lesson 10.5 Preparing Foods 269

Lesson 10.6 Making Meal Preparation Easy 276

Lesson 10.7 Working with Others 279

Chapter 10 Review and Assessment . . . 282

SAMPLE

UNIT 4

You and Your Clothes

Chapter 11

Buying and Caring for Clothes 288



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Lesson 11.1 Building Your Wardrobe . . . 290

Lesson 11.2 Shopping for Clothes 295

Lesson 11.3 Inspect Before You Buy 300

Lesson 11.4 Fibers and Fabrics 305

Lesson 11.5 Caring for Your Clothes 311

Chapter 11 Review and Assessment . . . 317

Chapter 12

Learning to Sew. 320

Lesson 12.1 Sewing Equipment and Tools 322

Lesson 12.2 Preparing to Sew 327

Lesson 12.3 Sewing Your Project 334

Lesson 12.4 Maintaining a Sustainable Wardrobe 338

Chapter 12 Review and Assessment . . . 343

SAMPLE

UNIT 5

The World of Work



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Chapter 13

Learning About Work 348

Lesson 13.1 Questions About Work 350

Lesson 13.2 Researching Careers. 355

Lesson 13.3 Heading Toward a Career. . . 361

Lesson 13.4 Career Options 366

Chapter 13 Review and Assessment . . . 373

Chapter 14

Preparing for Work. 376

Lesson 14.1 Getting Your First Job 378

Lesson 14.2 Preparing for Job Success. . . 385

Chapter 14 Review and Assessment . . . 391

Appendix 394

Glossary 397

Index 406

SAMPLE

Feature Contents

Succeed in Life

Your Character and Ethics 13
Handling Peer Pressure 34
Needs versus Wants 44
Ethical Decision-Making 56
Keeping Children Safe 65
Handling Toddlers' *No* Stage 78
Improving Time Management Skills 99
Improving Your Study Skills 100
Deep Breathing 111
Proper Hair Care 114
Protecting Your Computer and Yourself 120
Preparing to Move 154
Buying Vegetables 201
Choosing a Quality Food Store 223
Using Good Table Manners 241
Use Microwave Ovens Correctly 249
Making Meal Preparation Easier 277
Increase the Size of Your Wardrobe 292
Shopping Manners 299
Working Safely in the Sewing Lab 324
How to Sew on Buttons 336
How to Replace Zippers 339
How to Set Goals 365
Tips to Become an Entrepreneur 372
Creating a Portfolio 383

Environment Link

Volunteer to Plant a Tree 12
Build an Organic Garden 58
Eco-Friendly, Nonedible Play Dough 81
Disposable or Reusable? 138
Sustainable Home Cleaning 164
Prevent Pollution 173
Physical Activity Choices 196
Organic Foods 225
Nontoxic Kitchen Cleaners 256
Bamboo—An Eco-Friendly Fiber 307
The Eco-Friendly Laundry 312
Green Jobs 359
Saving Paper in the Office 387

Writing Link

Your Future Self 7
Human Resources 46
Sending Emails 123
Recognizing Eating Disorders 198
Understanding GMO Foods 210
Copying Recipes Correctly 262
Working from Home 354
Consider Your Values 355
Say Yes to FCS! 369

Health Link

Becoming Resilient 31
Posture 104
Skin and Nail Care 116
Healthy Eating Routines 195
Choosing Nutrient-Dense Foods 201
Balancing Nutritional Needs 219
Make Nutritious Choices 231

SAMPLE

Safety Link

Prevent Bullying 19
Abuse 30
Keeping Infants Safe 73
Social Networking Sites 122
Social Media Dares 157
Home Security 159
Safely Handling Knives 253
Proper Handling of Take-Out Foods 258

Community Link

Cultural Experiences 23
Help for Families in Crisis 28
Learning Values from Others 50
Services for Children with Intellectual Disabilities 68
Protect Your Environment 176
Social Entrepreneurs 184
Access to Healthy Food 222
Table Settings for Special Events 234
Feeding Those in Need 280
Clothing Donations 294
Start Recycling at School 341

Financial Literacy Link

Your Resources Affect Future Earnings 47
Babysitting Rates 67
Financial Terms 133
Use Credit Wisely 134
Figuring the Tip 241
Sale Pricing and Value 298
How Education Pays Off 363

Reading Link

Goals and Priorities 51
Children's Books 87
Reading Food Labels 194
Pattern Guide Sheets 331
Boost Your Reading Skills 386

Science Link

Infant Brain Development 74
Why Fans Save Energy 178
Plant-Based Milks 204
Food Preservation 259
Maintaining Textures and Flavors of Fruit 269
Ascorbic Acid in Citrus Fruits 271
Dehydrating Foods 274
Dry-Cleaning at Home 315

Social Studies Link

Providing Guidance 82
Cultural Influences and Food Choices 212
Breads and Cereals in Other Cultures 272
Color and Emotion 304
Working Now 351
Career and Lifestyle Choices 352

Math Link

Calculating Unit Price 136
Drawing a Scale Floor Plan 149
Energy Savings 180
Unit Costs 225
Percent Daily Values 227
Understanding Carbohydrates 228
Converting Recipes 265
How to Take Measurements 330

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