



The *PRAXIS*® Study Companion



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	Family and Consumer Sciences
	5123
	130 minutes
	130 selected response questions
	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.
	Computer Delivered



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.



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

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

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

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

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, and chronic conditions

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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

What principles of design theory are



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.

Each of the questions or statements below is followed by suggested answers or

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



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 \_\_\_\_\_ 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



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



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 \_\_\_\_\_ 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





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

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.

- 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.

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

## 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.

- o Describe TWO strategies he could use to address the concerns of the students who have complained.
- o Explain how each strategy suggested could provide an opportunity to improve the functioning of cooperative learning groups.

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 thoughtful response to all parts of the question.

Do not

## General Assistance For The Test

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