

Home Economics

Household Skills

Becoming a daughter with purpose

By: Amy Maryon

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Of course, I would appreciate an acknowledgment but it is unnecessary. I operate under the honor system and hope my readers do as well.

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From the author:

A symmetrical education in today's world is rare. Many girls have gone out to educate themselves to the highest degrees. They are proficient at speaking in other languages, have spent numerous hours practicing musical talent, and have educated themselves in books to a higher degree. Those are all fine things to attain, but how many hours are actually spent learning and improving upon the skills that will get them through life the most?

How does a young woman go about educating herself in the daily tasks of life? The best way to learn is to start at the beginning, learn the basics, and from there build upon each foundation.

This course is designed to be completed in 36 weeks. It will cover everything to know how to effectively run a household. It begins with decluttering, organizing, and cleaning the home, moves to effectively managing your personal affairs, and then ends with hands on skills in the kitchen. Each week you will also be challenged to improve upon character qualities in your life. Gaining outward skills are a great thing to do but what types of qualities are on the inside is what is going to gain you eternal value.

*A wise woman (man) will hear and increase learning,
And a woman (man) of understanding will attain wise counsel,*

Proverbs 1:5

How to use this book.....

This book is intended to be used weekly for an entire year's worth of schooling. You can go through it however you like. This is only my suggestion based upon how I wrote it:

- On Monday begin by reading the devotional.
 - Seek the Lord in how you are to respond to it.
 - Memorize the character quality definition
 - Write any notes to remember about what you read.
 - Apply any practical parts to your life
 - Continue working on improving this character quality this week.
- On Tuesday read through the entire chapter, stopping at "this week's wrap up."
 - Make notes of what you are to do this week. For example: declutter room, clean room, write a letter, etc.
 - Divide up each task evenly to be done throughout the next 3 days
- On Wednesday begin your hands on tasks. Refer back to the book if necessary.
- Continue through the rest of the week, diligently keeping on your tasks until completed.
- On Friday, read "this week's wrap up" and check off items completed.
 - Define the character quality definition from memory.
 - Write any notes needing improvement.
 - Have your teacher evaluate your progress for the week and make notes for you to improve upon.

Week 1 Daughters of Devotion

Devotional

Definition of Devotion: having a strong love and loyalty to God the creator.

What do you think is the best way to get to know someone? Hopefully you answered....by spending time with them. Do you know that the best way to have a good relationship with God is by spending time with Him each day? Sounds simple enough right? How would you feel if you knew that your friends deliberately ignored your texts or messages? Would you be able to turn to them in times of need and encouragement? Would you feel betrayed or used if the only times they talked to you was when they needed something? If the Lord is supposed to be number one in our lives, we should be placing a big priority on the amount of time that we spend with Him. We shouldn't ignore his "texts and messages." How true it is that so many of us get wrapped up in our own busyness of life that we forget to take the time each day to spend with the One who will help guide our steps effectively every day.

You should work on making it a priority now in your young life to establish a quiet time with the Lord each day. The better you are to work on instilling habits while you are young, you are more likely to carry them out as you grow older. Make it a point to spend some time reading scripture, praying, and then journaling about what God speaks to you.

I know that there are times in your life, when it gets busy or this looks more like a "chore" than an opportunity to get to know Him. Every time you open your Bible you should expect and anticipate getting to know more about God.

Opportunities will come to those that desire them.

Those that don't look for them, usually miss them. Expect that God will speak to you during your quiet time. Look for a time and establish it now. Don't think that when you are older you will take the time for God. God wants to use you now as a young person. He has so many great things planned for your life, if you just think

that He can't use you until you are older, you will be missing out on some great opportunities.

Make Jesus a priority in your life. Don't just turn to Him when you think about it, or when things go bad. Make prayer and reading His word a daily habit. These should become things that are naturally a part of your life and that you enjoy doing. Remember that you don't have to pray with big words and fancy language. God wants to hear you in plain everyday language. Just as you would talk with your father or friend, talking with God is the same way. Talk to Him and turn to Him with all of your concerns and problems. Be reminded to thank Him for the things He has blessed you with. Our old pastor encouraged us to speak out five things we were thankful for each day. It is a good reminder that everyday things are really a blessing from the Lord and we should not take them for granted.

Practical application:

I encourage you to start a prayer journal. After reading a certain scripture, start writing out what it means to you. Write out a letter of praise, thanksgiving, any doubts, fears, or problems that you want to hand over to the Lord. You can even write down the five things you are thankful for each day. Keep this going every day. As you grow and mature in the Lord, these will serve as beautiful reminder of your quiet times with Him.

An easy suggestion is to find a Bible plan that reads the Bible in one year's time. Simple, and easy. It is about keeping yourself consistent and devoted on a regular basis.

Thoughts to remember: _____

Cleaning your room

This week we are focusing on being devoted. A good place to begin being devoted is by maintaining a clean bedroom. I know the whole persona of "I am a teen, I am going to have a messy room like the rest of the world," may seem cool, but in reality it only creates chaos in your life. How many times do you go looking for that outfit or that thing and can't seem to find it? It is best to learn how to keep a room that is clean and orderly.

This week you will be learning how to declutter, organize, and clean your room.

Declutter

You will need the following for this task:

- a box for donating
- a trash bag for garbage
- a basket for items that go elsewhere in the home
- a wet rag for wiping out the insides of things

Almost everyone owns too many things, unless you are a minimalist. But even a minimalist can acquire too much and will need to weed out every once in a while. Before you begin you will need a clean workspace to work at in your bedroom. I recommend using your bed as your work zone.

Start with an article of furniture like a night stand. Begin by emptying out all of the drawers and shelves and putting the items onto your bed. Next, start looking through and grabbing the trash items and throwing them away. Don't keep things that are broken, or of no value. If you find things that go in other areas of the home like paper clips, books, or items you borrowed, put them in the basket to go elsewhere. Look at your items and decide if you no longer have use for them. A good way to tell is if you haven't done anything with it for over a year. After you have sorted through your pile, wipe out the inside of your drawer to remove any dust or dirt. You can then begin by organizing and placing your items back inside.

You are going to move in a clockwise pattern as you work your way around your room decluttering and organizing. If your bed is next, start by removing

everything that is underneath it. Do the same process that you did for cleaning out the nightstand.

Let's start on your dresser. Remove all items off the top of your dresser. Put miscellaneous hair ties back in the bathroom. Find a place for your makeup, in a bathroom, or in a container all neat together. Go through and throw out old makeup. If your nail polish is chunky—pitch it. Most makeup only lasts about a year. Anything after that, it is time to go.

If you have any hair brushes, remove hair out of the bristles and throw it into the trash. You should once a month soak these in a sink filled with hot, soapy water. You can rinse them with some rubbing alcohol to sterilize them. Let them sit out and dry before using again.

If you don't have to have an item out, put it away. You want to have things looking neat and clean. When the top of your dresser is clean, begin by going through your drawers.

Take each drawer and dump it on your bed. Go through all of your clothing, throw out any ripped, stained or too small items. If you have some that need repairs, set them in a separate pile. Make a note to repair them. If you haven't worn the item in a year, donate it. Keep only what you like to wear and feel comfortable in. Wipe out the insides of your drawers before putting items back into them. Fold each item and place them back in the drawers neatly.

For bookshelves take all of the items off. Go through the books and decide which ones you want to keep and which ones to donate. Wipe off the shelves and place all the books back on the shelves. Put them back in some sort of order. Sort them according to the types of books. If you have school books, put those together. Fiction books, put them together. Place them all vertical on the shelf. This creates a taller, more organized looking shelf. Any CD's or DVD's go through and decide if you want to keep them out. If you have them on your music player and don't need them out, put them away in a box under your bed or in the closet.

You have probably moved around most of your room, keep going until it is done and then we move on to the biggest, probably the messiest----your closet!

Take everything out of your closet. Use your rag and wipe out the inside corners and any shelves to remove cobwebs and dust. If you have carpet, vacuum the corners and cracks.

Now go through the clothing. Throw out old, ripped, and stained clothing. Anything that is too small, put it in the donate box. If you have any that needs repairing, put it in the pile to be mended. Then start sorting the different types of clothing that you have in piles. Put all your t-shirts, your long sleeve shirts, any button up shirts, and any dresses, into separate piles. This will help you to have some order in your closet. It will also help you to see if you have one too many of something 😊 . Put them back in your closet. Put the items that you don't frequently use towards the back. This can be dress coats, nicer dresses for special occasions, or out of season clothing. Then put your clothing in a pattern. I like to do tank style shirts, t shirts, long sleeve shirts, dress shirts, and dresses, in that order. I also take it one step further and within my t-shirts, I sort them according to color. This helps give you an organized look to your wardrobe. It will also help you determine which types of items that you need when you do have to go shopping for clothing.

If you keep your shoes in your closet, depending upon how many of shoes you own, you can either neatly set them out on the bottom or purchase a shoe rack. These are fairly inexpensive at the store and holds many pairs of shoes.

Use the top of your closet to hold seasonal items such as gloves, hats, scarves, etc. You can get inexpensive boxes or baskets to hold these items.

Depending upon how cluttered your room is, this may take you a few hours or a few days. Just keep at it. Go through all of your room, and don't stop until you are finished. The key to being a daughter of devotion, is being devoted to complete your tasks. Organization is an important character trait to have as you go about your life. Whether you will be working outside of the home or if you will be working in the home. Organization is key to complete success.

Cleaning

You have decluttered, and organized, now it is time to clean. Get out some basic cleaning supplies:

- Vacuum
- Wood cleaner---with a rag and bucket (if necessary)
- Window cleaner and rag
- Broom---for cleaning spider webs off ceiling
- Bucket with all purpose cleaner and water for wiping walls, heating vents, etc and a rag

1. **Removing cobwebs.** Start by taking your broom and going around all of the corners of your ceiling and removing any cobwebs that may be hanging.
2. **Wiping walls.** Grab your bucket with all purpose cleaner and begin wiping the walls of your bedroom. Start at the top and move down. That way, if any drips occur, you can wipe it as you are moving down.
3. **Overhead fans.** Carefully wipe each individual blade with water and cleaner. These are probably really dirty.
4. **Window treatments.** If you have curtains, take them down and wash them. Hang them up wet and tug down on them as they are drying. If you have blinds, you can take them down and wash them in a bathroom---it takes some time, but you only have to do this once per year. Or you might choose to hose them off outside. Wipe each one individually.
5. **Windows.** Use your cleaner and clean the windows. When you are finished, take and wipe anything else like mirrors, computer screens, TV screens, and phone screens.
6. **Miscellaneous things.** Don't forget to wipe window sills, heating vents, light switches, door knobs, and closet handles.
7. **Flat surfaces.** Anything that you didn't wipe off already, wipe. Pay attention to all of the edges and sides.
8. **Floors.** Give your room a thorough vacuuming. Move in a pattern. Start on one side and vacuum every area. If you need to move furniture, do that. Get

underneath the dressers and nightstands. Take the hose and vacuum underneath bed. Concentrate on all of the cracks and corners. Continue moving until you have finished the entire surface of the floor.

9. **Wash bedding.** Remove all of your bedding and wash it. If you are able to hang it outside, let it air dry. There is something about climbing into bed and enjoying the smell of lined, dried sheets.
10. **Air out your room.** If it is cold, open your windows and shut your bedroom door. Let your room air out for 15 minutes or longer.
11. **Make your bed.** Tuck in the sheets and blankets at the foot of your bed. Have your comforter lay evenly on all sides of your bed.

To finish up your room, take your trash bag and throw it away. Immediately go and return all of the items that are to be placed elsewhere in your home. Don't just set it down somewhere, put it all away. Put away all of your cleaning tools where they belong. Rinse out the bucket if needed. Take your donate box and set it by the door to take with you as you leave the home next time.

How to vacuum

Vacuuming is about thoroughly doing the entire floor of carpet. It is easy to skip around the edges or underneath objects, because you do not see them. What can happen is that you may notice a darker line around the edge of your room. That is dirt that has accumulated and usually it is where the edge of your vacuum reaches. The best way to get rid of that is by getting your crevice/edge tool and attach it to your vacuum. Go around the entire corners of your room. Move in a clockwise pattern. Remember to go underneath furniture that cannot be moved. After you have done the edges, start on the surface of the floor. Move in a left to right, back to front pattern. You need to go over the carpet more than one time to make sure that all of the dirt has been picked up. Do it slowly, to give the machine time to suck up the dirt. If you notice that it is leaving some pieces behind, check to make sure that your vacuum doesn't need cleaning out. It is pointless to continue vacuuming if it isn't picking up all of the dirt. Stop, and take the time to clean it out. Work your way out of your door.

Then you can stand back and enjoy a freshly vacuumed carpet. It may only last for a few seconds, but for a moment you can enjoy.

Art of writing letters

For many of you, you may have never really got to experience how personal and wonderful it is to receive an actual letter in the mail. With technology it seems silly to mail a letter when you can just text or email people. But there is something about walking out to your mailbox and discovering that someone has taken the time to send you a handwritten letter in the mail. It's a feeling of gratitude. That someone took the time and thought of you.

Reasons why you should write a handwritten letter:

- **Personal**---they contain your effort, your handwriting, and your thoughts.
- **Effort**---it takes more effort to choose the supplies needed to write a letter. It is more effort to write out words, compared to typing.
- **Cost efficient**---you can pick up a package of stationary or cards and send out a multiple number of letters. This is cheaper in comparison to sending a one-time gift to someone.
- **Enjoyed over and over**--- If you have sent a letter of encouragement to someone, the recipient is able to reread what you said and be encouraged over and over.
- **Speaking positive**----In conversations and text messages where emotions can run high, when choosing to write out our words, it forces us to be careful in choosing what to say. It helps us consider what we are putting down and rechecking to make sure our words mean what we intend.
- **Consideration**----it shows friends that you are taking the time to show them that you care and that they were on your mind. It leaves an open door for someone to respond back if they need someone to turn to.

Do you see all the benefits to writing a letter? I want you to keep a list of people that you can send encouragement to once or twice per month. These can be your friends that you don't get to see often, leaders at your church, or another woman that encourages you often, etc. Take the time and ask God to put into your mind

someone whom you can encourage. He will give you ideas of people whom you can bless.

Take the time and find some pretty stationary. You can choose paper or even a pack of note cards. I like to begin writing on a card and then inserting some pieces of stationary that I finish the letter on.

Begin your letter with some sort of encouraging scripture you have been reading. Explain how God spoke to you through that scripture. Go through and encourage them by thanking them for what they do for you. You can share what is going on in your life. Keep it positive. If they are going through a struggle, don't let it be about you---keep it to encouragement and about them. Don't ask a lot of questions--no pressure to respond. You want this to be a blessing, not something you demand in return. Yes, it would be great if they responded, and hopefully they will, but don't make pressure to expect it.

If you want to go the extra mile, include something small in the card.

It can be as simple as:

- a tea bag
- a pressed flower
- some stickers or balloons—for a younger person
- something you printed off the internet
- a recipe you tried
- scripture cards

Know that everyone enjoys receiving mail. Continue this year by being devoted to sending out letters a few times per month to people. Make it part of your routine. Hopefully, it will come full circle and you will enjoy the benefits by having someone write back to you.

This week's wrap up on DEVOTION:

- Taking the time for *God*
- Declutter and organize your room
- Clean your room
- Learn how to vacuum
- Write a letter
- Personal evaluation---write down things needing improvement

Definition of devotion: _____

Notes to remember: _____

Teacher evaluation week 1

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 2 Becoming a daughter of gladness

Devotional

Definition of gladness: Abounding in joy, jubilation and cheerfulness.

Do you know what it means to be a daughter of gladness? By being a daughter of gladness you are being "delightful" to God and your parents by honoring and submitting to them. Parents have a love for their children that children cannot understand themselves until they have their own. Too often, tension rises between parents and teenagers because of lack of communication and misunderstanding. At times parents fail, yes we mess up! But instead of worrying about the mistakes that your parents make, you should look past the negative and focus on the positive. This is where that "faith" in God comes into play. If we trust God with all of our lives, then we can trust that by us being obedient to our parents, that God will work it out. This is how "faith" works. We are believing that God will work together for our good, even if we think our parents are wrong.

Here are some questions to ask yourself:

Does your heart love and trust in your parents?

This is where it begins. Your heart is the center of your life. Whatever is in your heart, will come out of your mouth. People will see what you are truly like by how you act and how you speak. You need a heart that is moldable. You have to allow God to work through your parents and onto you to soften your heart towards obedience.

Do you have a hand that serves them?

Do you have ways that you can help "serve" your parents by giving them an extra hand at things around the home? If something spills, do you immediately help pick up the mess? Is there a burden that you have noticed that you can help with in the home? Look for ways that you can be a blessing to your parents.

Do you have eyes that honor them?

I think that every mother has seen the eye roll thing from their children from time to time. But did you know that this is a sign of disrespect and dishonor to them? Your eyes are the windows to your soul and reveal what your true obedience is. This lines up with your heart and whether your heart is in line of obedience to your parents. Catch yourself the next time you want to roll those eyes, and don't.

Do you have feet that are quick to obey them?

When your parents call for you, are you quick to come to them? Or do you give the excuse, just a minute? Having feet that flee away from evil things is part of obedience. Walk away from things that are not God honoring to you or your parents.

Do you have ears that listen to them?

When your parents talk to you, and sometimes we like to talk 😊, do you "tune them out?" Do you sometimes just ignore whatever they say? If you want your parents to truly listen and respect what you say, then you need to do the same back. After your parents have a talk with you about something, go back later on and discuss it with them again. They will probably be amazed that you paid attention to what they were saying. Communication is an important avenue in all relationships. Start young, while you can.

Does your mouth respect them?

When you get together with friends, do you disrespect and degrade your parents and their choices in decisions? How often it is easy to get together with others whom are struggling in areas of life and we "go along" and complain with them about how our parents are treating us. Have a mouth that is honoring to them and you will be honoring to God.

Does your mind respect them?

What are your thoughts towards your parents? Do you think happy, grateful thoughts? Do you think about all of the things that they do for you that go

unnoticed in a day's time? Smile at them, show them that you are thankful for the things that they do.

Practical application:

Write a letter to each of your parents to thank them for all that they do for you. Specifically write out things that you know are good character qualities. Things you admire and things you want to be like. Keep out the negative by keeping it positive. Leave it in an area where they will come across it alone. Maybe in their Bible, by their bed side or even in the bathroom. This will be a treasure that they will keep and enjoy reading over and over again.

Thoughts to remember: _____

Bathroom

This week I thought since we are going to be daughters of gladness, we should do an area of the home that probably doesn't bring us much "delight." Aghhh the sighs and moans☺ This probably isn't my most favorite area of the home either, but I do know that I have visited many homes in my life and many of them had smelly, unclean bathrooms. I purpose to help train you to clean a bathroom properly.

Declutter

I know if you were to open other people's medicine cabinets, and linen closets you might find them packed full of old, partially empty containers of medicine and supplies. This is an area of the home that does not get gone through often. You are going to need to ask your Mother first if it is okay for you to declutter this room. Keep a container that you are going to throw away items so that you can show her first before pitching them.

Grab your cleaning bucket filled halfway with warm water and $\frac{1}{2}$ cup of vinegar to wipe insides of drawers and cupboards with.

Start with one cupboard or drawer. Empty all of the contents and wipe the inside out thoroughly. Pay attention to remove any stuck on dried toothpaste or hair products.

In the medicine cabinet, go through and check the dates on the medicine bottles, throw away any expired items. If you notice that you have multiple containers of the same medicine, line them up in order so that they get used up, the least to the greatest. If you know that they are not old and someone just opened two containers of medicine, you can combine the two bottles together. To avoid a child from opening them easily, make sure to double and triple check that you close them tightly.

If there is just a little bit left in the bottom of the lotion bottles, leave those out so that you know someone will use them up. For shampoo and soaps, you can add water, shake, and you will have a few more uses left. Purpose to use up all of the

fragments. Don't waste things. Put the older ones up front so people will know what to use.

In our household, it is best to keep new toiletries separate from the ones being used. This prevents people from grabbing the wrong ones. But it is something that someone needs to be designated to check for each week. If an item is getting low, they need to bring out another one as to not interrupt the flow in the bathroom 😊

Hair items, can get overwhelming. Keep a small container and put like items together in it. Remove all of the hair pieces that get stuck to the hair bands. For your hair brushes, remove all of the hair in the bristles. Take a long rat tail comb and slide it up the bristles in rows and push the hair to the top. Fill up your sink with some warm water and soap. Let them soak for a few moments while you go about cleaning the rest of the bathroom. When you are done, gently shake them off. If you have any rubbing alcohol, squirt a little on the combs and brushes to sterilize them. Set them on a washcloth or towel to dry.

****Do not put hair in the toilet, throw it away in the trash. It can clog up your sewer system quickly.**

If your towels are stacked and continue to fall over each time one is grabbed, try rolling them. We have found this takes up less space and it doesn't create a heap of towels on the floor when someone grabs one from the middle.

Keep cotton balls, and q-tips in a small container and put the remaining ones away in a closet. We have found that laundry soap lids work well for Q-tips. Any closed container work well for cotton balls.

Keep any hair tools with long cords keep wrapped up and clipped with hair clips.

If you have a bunch of small sample toiletries, use them up. Set them in the shower so that they get used.

Make up if that is stored in here, go through it. Remember that it only lasts about a year. Any gummed nail polish, throw away.

When you are putting items away, put them away neatly. Find smaller containers to store like-items in. Keep all of your first aid supplies together. Put things like nail

files, clippers, and tweezers in the same area all of the time. It prevents having to go look for them when needed.

Having an organized bathroom, allows you to be able to glance to see which items you are out of and which you need at the store at a quick glance.

One important rule that I stress to my children, is to always have toilet paper available. Having no toilet paper when you are in the bathroom and need it, is NOT a good thing. Keep a few extra rolls at all times on the back of the toilet or in an area close to it. Make them visible so that guests can easily find them. Remember if you are the last one to empty the roll, instead of just setting the next roll on top, take the extra seconds that it takes and put the new one on the holder.

Cleaning

Now that you have decluttered and organized the bathroom, it is time to get down to the "delightful" part-----the cleaning. Bathrooms can be a relaxing peaceful place or they can be a smelly, disturbing place. The best way to get rid of odors in the bathroom is to remove the source of the smell. It doesn't work to just cover it up, by spraying chemically laden cleaners, and fresheners. Pinpoint the source and get it gone.

We will start with the sink. Take your all purpose cleaner, and spray it on the surface of the sink. Use your sponge and wipe down all areas of the sink. Pay careful attention to the knobs and the back of the sink, which can accumulate mold. Wipe the ledges and any walls near the sink. Toothpaste and soap can get splattered and hardened in this area. If your sink is dirtier and needs a deeper scrubbing, you can use something with a little grit. The all natural scrubbing powder is what we use weekly to remove grim from the sink. Sprinkle it on the bottom of a damp sink and scrub with your sponge. Rinse all areas down by wiping them with your sponge that has been rinsed in warm water.

Once a week you will need to take notice of the fronts of your sink cabinets. Spray some cleaner onto your sponge and do a thorough wiping of all of the fronts and knobs of your sink base. Continue around the entire thing, removing dirt and grime. Rinse your sponge as needed in the sink.

Wipe the mirrors and check them daily to remove any toothpaste or mess that is on them. If you have light fixtures, every 6 months clean them thoroughly.

Next, let's do the toilet. I can hear the cheers now ☺ I clean a toilet the old fashioned way, with a sponge or rag. I find that the brushes that some use in the bathroom, do nothing but collect bacteria. It is also one more thing that is sitting in your bathroom. It is really no different than changing a diaper and by washing your hands when you are finished, you will rid your hands of bacteria. I promise, you will be all right☺ Give the toilet a flush. Next sprinkle the toilet with the scrubbing powder and let set. Spray the toilet liberally with your all natural cleaner. It is okay to get it on the rims and sides of the toilet, you will be wiping them off. Then you are to dive in. Start by taking your sponge and wipe the insides of the toilet in a circular motion. Do the visible areas, and then do under the lip of the toilet. Usually where the water level sits, bacteria forms at and below that. Wipe down inside of the tunnel, all around. Then give the toilet a flush. As it is flushing, swish your sponge to remove yuck off of it.

Spray the rim of the toilet and the bottom of the seat. Wipe the rim all the way around it. Continue down the sides of the toilet. If your toilet is extra dirty, squish out the sponge in the toilet water and re-spray the outsides of it. The water inside the toilet is clean now that you have cleaned it, so you can use it as a bucket. Wipe around all of the bends and crevices of the toilet. Wipe the seat and especially around the hinges. Rinse the sponge in between areas. Reapply more cleaner. Do the seat and then the tank of the toilet. Wipe the handle-as it is probably the dirtiest and oftentimes overlooked for cleaning. Rinse out your sponge again and spray the base of the toilet. Do all around the bottom where it attaches to the floor. Urine accumulates often down here. Do all around the back and the floor around the toilet. You are working downwards and outwards from your toilet. The dirtiest to the cleanest.

An area that doesn't usually get wiped is the walls around the toilet. Unfortunately this area gets dirty and can be a cause of smell. Especially if you have boys. I know, gross?!?!? Spray and wipe it. Rinse the sponge afterwards so you can continue cleaning. Work away from the toilet and do the entire floor. Notice the baseboards and if they need wiping, do so. Wipe any lower walls that look dirty.

Keep rinsing your sponge in the toilet to remove debris and grime. Continue spraying and wiping until the entire floor is cleaned.

Your bathroom is probably smelling and looking pretty great now. We unfortunately have one more area to clean---the bathtub. I like to take my powder cleaner and sprinkle liberally into the bottom of the tub. I add a little bit of water to make it damp and start scrubbing. I have a green pouf scrubbie that grabs grime better than a regular sponge. I do the entire bottom of the tub, and work up the sides. Move up around the ledges and remove any soap bottles and wipe underneath them. Work your way up the tub walls, paying careful attention to the corners and crevices. You can sprinkle the powder cleaner directly on your wet pouf. Do around the knobs and faucets as well. Take the shower head and rinse down the tub from top to bottom. When you think you are done, run your hand around the rim of the bottom of the tub. Do you feel any grime? Go back over that area.

Take note of your shower curtain. About once per month you should wash this. Put it in the washing machine with some heavy towels and that will help scrub the curtain. Hang it up wet to dry.

To finish, wipe the outside of the tub and any areas around it.

Look around at any walls that you did not wipe and wipe as needed. If you notice cobwebs on the ceiling, wipe them with a broom.

If you have a trash can in here, empty it regularly. If the inside is dirty, pick out the stuck on trash. Line it with a plastic grocery bag. It will make emptying it easier.

All right, you have done it. You completed probably the most dirtiest room in your home! I pray you did it with a cheerful "delightful" heart.

Remember to remove odors don't just cover them up, get directly to the source and get rid of them.

Natural cleaners

There are literally thousands of house cleaning products on the market today, all claiming to kill 99.9% of germs or bacteria. In theory, this is great; however in reality, these products do more harm to our bodies than good.

But while the chemicals in cleaners foam, bleach, and disinfect to make our dishes, bathtubs and counter tops gleaming and germ-free, many also contribute to indoor air pollution, are poisonous if ingested, and can be harmful if inhaled or touched. In fact, some cleaners are among the most toxic products found in the home.

Did you know that nearly 80% of the chemicals found in everyday cleaning products have not been tested for long-term effects? By using these products, you may very well have a clean house today, and possible cancer in the future. The Cancer Prevention Coalition lists hundreds of toxic and deadly chemicals that are in household cleaners on their website.

The toxic fumes that you breath in from these products could be one of the main reasons for the headaches, fatigue, body aches, soreness, tiredness, and a number of other common ailments that most all of us experience. Take a walk down the cleaning isle in the grocery store, do you instantly sneeze? Use toilet bowl cleaner to remove rust and get some on your hands, it will burn until you rinse it off! Clean a bathroom without proper ventilation, you will see right away that it isn't safe.

When it comes to cleaners, the consumer has little to go on beyond the warning labels that manufacturers are required to put on their products. The labels DANGER, WARNING and POISON give only a very general idea about the seriousness of the unknown substances a product contains.

No law requires manufacturers of cleaning products to list ingredients on their labels or to test their products for safety. It's up to you the consumer, to make sure your home is not only clean, but also nontoxic. Unfortunately, it isn't easy to identify which products contain these hazardous ingredients.

While cleaners are the only household products regulated by the U.S. Consumer Product Safety Commission under the Federal Hazardous Substances Labeling Act, their sellers aren't required to reveal these products' ingredients. These ingredients are considered "trade secrets," so government regulations are actually

designed to protect this proprietary information, not to protect human health or the environment.

We can't just blindly believe that products are safe just because they are widely available and for sale. Cigarettes are sold, and yet we know the effects they have on the body. They are proven cancer causers. Just because something is labeled as natural does not mean that it is safe. Let me remind you that arsenic is a naturally occurring substance and yet, it kills. There is no law or set of guidelines to instruct companies as to how they can or can't label products with use of the word "natural". Don't let that word persuade you at all. It means nothing on a commercial product.

What convinced me to make the switch is that I was looking at my baby as she was crawling all over my freshly cleaned floor. Of course she would naturally put her hands in her mouth after crawling. All those chemicals were entering into her body. All those times I would clean my bathroom with bleach and have to turn the fan on to not breathe the fumes. Most of these were going right into my children's play areas and they were breathing them in. Why would I want to subject my brand new baby to all those toxic fumes? Natural products work just as good without any of the harmful chemicals.

By making your own natural cleaners, you will know each and every ingredient in the bottle. If that isn't enough to convince you to want to make the switch, how about do it for the money. Making your own all natural cleaners is very frugal and cheap. This will save you much money over the years.

These are tried and true recipes that our family has been using exclusively for years. It took some getting used to, as we were used to the scented varieties of chemicals at the store. It left behind a few streaks, but it quickly dissipated into the air. It also smelled vinegary at first but those smells also disappeared.

Scouring powder

2 parts baking soda
1 part salt
1 part borax
Mix the following together in a bowl and pour into an empty parmesan cheese container. Sprinkle on damp surfaces and scrub with a sponge.

All natural wood cleaner

1 part olive oil
1 part lemon juice
Keep this handy in a large squirt bottle. Use for wiping onto your wood furniture.

All purpose cleaner

2 teaspoons castile soap
5 T vinegar
2 teaspoons of borax
1 teaspoon of baking soda
4 cups of hot water
4-6 drops of tea tree oil
4-6 drops of peppermint essential oil
Mix the above into a large spray bottle. I would recommend adding all of the ingredients with the water being last. The vinegar will react with the baking soda causing it to bubble up.
Vinegar and tea tree oil have natural anti-bacterial properties. We don't always add the peppermint oil, unless we have it on hand.

Window/mirror cleaner

1 c water
1 c alcohol
1 c vinegar
2 squirts of castile soap
4-6 drops of essential oil, optional
Shake all in a squirt bottle. Use a microfiber cloth to wipe.

Take a break from using your store bought items and switch to these for a few weeks. It will take some time to strip your mirrors from the chemicals in the store bought cleaner, so don't be afraid if it leaves streaks. It is just the build up from the chemicals. It just takes time.

First aid basics

Part of becoming a daughter of gladness is knowing what to do in an emergency. Being mature and able to be dependent on when an emergency arises is a blessing for everyone.

Here are some basic first aid skills that you should know:

Puncture wound or cuts and scrapes

If a person has a small puncture, cut, or scrape it may or may not bleed. Here are some steps to take care of it:

1. Wash your hands, to prevent spreading infection
2. Apply pressure to the wound to stop the bleeding
3. Clean the wound with clear water. Remove any debris with tweezers. Make sure to clean the tweezers in alcohol first. If debris still remains, see a doctor. Carefully clean the area around with a washcloth and warm water.
4. Apply an antibiotic. Applying a thin layer of cream can help stop spread of infection.

5. Cover the wound with a bandage.
6. Change the dressing as it becomes wet or dirty.
7. Watch for signs of infection. If it doesn't heal, has more pain, is red or has any discharge, see a doctor.
8. If the bleeding does not stop or appears to be very deep, it may need stitches. See a doctor.

Burns

These can be serious or in most cases not so bad. If you have a small burn just on the surface of the skin from touching a hot object, immediately place the area under cool running water. Keep the area covered in water until it feels better about 10-15 minutes.

If the area blisters, don't break them. Cover them with antibiotic cream and a bandage.

If you develop large blisters, see your doctor. If you notice signs of infection such as oozing from the wound or increased pain, redness or swelling see your doctor.

For severe burns, call 911 immediately.

Bug bites or stings

Most reactions to bites are mild, causing only discomfort to a person. But in some cases it can cause an allergic reaction. For most, wash the area with soap and water. If there is a stinger, remove that. Apply a cold pack to reduce pain and swelling. Use a pain reliever if necessary. Apply a topical cream such as hydrocortisone to ease the pain and itch relief. Take an antihistamine such as Benadryl if you are experiencing an allergic reaction to the bite.

For a severe reaction such as difficulty breathing, swelling of the lips or throat, faintness, dizziness, confusion, rapid heartbeat, nausea, cramps, or vomiting contact a doctor or 911 immediately.

Heat exhaustion

This is sometimes common with little children who have been outdoors playing in the hot sun. They may begin to start feeling faint or dizzy. They might have a

headache, feel fatigued, or have many other abnormal symptoms. The best thing to do is if you notice they are acting differently, get them indoors out of the sun. Try and get them in an air conditioned room. Remove any tight clothing and elevate the legs and feet slightly. Give them cool drinks to sip on while you sponge their bodies gently with a cool wet cloth. If they don't seem to be getting better, call 911 or your doctor immediately. This can lead to heat stroke.

Frostbite

At the other extreme, if you are outdoors in the winter time you can be exposed to frostbite in extreme temperatures. It is very important to have all of your skin unexposed while venturing out in to the blistery weather. Even if the weather is fair and you are having little ones outdoors to play, it is important that if their hands get wet with snow, you bring them indoors and change their gloves immediately. I like to keep my gloves off and in my pockets and I know that if I am freezing than my little ones are probably cold as well. They won't as likely tell you that they are cold, so it will be your job to only let them play for increments of time outdoors in the winter. When you bring them back indoors, do not put their hands in warm water. It will only cause them to burn. Gently massage them together to warm them up.

Falls or head trauma

These are all sensitive issues and as with everything use caution. If my child is to fall down, I usually let them try and get themselves up. If they are able to stand up even partially, then I know that the fall is not that severe. Do not pick up a child who has fallen and lays there. You don't want to do more damage to them in case something is broken. Carefully try and calm the child down and see if you can find out where the pain is coming from. If crying continues for an extended period of time, $\frac{1}{2}$ hour to 1 hour, I would suggest calling 911 or visiting your nearest ER. If the child can be comforted within a matter of moments, they will probably be alright. Don't immediately give a child pain relieving medicine, especially after a head trauma. Give their bodies some time to figure out what is going on and if you don't need to visit the ER, you can administer a dose to make them more comfortable.

Bumps/bruises/sprains

If a child is hit in an area it may bruise, swell, or sprain depending upon what they did to it. The best thing to do is get the child to sit or lay down comfortably. Elevate the injured area and apply a cool ice pack to help with swelling. Doing this for a few moments is better than not doing it at all. If the child continues with increasing in pain or the area continues to swell, contact an adult to let them access the situation.

I would hugely recommend taking a CPR and choking class. Your local fire department or hospital should offer these classes. You never know when that one time you could save a person's life by just knowing what to do in an emergency. Being a mom of 10 children, I have, on two occasions experienced my child choking and had to perform the Heimlich maneuver. These are valuable things to know. It will take a few hours out of your life, but well worth the time.

This week's wrap up on *GLADNESS*:

- Devotional
- Declutter the bathroom
- Clean the bathroom
- Learn about natural cleaners—make your own
- Learn some first aid basics—inquire about taking a class at your local fire hall or hospital.
- Personal evaluation—write down things needing improvement

Definition of gladness: _____

Notes to remember: _____

Teacher evaluation week 2

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 3 Becoming a daughter who serves

Devotional

Definition of servanthood: Caring for and meeting the needs of others before caring for myself.

Service that the Lord has for us comes in all shapes and sizes. It is a sad thing when people overlook some of the small tasks that God assigns His people.

Sometimes being a stay at home mother is often times looked down upon as a least important job. But raising up mighty warriors for the Lord Jesus is NOT a lowly job.

We need to come to the Lord as a humble servant and do whatever it is He asks of us. Don't get jealous if your friend is over serving in the mission field and you are "just" staying at home helping your mother. Any job is an important job as long as you are doing it unto the Lord. God will bless you for your willingness to serve Him in whatever ways that he sees fit.

As a young person, you would probably be surprised at how many people watch how you serve others. Opportunities in your life may get passed by because you were not diligent in serving in the little things. Sometimes "higher" up people want to see how you will perform in the smaller tasks to see if they can trust you with the larger tasks.

I have read numerous stories of employers that "tested" out the new employees. They would give them repeated menial tasks, that were quite cumbersome and boring. Some left the job, some did it sloppily, but those that did it thoroughly and with a good attitude, those were the employees who were able to be elevated up to a higher status in the company. Be on guard, you never know who is watching your skills. Know that God is watching all of the time---and He can ultimately reward you for your behavior and your diligence.

We should strive to do whatever service that the Lord would have us do. God rewards those who are faithful in even the little areas of life. Helping make

dinner, getting a drink for a two year old, helping your sister clean her room, and helping keep the children quiet during service. All these "little" things God is watching out for. If you can be a servant in the little things, than God will know that you can be a servant in bigger things. He is watching to see who is faithful in the least, because they will be faithful in much.

Make it a mission to ask "What can I do to help you Mrs. Maryon?" whenever you visit someone's home. You can also do this regularly within your own home. What a true blessing you will be when you do this each and every time you go somewhere. I distinctly remember the few teenage girls that ALWAYS ask me that question. It lets me know that they truly want to serve and help. It isn't met with an attitude, they are genuine with their requests. Make this be part of your life as you are working to be a daughter who serves.

Thoughts to remember: _____

Living room declutter/organize/clean

We are going to work on the living room this week. Since this is not your own home, before you throw things out or decide to move things, ask your parents if it is okay to do that. You are gaining skills for your future and at the same time being a blessing to your own family. This is a room in your home that everyone comes to relax in. It should be a comfortable, peaceful place.

You will need:

- Bucket with cleaning rag and all natural cleaner
- Window cleaner and microfiber cloth
- Wood cleaner and rag
- Vacuum with crevice tools
- Broom (for cleaning cobwebs)
- Basket for items that do not belong
- Trash bag for garbage

Start with the ceiling. Use your broom and carefully "sweep" away any cobwebs that may have made a home in the corners of your ceiling.

If you have a ceiling fan, use a wet rag and carefully wipe every blade. You will only have to do this two times per year, but it will make a mess on the floor below so do it before you vacuum.

Wipe any light fixtures on the ceiling as well.

Then move onto the biggest item in your living room, the couch. Start by taking off all of the cushions and brushing them off to remove any crumbs. Use your vacuum crevice tool and vacuum out the inside of the couch. Be sure to get into all of the crevices. Put the small items found, into the basket to be put away later. When you are finished, put back on the cushions. Move the couch over and vacuum underneath where it has been setting. Place the couch back. If you have any chairs with cushions, do this to them as well.

If you have any tables in here, remove all of the items and use your wood cleaner to spray and then wipe down to remove any dust. Pay attention to the legs, the

back, and any ledges. Before putting any items back on the table, wipe them down. If they are not wood, use your rag with all purpose cleaner. If they are wood, you can just use the rag that you wiped the table off with. You don't need to apply any more cleaner, it will have enough to clean the objects off.

Coffee tables---are a magnet for accumulation. If your family keep lots of magazines, get permission to go through and decide which ones to keep and which to get rid of. If they are cooking ones, ask your mother to go through and rip out the recipes she wants to try and you can organize them for her.

If you have any extra magazines that are old, ask to see if you can get rid of them. If your parents want to hold onto them, organize them neatly and set them all together in the same area.

For the entertainment center, remove all of the videos, DVDs, and gaming items. Check to see if the videos inside the case match the outside. Go through them to see if you are able to get rid of any older, unneeded ones. Wipe down any electronic equipment with the window cleaner sprayed onto a microfiber cloth, remember the backs and sides. Use your wood cleaner to wipe off the wood stand. Place everything back neatly inside.

Wipe any remotes---which accumulates germs quickly from everyone touching them. Make a note to wipe these once per week with your weekly cleaning.

Move around the room in a clockwise pattern, cleaning items as you go. Remove items that do not belong and put them where they go.

Throw away burned candles that you won't burn again. Keep focused and burn the candle completely down until finished and don't buy any more until that one is burned.

Organize the bookshelves by going through the books. Are there any that are ripped and need repair. Any that can be passed along to someone else? Line them up with the spines straight up and down to create clean lines and a taller shelf.

Keep knick knacks at a minimum. I know this is not your home, but for your future think before you start collecting a mirage of items. They will only be a source of constant cleaning and dusting.

Rid your life from things that create more work so that you can enjoy the important things in life.

Move all the big furniture away from its "normal" place and vacuum or sweep under them. Put back into place.

Carefully wipe pictures, wall hangings, light switches, ledges, and heater vents. Move from the top of the walls and work your way down. Work in a clockwise pattern around your room.

If you have any window curtains, carefully remove them and wash them in a cold, delicate wash. As soon as they are finished washing, hang them up to dry. Carefully pull at the bottoms to help prevent any wrinkles in the material. If you have blinds, wipe every individual blind to remove dirt. This only has to be done once or twice per year. Wash the windows inside and out with window cleaner. Wipe the frames down as well.

Do a thorough vacuum or sweep of the entire room.

How to dust

Even though those feather dusters look cute in the store, the problem with them is that they just "push" the dust to a new area. We want to get rid of the dust. The best way to do that is with a microfiber cleaning cloth. Depending upon what I am cleaning, I have one for wood and one for non-wood items. I spray the cloth first with wood cleaner or window cleaner and then wipe the items down. The cloths will capture the dust.

If you have items with intricate carvings, use a clean-natural bristle paint brush to remove dust out of the tiny nooks and then wipe with a microfiber cloth.

When you are dusting, make sure to wipe around the entire object. If you are able to move it and wipe under it, then great. If not make sure to do all around it. If it is close to the floor, make sure to wipe along the bottom to remove any pet hair.

To help cut down on dust in your home, make sure to clean any furnace, dehumidifiers, or air conditioner filters at least once per month if not more. This will make them more efficient and also cut down on the flow of dust in your home.

How to clean windows

You can clean windows in one of two ways, by using a squeegee blade or with window cleaner and a microfiber cloth.

To clean with window cleaner and a microfiber cloth, just spray and wipe the window. If you are doing both sides of the window, wipe each side in a different direction to see where you have left the streaks at. I remember learning how to wipe windows with an old newspaper. It works great and does not leave any lint residue. Crumble it up and wipe as you would with a rag. Baby cloth diapers that have not been dried with fabric softener remove dirt and leave no streaks behind as well. But if you do not have these items, a microfiber cloth works great.

****Do not wash your microfiber cloths with fabric softener. They will leave a streak on your windows as you are washing.**

If you have a squeegee blade, this is a fun tool to wipe windows with. If you are washing indoors, place a towel on the window ledge to catch drips. Using a sponge, wash the window with a solution of $\frac{1}{2}$ vinegar and $\frac{1}{2}$ warm water. Take the squeegee, wet the blade, then wipe from the upper corner of the window pane towards the bottom. Draw the squeegee down in a straight stroke. Return to the top and repeat, slightly overlapping the first stroke. After each stroke, wipe the squeegee off with a cloth. Finish by pulling the squeegee across the bottom of the window and dry the sill with a cloth.

Being hospitable by serving others

This is a good week to learn how to be hospitable by serving others.

Being hospitable is making others feel welcomed by you serving them. If you complain that your house is dirty or that the food is less than perfect, it makes your guests feel that you put more value on your home or food prep instead of them. When you invite others over, don't dwell about the condition of your home or how the food turned out. Focus on serving them and visiting with them.

When you have guests and you focus on keeping the kitchen cleaned up, and having things stay neat and tidy, you are going to miss out on the blessing of just having them there. Remember Mary and Martha in the Bible?? Martha ran around doing tasks and staying so busy that she was complaining that Mary was just sitting at the feet of Jesus. Jesus said, "Mary has chosen the right thing to do, and it shall not be taken from her." We want to take that mentality.

Yes, you should straighten the home and try and make a nice meal. But don't fret over mismatched dishware, or a home that isn't as nice as you "wish" it would be. Do all that you can do before and then enjoy the fellowship with one another.

Don't focus on yourself by talking about everything that is going on in your life, focus on your guests. Ask them questions, get to know what is going on in their life. You want to be a servant. A servant, listens more than she speaks.

Make sure you pay attention to the needs of them. Do they need more drink? More food? Maybe the person you invited over isn't much of a talker, that can get awkward. This is a good time to share things about yourself that might help them open up a bit. I usually take this time to get up and show them things around my home. Since my home is filled with lots of photos, I usually do that. I then can relate a funny story or one that God has worked things out. Make the stories uplifting and encouraging to each other.

If you catch yourself talking negatively or gossiping, immediately STOP!!! That is not a trap that you want to get wrapped up in. Try and steer the conversation towards a positive topic. If your guest continues in that conversation, just politely smile and say that you don't want to discuss that any more. Then quickly move to something else.

If you are more shy when it comes to talking to people, prepare beforehand. Have a list of questions that you can ask to find out more about them. These questions should work on any age of a person, that way you won't be afraid to talk with someone who is 16 or 60!

- Do you attend a church?
- Do you play music or sports?
- Have you lived here long?
- What types of things do you enjoy doing?
- Do you have any siblings?

These are just basic beginners. Always begin with "Hi, I am Amy, it is nice to meet you. What is your name?" Then repeat that person's name, and immediately put the name with an image to remember in your brain. When you say, "Sarah, it is very nice to meet you." In my head I would remember Sarah from the Bible and put that as a connection. Most people forget a person's name almost immediately after they say it. By repeating it and then putting an image with it, will help you better remember.

Then ask a basic question. Usually off of that one, you can ask multiple questions, being more specific. When you leave that conversation, remember something specific that the person told you. The next time you see them, you can reiterate what they said to you. They will be astonished that you remembered!

Most people will enjoy talking about themselves, so conversations should not be hard. You want to focus on getting to know them and serving them. That is the greatest example of Jesus, serving others.

This week, make sure that you reach out to someone to get to know them better. Ask your parents if it is okay to invite a family over for fellowship. Help your mother by preparing the home for them to come. Focus on being a servant, rather than being served.

This week's wrap up: SERVANTHOOD

- Devotional
- Decluttering/organizing/cleaning the living room
- How to dust
- How to clean windows
- How to be hospitable
- Personal evaluation---write down things needing improvement

Definition of servant hood: _____

Notes to remember: _____

Teacher evaluation week 3

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 4 Becoming a daughter of strength

Devotional

Definition of strength: Having power, force and vigor for the task assigned.

Being strong and victorious in our life can sometimes be a discouraging thing. One read of the Proverbs 31 woman and you might feel that you can never attain all of the things that she is! But let me tell you, that you can! It takes doing it one step at a time. That is what you are doing, when you learn new skills and things from this book. You are gaining strength to be a better woman by learning skills necessary for your future. But we didn't throw them all on you and say, "Here run a household!" You are practicing in your home, so that when you are older, you can have the necessary skill sets to be successful.

How do we learn to be strong in our life? By patience and endurance. Having dinners that turn out burned, having our cookies be hard as rocks and by failing at keeping your room clean. These are all good things. If you persevere and keep at it, you WILL eventually get better at them.

If you have issues that you want to improve, you should start working on them now. If you sleep in late, start by training yourself to wake up each day the first time you hear your alarm. If your room continually is messy, start by figuring out what is making it messy and fix it. The only way we get better is by failing at something and getting back up and trying again. This is true for our walk with the Lord. When life knocks us down and we lose our way, we get back up again. That is how we get stronger, more determined, and on a straighter path with God.

Being victorious and strong starts with forgiveness. You have to learn to forgive others and how to forgive yourself. Unforgiveness will hinder your walk with the Lord. You will not be able to be truly victorious in anything that you do. No matter what you have done, God will forgive you of your sins if you turn to him. God says to forgive others as I have forgiven you. If you can't forgive others how can you expect God to do the same for you?

Do you struggle with sins? We ALL struggle with them. It doesn't matter if you are 15 or 55, having self-control and dealing with sin is a hard but not impossible. Know that you do not have to do it alone. It is only by the grace of God whom lives in you that you are able to change from your old ways. Allow the Lord to work through you to have victory over your sins. Don't be discouraged when things cause you to stumble. Ask the Lord for forgiveness and walk away from those things causing you to sin. This will be a daily task, if you want to be free in Christ Jesus.

All of this strength begins by surrendering your life over to the Lord fully.

Thoughts to remember:_____

Kitchen declutter/organizing/cleaning

The kitchen is a good place to exhibit strength in our lives. This week we will learn how to declutter, organize, and clean the kitchen.

Again, since this is not your home, please make sure that you double check with your parents before you throw things away or move things around. I am sure they will be blessed by your venture to help make life easier and better organized.

The kitchen can be a catch all for the entire family. The kitchen counters can easily get crowded with papers. Cupboards get jammed with items that we hurriedly set in and hide away. Food gets pushed to the back as we replenish and add more to the pantry. Refrigerators and freezers get full with new foods, while leftovers get lost in the frozen abyss.

Having a regular schedule of decluttering and organizing your kitchen will keep it in shape without becoming overwhelmingly chaotic.

I would take a cupboard and drawer one at a time and organize it. Take everything out, wipe down the insides and sort through your items. Have one pile for trash, one to give away, and one to put back. Organize the items neatly when you put them back in the areas. Work in a clockwise pattern around the room, from top to bottom. This may take you some time to do. Decide how many of each item that you really need. The more items that you have, the more work it is to clean up.

When it comes to cleaning supplies and food, try and organize like items together for easier finding. If you have multiple items of one thing, put them together. If you have opened foods that spill easily, pour them into plastic or glass containers. I use square ice cream buckets for holding my dried beans and plastic coffee containers to hold items like chocolate chips and coconut. It keeps my pantry neatly organized and with one look, I can see how much of one item that I have.

When you are finished with the insides, work on the counters. It takes more work to maintain a kitchen that has items out on it. Consider putting some of your appliances that are not regularly used away. Make sure that you wipe down each appliance to remove any caked on foods. Pay careful attention to the back splash behind the countertops. Food can accumulate on that area sometimes unnoticed.

Wipe down all major appliances with an all purpose cleaner. For stoves, wipe out underneath any burners carefully. If the inside of your oven needs cleaning, use a store bought cleaner. I know, I don't usually ever recommend using chemicals, but I have learned that it is almost next to impossible to clean an oven with anything other than strong chemicals. Use an exhaust fan to remove any odors and do it overnight, when the kitchen is less likely to have people in it. You can wipe it down first thing in the morning. Use an old rag and rinse it out in between wipes.

Your oven may have a self-cleaning option. Which is great, it heats the oven up to a high temperature and burns off the foods. I have found that prevention is the best thing, but that is not always possible. Usually once per month, I have to go this route and use chemical cleaners.

Finish up by wiping the entire appliance face and door. Pay attention to the knobs and handles.

For refrigerators work from the inside top to the bottom. Remove items off of the top shelves and wipe with an all natural cleaner. Wipe any walls as well. After that shelf is thoroughly cleaned, move onto the next one. Continue working down, this allows any food to be dropped and you can end with picking it up. If you have any drawers, remove those and clean with soapy warm water in the sink. After you are finished with the shelves, work on the doors. Remove all of the items and wash out bins. Check along the bottom of the door and remove any grime that has accumulated.

This is a great time to go through leftovers and see what needs to be thrown away. If you have multiple bottles of condiments, combine them together. You can add a little bit of water to help remove all of the sauce from the containers. Set the leftovers in an area that can be seen, so they can get eaten up.

Do the same for the freezer. Move any "lost" foods to the front, to be used up.

After the inside is done, wipe the entire outside of the refrigerator down. Do the top and sides. Use an appliance brush to clean underneath the refrigerator. It will help to clean off the dust which can clog and cause your appliance to fail. If you

don't have a brush, you can use the attachment crevice hose on your vacuum. This should be done at least two times per year.

If you own a microwave, the best thing to do is to put a glass measuring cup filled with about $\frac{1}{4}$ cup of baking soda and $1\frac{1}{2}$ cups of water into it. Turn it on for five minutes. When it finishes, let it sit for about another three minutes while you clean the face and handle of the microwave. Open the microwave and wipe the inside all around with a clean sponge. All of the dirt will just wipe away effortlessly.

Sinks can be scrubbed with the all natural scrubbing powder that we made for the bathtubs. Scrub all around the corners and the rim. You can sprinkle about $\frac{1}{2}$ cup of baking soda into your drains, then pour 1 cup of vinegar afterwards. This will help remove odors and help clear pipes.

Now that most of your kitchen is cleaned, go around and wipe off the faces of the cupboards. Pay careful attention to the handles and corners that get touched most frequently to be opened. Get on your hands and knees to wipe the bottom ones. You will be surprised at how much dirt is on the bottom areas.

A place for everything, and everything in its place.

This will help cut down on disorganized chaos in your home, especially your kitchen, the biggest catch all area.

Try and not have junk drawers or junk baskets in here. By returning things where they go and having a place for everything, will result in a much neater home.

How to wash dishes

Since we are in the kitchen this is a good time to learn how to properly wash dishes. Some of you may just use the dishwasher, but washing them by hand is a much more efficient way to getting them done quickly. It takes only a few moments and will use less water.

The BEST time to do dishes, is IMMEDIATELY after they are dirty. If you leave dishes for a few hours or until the morning, the food is caked on and it makes it twice as hard to get them clean. It is best just to do them as soon as you are finished eating. It makes for a clean kitchen and then it is something you won't have to worry about because it is done.

1. Start by removing all foods and liquids from your dishes. Plug the sink, and start to fill with hot water. Squirt a few squirts of dish soap as it is filling up. The hotter the water, the better to remove bacteria.
2. Place your silverware in the bottom of the sink. Then your plates, bowls, and finally cups. If you have any casserole pans or pots, fill them with some soap, water and let them sit next to the sink, while you are doing the other dishes. This will give them opportunity to soak and make clean up easier.
3. Begin by washing any glasses or cups. Wipe the inside and pay attention to the lip where the mouth touches. I like to wash with a microfiber dish cloth. I have switched from sponge to these because of the bacteria growth on the sponge after sitting out for days. Every night, I throw them into the wash and get a clean one out for the next day. Rinse these in hot water, to remove all of the soap. Set to dry on the rack or towel.
4. Next move onto plates and bowls. Carefully wiping the entire object. Rinse thoroughly with hot water and set to dry on towel or rack.
5. The silverware is last, this allows it to soak for awhile as you are washing the other dishes. Don't just grab them out of the sink, wipe each item to make sure that you remove any food left on it. Rinse in hot water and set to dry.
6. Lastly wash and scrub serving bowls, pans and pots. I like to use my abrasive scrubber to get caked on foods off easily. If you have had your pan or pot soaking, it will help to remove the stuck on food much easier. What if you have food that is burned on the bottom, making it impossible to remove? Sprinkle some baking soda over a wet pan. Let it sit for about 15 minutes while you go about putting away the other dishes. Come back and start scrubbing with an abrasive pad or steel wool. If it comes off easily then great, if not, sprinkle it again and let it sit longer. I have had to let items sit overnight to remove some burned on turkey bacon.
7. Make sure and dry all items before putting them back in your cupboards. Wipe up any wetness from the countertop, hang up your towels to dry, and wipe up any water splashes on the sink. Check the front of your sink to remove any water that may have dripped down.

To cut down on the amount of dishes that I do have after each meal, I like to wash them as I am preparing them. This helps not to have an overwhelmingly full sink after a meal. It only takes a few moments and is a HUGE help when cleaning up after 11 people☺

How to sweep floors

Floors can accumulate lots of dirt especially when you have a number of people walking all over them. The kitchen is usually a high-traffic area where food can get dropped and sometimes pushed in the corners. Sweeping a floor isn't too hard of a job. Usually it just takes practice at noticing that you forgot to sweep an area.

First thing that you do is to remove any rugs and objects off of the floor. Carefully pick up rugs and take them outside to shake. Don't shake them indoors, it will only make more of a mess.

Choose a broom that is comfortable for you, one that is light and not heavy. Angled type brooms work great for getting into corners and this is especially helpful in the kitchen. My favorite broom is a rubber broom. You can find these online and are fairly inexpensive. They pick up dust and hair more consistently than a regular broom.

Try and keep continuous contact with the floor, without pressing the broom strands down on the floor. Pay attention to corners and edges, where dirt can easily get left behind.

Begin on a section away from your body and work towards your body, in a gentle sweeping motion. Some people like to work on the perimeter and end up in the center of the floor. Others, who have a larger area to sweep, might prefer to sweep from one side of the room to the other, by pulling the dirt with them. Whichever method you prefer, the more you do it, you will realize the most effective way to sweep.

Carefully sweep your pile of dirt into your dustpan and carry it to the trash. Be careful to avoid any overhead fans that may be on, to disrupt your dirt pile 😊

To check for thoroughness, you can run a rag along the edges of your floors to see if you were effective at picking up all of the dirt. If you didn't, you may have to go back over that area again.

Food choices

Part of being victorious is being smart in your food choices in life. When looking for recipes to eat and when choosing foods to purchase always look for the most basic, natural ingredients

When you are looking to prepare a meal for your family, the most nutritious will be the ones with basic ingredients. If a recipe calls for a bunch of prepared, packaged foods, skip it and look for something that requires you to make it from scratch. It is okay to use packaged foods every now and again, but try and make everything from scratch. It may take longer, but it is better for you in the long run. I like to make our favorite dishes, baked goods, and snacks in large quantities and freeze them. That way, I save time by cooking in bulk with the added benefit of healthy foods for my family.

Food buying tips and shopping smarts

Here are some tips to help you when shopping for food:

1. Always go shopping with a plan. Make a list. If you go without a list, you will be more likely to spend money you didn't intend on spending. Plus it helps so that you do not forget items that you needed for a particular meal.
2. Plan out a weekly or monthly menu. I find it is more cost-effective to shop once per month for our large family. If I can do this and get the majority of our foods, I can usually only have to go once every two weeks for fresh fruit, vegetables, and milk. When you have a plan, it is easier to make out what items you need for the meals. You can easily check your pantry and freezer to see what you need to pick up.
3. Do not go when you are hungry. This is such a pitfall for many. You will come home with much processed food. They purposely have yummy smelling foods and lots of fresh looking vegetables out in the salad bar, just waiting for you to pay them for their labor. Skip it, save it by preparing it yourself.
4. Have a budget. Don't just go aimlessly to the store. Know how much you have to spend and mentally keep a tally of how much it cost. Round off the amounts, instead of saying \$1.89, I just say \$2. It is easier this way.
5. Keep a list on your refrigerator of items that you are almost out of. Don't wait until it is completely empty—have you ever run out of toilet paper? Do it before it is gone.

6. Keep some foods on hand for a quick fix night. This might be spaghetti, or a quick frozen meal like chicken patties. Make it something that throws together quickly for when you are tempted to buy out.
7. Buy frozen veggies. If you can't afford fresh buy frozen. They are the next to best thing and better than nothing.
8. Cut back on meats. Meat is expensive. Think of replacing a meal or two a week that is meat free like beans and lentils. Many cultures eat like this all of the time.
9. Make your own individual snacks. Instead of paying a company to package them, do them yourself. Either buy small baggies or small plastic containers—that you can reuse.
10. Plan freezer meals. You can dedicate a few hours to making a big batch of meals and freezing them for later dinners. There are many online resources dedicated to this purpose. It is cost effective too.
11. Utilize the Crockpot. Being able to throw a bunch of ingredients together and then letting them cook all day, without any worry, is a good thing to have when it comes to dinner time. Less stress.
12. Use coupons, only if you were already planning on purchasing the item. It may take a few moments extra, but it will save you if you are diligent.
13. Scan through the store's flyer looking for specials. If you notice a great deal, stock up on multiple items.
14. Try the store brands. Usually they taste exactly the same.
15. Use up your fragments. Don't waste anything that you have. If you have leftover items, get creative and throw them together to make a dish. If I am making spaghetti, I can throw in that leftover salsa, even that little bit of fettuccine sauce. It adds a different splash to your regular meals, but it also utilizes and stretches the meal a bit.
16. Skip the junk food, or buy as little as possible. Junk food not only cost a lot of money for zero nutrition, but it makes you and your family fat and will eventually give you health problems. That is NOT a good deal
17. If you can help it, do not shop with your children, they are more likely to ask over and over again for you to buy something.
18. Aim for whole foods. Look for things in the least processed form—whole grain or wheat instead of white bread, fresh fruit instead of canned or juice, and whole grain cereal or oatmeal instead of processed.
19. Pay attention to labels. Look for hydrogenated oils, high amounts of sugar, saturated fat, trans fat, lots of sodium, and cholesterol. Avoid these like the plague. You want to stick with foods with high fiber, good fats, protein, vitamins, and calcium.
20. Skip eating out. It is never cheaper or more nutritious then eating homemade meals at home. Plan your meals and make your lunches at home.
21. Stick to your list. Don't buy anything unless it is on your list. These impulse buying practices will add up and cost you hundreds and thousands of dollars over the course of a year.

22. Avoid frozen dinners and prepared entrees. These cost way more and are usually much less nutritious. The sodium content is usually astronomical.
23. Drink water. If you normally drink a lot of sugary drinks, avoid them and stick with water. It is much better for you and costs much less.
24. If you know your stores layout, plan your shopping list according to the isles. It will help you avoid running back and forth through the aisles.
25. Bring your own bags. I have started accumulating cloth grocery bags. They are far sturdier than plastic and way better for the environment. Do an internet search on the Great Pacific garbage patch. This is the result of plastic waste in the middle of the oceans.

Planning and shopping for a weekly meal

This week ask if you are allowed to plan out a weekly menu for your family. Keep it simple, not overpriced dinners. Keep it routine, if your family likes Taco Tuesday, then keep Taco Tuesday. Plan for a variety of meals for the whole week. Think about what types of activities you have that day and whether you will be able to make that meal. If you are going to be out of the house, it wouldn't be wise to make a baked chicken dinner or homemade pizza, think Crockpot. Plan according to your schedule. Find out what your budgeted amount is for groceries before you begin, so you have an idea of what to spend.

After you have planned out dinners, write down some lunches and breakfast ideas as well. Again keep it simple.

Next take the time and find out what ingredients you will need to prepare all of those foods.

1. Check your pantry for items that you already have.
2. Show your list to your parent and ask if it looks ok.
3. Head to the store and go shopping. I would highly recommend not going during the busy hours. Especially if this is your first time shopping, choose an "off" time like later at night or earlier in the day. The stores are less likely to be crowded and you will be able to focus and take the time to look around for what you need.

Remember all the tips I gave you and put them into action.

How did you do? Were you able to stay within budget?? Did you have to put some items back? _____

This week's wrap up on STRENGTH:

- Devotional
- Kitchen declutter/organizing/cleaning
- How to wash dishes
- How to sweep floors
- Making good food choices
- Planning meals for the week and implementing them by shopping
- Personal evaluation—write down things needing improvement

Definition of strength: _____

Notes to remember: _____

Teacher evaluation week 4

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 5 Daughters of love

Devotional

Definition of love: Having a deep personal attachment and affection for another person

Becoming a daughter of love begins with having the part of you that is the center of becoming pure love.....your heart.

This all begins by having personal one on one time with the Lord each day. The ONLY way to get closer to God, to have our hearts knit with God, is by spending time with him. You CANNOT cultivate a relationship with God by having a spiritual occurrence at church on Sunday or at an event, but do nothing with it after that. God's existence and power is real. But it won't keep manifesting in your life, if you don't stay in the Word. Pray, believe it, ask for guidance. It is a constant thing. You shouldn't look to God only on Sunday or only when you need Him. He should be in your heart ALL of the time. Think of your most prized possessions and how much you cherish them. The value you place on those should be nothing compared to how much you cherish God. He should be the first, foremost and center of our life.

By doing this, it will help you to see life in a whole new way. You will start to view your siblings as "blessings in disguise." I know, you might have that large family with "too many little ones" that drive you crazy. Or maybe you have that annoying older or younger brother. But you will start to view them with God's eyes, not your own. You will know that God has placed you in that family, with those people, for you to learn to love and get along with.

How much easier it seems to get along with our friends then with our own siblings? It takes time to cultivate and help grow your relationships within your home. Make it a point to play your brothers favorite game---even if you don't like it. When your big brother criticizes you, say something nice back. You are learning how to build relationships in life. This will help in your marriage, your job, and other "difficult" relationship you will encounter in your future. Remember the Golden rule:

Do unto others, as you would have them do unto you.

Matthew 7:12

That is the truth, it doesn't say, "If and only IF they do good to you. It says for you to treat others as you would want to be treated. Let God work out the rest.

If you are having a hard time getting along, start saying positive words to them. Instead of criticizing them, praise them. Even in the little things. Once you start speaking out positive words, eventually it is going to catch on. You might be surprised at how quickly their tone will change.

You can have a heart of love towards your family, your sibling, and your friends in front of their faces, but what about when you are away from them? Is it easy to start complaining and gossiping about their flaws. All these things be careful not to do. Speak words that are uplifting to everyone.

Remember if you are in a group and your friends are speaking about others negatively, more than likely when you leave that group, they are speaking negatively about you as well. Don't be one of those girls. Have a pure heart and clean hands. A heart that loves at all times.

Thoughts to remember: _____

Dining room clean/declutter/organize

Go through, pick up, and put away any miscellaneous items. Do a thorough room clean as you did the living room:

1. Wipe for cobwebs
2. Wipe any light fixtures and fan blades
3. Wash any windows and curtains
4. Wipe the walls from the top to bottom.
5. Wipe off the table and use a wood cleaner to polish it. Make sure to do the sides and the legs. You will be surprised at how dirty they are.
6. Wipe off any chairs or benches in the same manner.
7. Wipe any other furniture in this room with the appropriate cleaner.
8. Put the chairs up on the table and do a good sweeping of the floor.
9. Wash the floor by hand.
10. If you have any other furniture in this room, go through and declutter in the same method as you have done for other areas of the home.

How to wash floors by hand

Why would you need to wash the floors by hand when you have all these great devices that allow you not to have to get down on the floor? The answer is simple....for the thoroughness of doing the job by hand. For the most part, you can get away with doing this on a daily basis, depending upon the traffic in your home. But as a rule of thumb, you should give your floors a good hand wash scrubbing about once per week.

Even though we have many devices that do a good job of cleaning on a day to day basis, sometimes a more hands on approach is needed. When that dried, stuck on food won't move, a good hand scrub will do the job. Corners get dirty by pushing the dirt into them, that the pad cannot pick up. A sponge mop just pushes the dirt around. A microfiber one picks up the dirt better. But by using your hands and a good cloth, you can make sure that all of the dirt and caked on food gets wiped up.

Begin by having your floors swept. This eliminates the need to pick up so much dirt with your rag. Then grab a bucket filled with warm water and cleaner. I use a

microfiber cloth and it eliminates the need to have to use any other tool to “scrub” the floor with.

A safety tip to remember is to make sure that no one will be walking on the floor. If there are little ones in the home, get a fan so that the floor can dry quickly.

Start at your farthest away corner. Wring out your rag and begin wiping across the floor. It doesn't matter what “pattern” that you use. Just be consistent. Work from left to right, back to forward. Make sure that you pay attention to the kick plate under your cabinets.

As your rag picks up more dirt, wring it out in the bucket and continue wiping. If you have overhead fans, I recommend turning them on. Continue working your way out of the room picking up any dirt in your rag as you go. Don't just push the dirt, pick it up in the rag. Think of scooping the dirt and grime from the floor into your cupped hand while wiping it.

Any stuck on food that won't get removed by the microfiber cloth can be done so with a flat spatula. Carefully scrape up the food and pick up with the cloth.

Dump the bucket into the toilet. This will prevent things from getting stuck in your sink drain. Make sure that the floor is thoroughly dry before walking on it.

Planning meals, special diets, and grocery lists

This part of the lesson will be more of a reference for you to start planning for the future.

I would recommend making a Master menu of different meals that you enjoy making. Consider making a list of them and put them in your Household binder that we recommended making in the 36 week part of this course. You can continual add to them throughout the years of you making food. ONLY add them if you have made them and people enjoy eating them.

In your household binder, you can have a tab for recipes and add directions on how to make your favorite meals as well.

Having this list will help you in preparing meals for the week, when you are on your own. I like to organize them according to type:

- Soups
- Sandwiches
- Italian
- Mexican
- Casseroles
- Quick fix meals
- Hearty meals---like meatloaf, Salisbury steak, etc
- Chicken meals
- Crock pot dishes
- Baked items
- Desserts, according to seasons. Apples for fall, ice cream for summer, etc.

Your next step would be to create a monthly or weekly menu. You can create a simple sketch of a menu on paper or do it in Microsoft Word by creating a table.

I like to choose certain meals depending upon how my week is going:

- Monday----easy casseroles(Monday's are typically hurried from the weekend, this works well)
- Tuesday---soups and sandwiches(I can use the soup for lunch during the baking day tomorrow)
- Wednesday—Italian dishes (that is our baking day and we have fresh baked bread that goes well with this meal.)
- Thursday—chicken dish
- Friday---Crockpot meal (this works well as we are out running errands and dinner cooks while we are gone.)
- Saturday—heartly meals(these are good for ones that require more prep because I am usually home and have more time to commit to dinner.)
- Sunday—quick fix meals (keeping it simple for church.)

Everyone's plan is going to be different according to what works for their family. This is just a recommendation of what we use.

In today's world sometimes you have to be careful when making meals for others. You might have someone who has a special diet and being aware of what not to feed them is important. Here is a general glimpse of what to avoid:

- High cholesterol-----stay away from fried foods. Creamy, thick, high calorie foods are not good. Keep it more plain and natural for these type of people.
- Gluten intolerance---avoid any type of grains. Don't use pasta, breads, etc. There are many gluten free noodles at the store. Most every package has to disclaim whether it contains gluten or not.
- Dairy allergy---stay away from dairy products. No milk, cheese, yogurt, sour cream, cream soups, etc.
- Diabetic---avoid sugar. Be careful of fruit, which contains natural sugar. Eating processed foods is a bad choice as well.

As with everything, if you will be serving someone with a particular food allergy, ask them some recommendations that you can make to serve. If it is a potluck party, you can always ask if they would make something that would suit their particular diet need.

Your final step in planning is making a grocery list for the items needed. I like to plan my grocery list according to the aisles. It makes it easier as I don't have to go back to an isle if I forget an item. I keep a Master Grocery List for items that we normally always buy with a line next to it. If I need an item, I can write however many I need on the line.

To make the list, you would go through your menu and write down the items that are required in making the dish. Check your pantry first and if needed, add it to your grocery list.

Here is a sample:

Store		
___lettuce	___rice	___frozen vegetable
___carrots	___sesame seed oil	___tater tots
___green onions	___soy sauce	___ice cream
___celery		
___cucumbers	___spaghetti noodles	___milk
___apples	___elbow macaroni	___butter
___bananas	___spaghetti sauce	___sour cream
___potatoes	___Alfredo sauce	___orange cheese
___onions	___nacho cheese	___white cheese
___jar garlic	___flour	___coffee creamer
	___baking soda	___coffee
	___baking powder	___apple juice

This week's wrap up LOVE:

- Devotional
- Dining room declutter/organize/clean
- How to wash floors by hand
- Planning meals, special diets, and grocery lists
- Personal evaluation---write down things needing improvement

Definition of love: _____

Notes to remember: _____

Teacher evaluation week 5

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 6 Daughters of Purpose

Devotional

Definition of purpose: Exercising determination to stay on track until the goal is achieved.

In your life, a HUGE part of finding meaning is going to be to discover your purpose. We are all put on this Earth to do whatever it is God wants us to do so that together we can ALL complete His master plan. Don't be afraid that God is going to put you in a position that you will not enjoy or something you will not be equipped to do.

Some of your friends might have goals to go to college, on the mission field, or to stay at home and be a wife and mother. Those are all things that God puts in our hearts. For some, they don't follow their purpose, they follow someone else's. The key to finding out, is to ask God. Ask Him to show you what you are supposed to be doing.

Is there something you enjoy doing? If you like music, keep at it. Do you enjoy writing, keep writing. Do you love children, involve yourself in helping at church with them. Whatever you enjoy doing, is what God puts in YOUR heart do. He will use all these little stepping stones to build you up to where He wants you.

It all begins with a willing heart. Ask God what it is HE wants you to do. Tell Him that you are willing to do whatever He asks of you. Then do it. Don't second guess yourself or God. He will equip you with what to do. Don't follow friends, don't follow the world, be different. We are to be the salt and light in the world to make an impact.

When trying to find a ministry that God wants you to be in, here are some questions to ask to yourself:

1. What are your spiritual gifts? Refer to these Bible passages for a list of spiritual gifts Romans 12:6-8, 1 Corinthians 12:4-11, and 1 Corinthians 12:28.
2. What are some practical gifts that you have? Are you skilled in the kitchen? Do you have the ability to calm children easily?

3. What group of people has the Lord giving you a heart for? Does your heart ache for the homeless, for the elderly, for other teenage girls?
4. What way can you use the gifts that God has given to you? Can you make cookies for the new people at church? Can you sew quilts for the pregnancy center? There is ALWAYS something to do, ask for the Lord's guidance and leading in this area.

Sometimes our ministry will be our home. During a season you might just serve your family and your children. God has us doing different things in different seasons of our life. Everyone will be different. There is a whole world full of people that are lost and hurting. They all need the "body of Christ" to do whatever the Lord has them to do, to help them.

Don't get frustrated if your friends are going off for training in Bible college or the mission field. If your life seems like a quiet time, then good! God is going to use those moments to speak to you and train you for what is coming next in your life. Don't look at it as a bad thing, look at it as an opportunity to hear and learn from God.

Thoughts to remember: _____

Declutter and organize

This week, use your decluttering and organizing skills to bless your family in a big way. Ask them which area of the home needs going through. It might be the garage, the attic, a shed, or the basement. Whatever the area, use the same principles you have been taught up to now. Do a thorough job and make them proud of what you do.

Grab your cleaning supplies, a trash bag, a box for donating, and your box for other areas of the home.

Work in a clockwise pattern, and from top to bottom in the area. This might take you a few days, but that is good. It will be a HUGE blessing for your family.

If your family has no need, maybe an elderly relative or neighbor needs some help. Ask around find out who it is you can help.

Laundry

Taking care of the laundry will require much time and energy in your life. Knowing how to do it properly and efficiently will help you cut down on many wasted hours of work.

To begin, sort your dirty laundry:

- Pile for towels, rags, washcloths
- Pile for bedding
- Pile for lights, whites, etc
- Pile for babies
- Pile for darks
- Pile for work clothes
- Pile for reds---these may "bleed" onto lighter fabrics

It sounds like a lot of piles doesn't it? Not everyone will have that many it depends upon their families needs. A generalized way is to sort your lights from your darks. Otherwise your lights will start looking dingy. If you have red clothing, sometimes the colors will bleed onto others, check the labels for any new clothing as how to launder it.

You can throw a few towels with their respective piles (light or dark) if you have only a few to launder. If you have nicer item clothing like dress clothes, keep those separate from your work clothes.

To begin, put them in your washer. Make sure to evenly separate the clothing around the drum in the washer. If you put heavier items all on one side, it can make your washer off balance when spinning. Unroll pants and put them around the washer, instead of stuffing them in the same place. Do the same thing for bedding, wrap it around, instead of stuffing it into a ball.

Add your desired amount of soap. Check your labels. Typically you can wash everything in cold water. It saves on your utilities bill. The only item we washed in hot water was cloth diapers. We needed the hot water, to get rid of the bacteria. Skip the fabric softener, it is unnecessary. If you want a natural choice, use one cup of vinegar instead of commercial brands. Your clothing will not smell like vinegar when dried.

Make sure not to over fill your washer. The clothing needs to be able to move back and forth to wash it. If it is too stuffed or compacted it can't get clean.

Double check the settings for:

- Proper water fill
- Water temperature
- Wash settings—a regular wash is normally fine for everything

When it is done, you can take it out and put it into the dryer on a regular dry mode. For towels and beddings, a higher heat setting is needed. If you have access to a clothesline, hang out your items. Let the sun dry your items, its FREE. Be sure to hang just the ends over the rope, you want most of the item to blow freely to dry thoroughly.

Tips for hanging clothes on clothesline:

In the warmer months, this is a very effective way to cut back on your utility bills. By utilizing the "free" warm air outside, you can have dried clothes in a matter of hours. It sometimes takes some getting used to the stiffened clothing and towels,

but if you think about how much you are saving---sometimes it is worth it. The stiffness will go away.

I recommend getting all of your washing done in the early morning hours ready in baskets to be hung out when the sun comes up. Take all of it out and begin hanging on the line. If you are going to be doing this much of the time, I recommend getting something to put your basket on top of so that you don't have to bend as much when getting clothing out. You can keep your clothespins in a utility bag as to not lose them. Typically, depending upon the humidity, your laundry should be dried by early afternoon and ready to be brought in and put away. I like to take like items off and set them in the baskets. That way when we put them away in each person's room basket, it is much easier than having to sort them. Towels we fold right from the line to the basket.

Here are some tips on how to hang clothing properly:

Jeans/pants/skirts

Hang them by the waistline.

Shirts and blouses

Hang them upside down by the side seams. If you hang them on the top by the shoulders you will have puckers from the clothespins when dried.

Sheets

Hang folded over the clothesline

Towels

Pinch one end and hook to line with clothespin. Take your next towel and let it overlap the first one just a tad and then hook that corner with a clothespin. You can do this for washcloths too. It saves on using up all your clothespins and the amount of time to remove each pin when dry. Just be careful how much you let overhang together.

Undergarments and socks

If you don't want the whole world seeing these, hang them on the back of the line or in the middle row. Hang socks by the toes. You can put a pair together.

How to get stains out

There is nothing worse, than having a stain get on your favorite shirt and then ruining it. Prevention is best, but obviously that is impossible at times, but knowing what to do comes next.

Know that if you put the item through the dryer or wash in hot water, the stain **WILL** set. Try and take care of it immediately. If you spill something on your clothing, take it off and rub a little bit of laundry soap and water on the area. If it is a heavier duty item, like jeans, you can use a small brush to help scrub away the stain.

The sun, is a great natural stain remover. If you scrubbed the area and it is still there a little, go hang it directly in the sunshine. Typically it will bleach out the stain.

Here is a handy chart for reference for certain stains:

Chewing gum Adhesive tape	Apply ice to harden surface, scrape with a dull knife.
Blood	Rinse in cold water. A squirt of peroxide will usually remove the blood with ease. Test an area first.
Crayons or candle wax	Scrape off with a dull knife. Place stain between 2 clean paper towels and press with a warm iron. Change towels frequently to absorb more wax and to avoid transferring stain.
Ink	Sponge the area with alcohol, rinse thoroughly then wash.
Any other stains	Apply detergent, or even dish soap with water and try and scrub it out. Dish soap will help remove any grease type stains.

How to fold

As soon as your clothing comes out of the dryer, it is best to fold and put away to avoid wrinkling.

How to fold shirts:

- Begin by holding the shirt by the shoulders between forefinger and thumb in front of you.
- Using your fingers, fold the sleeves back.

- Fold the shirt in half, horizontally, so that the hem touches the neck.
- Smooth.

How to fold pants

- Begin this method by holding the pants in front of you.
- Then you'll fold the trousers vertically, bringing the legs together, with the pockets on the outside.
- Finally, bring the legs to just above the top of the pocket or about two or three inches below the waistline if there is no pocket.

How to fold skirts

- Fold in half horizontally.
- Then fold the hem to the waistband.
- Fold a second time side to side vertically. The hem should be inside the folded garment. It will be a rectangle shape.
- Finally fold side to side vertically. The hem should be on the inside of the garment and will be a square shape.

Folding for travel:

- Fold a pair of jeans in half, lengthwise. Roll up the length of jeans from the bottom to the cuff.
- Place a t-shirt face down on a flat surface. Fold it's sleeves back onto the main body of the shirt. Fold the shirt lengthwise before rolling it up.
- For skirts and dresses, lay them face down on a flat surface. Smooth them to avoid bunching of the fabric. Fold the clothing lengthwise so that one half is covering the other half. Smooth again. Fold from the bottom, so the hem touches the neckline. Begin to roll from the bottom.
- If you have to take a bunch of clothing make outfits. Place your pants on the bottom with shirt, underwear, and socks on top of each other. Fold and roll together as one unit. You can even secure with a rubber band. This works well if you have many people to pack for.

How to avoid ironing

I have never used an iron regularly in my home. When we were first married and I didn't know much about hanging up your clothing right away to avoid wrinkles, I would iron my husband's shirts with a pan of hot water! We own an iron now but we use it for those melty beads my children like to make. My daughter uses it for ironing her quilt squares, but I can honestly say I have not used it for clothing since those beginning days of marriage.

If we have dress outfits, I hang them up immediately after they come out of the wash. I pull down on them to smooth out the wrinkles. Sometimes I might put them in the dryer for a few moments and then take them out while still damp to straighten and smooth.

If we are wearing an item that is slightly wrinkled from being in the closet, we hang in the bathroom while someone showers. The steam will help remove the wrinkles.

I also do not buy anything that isn't wrinkle free on the tag. It just makes more work for you, something we can avoid.

Clothing know how

Clothing, especially for a girl can sometimes be huge. It seems that we need to have a special outfit for this event, or we need so many different clothes as to have "enough" compared to other people. We want ones that look cute, or good on us. Sometimes we just want to fit in and wear what everyone else is wearing. Those are all normal girl things.

But what is the purpose of clothing? Why do we need it? To clothe us, right? Clothing is to protect our bodies to damage from the sun and the elements of weather. It is also to clothe us modestly. When you read in *Genesis* when Adam and Eve sinned, they quickly realized they were naked. They covered themselves as much as they thought they should be covered. Then God said it wasn't enough and clothed them in animal skins to cover them further. Our interpretation of what is modest, is NOT what God wants. We have to go beyond just covering our private areas. We need to think about what our bodies portray to others.

In 1 Timothy 2:9 it teaches us that as Christian women, we are to dress modestly. We are to focus on our inner attractiveness rather than being overly concerned with outward appearances.

We should try and look our best and enjoy what God has given us. You don't have to go around wearing clothing that is plain and frumpy. Don't use your God-given beauty for selfish reasons, like by gaining lustful attention from men or by competing with other woman, use it to glorify God. There are so many cute and stylish ways that you can dress nowadays in skirts and in pants. Ways that are modest and pleasing to the Lord. Stand in front of the mirror, bend down and see

if you can see your breasts. Lift your hands up, does your belly or back show? Check what you look like from behind. Are your pants or skirt too revealing of your body? If Jesus was standing next to you, would He be pleased with your attire? Ask yourself are you dressing for others or are you dressing for Jesus?

How much does one need?

Okay, I have seen the movies where it is every girls dream to walk into that HUGE walk-in closet and see rows of shoes, bars filled with every outfit imaginable, stacks of t-shirts and coordinating scarves and accessories for everything. It seems like a dream come true. Never have to worry about what to wear because you already have numerous outfits to choose from. Seems wonderful doesn't it?

Unfortunately, instead of enjoying the benefits of owning fewer clothes, most of us buy into the lie that more is better. Since we do that, we accumulate more and more clothing each season. We are convinced that new clothes will make us more joyful, more fashionable, and more popular. Unfortunately they just end up getting in the way and become idols in our life.

Consider taking a different route in your life, try owning fewer clothes. Think about what this could do:

- You would have more disposable income—or your parent's would ☺
- You would have more time to live your life.
- Morning's would feature less stress.
- Your closet's would be well-organized and uncluttered.
- Packing for things would take less time.
- Laundry days would be easier, not necessarily less, but easier.

How do you go about having less clothing?

1. Admit that you have too many. That is how it all begins.
2. Wear fewer colors. Most everyone has a few favorite colors that they enjoy wearing. Keep your wardrobe simple and find what looks best on your skin tone. If you choose a basic color, then you will naturally only need a few accessories to match.
3. Own ONE of things. Have one pair of tennis shoes, one belt, one coat, one swimsuit, etc.
4. When shopping, look for quality over quantity. Choose a well made t-shirt instead of buying 3 flimsy ones.
5. Dress to impress with your character not your clothing.

Is there a special formula for how much clothing we should own? It all depends upon what type of needs you have in your life. If you need to dress up each day of the week, you are going to need nicer outfits. If you are at home and just need everyday clothes, you won't need as many outfits.

I would choose a few nice outfits to wear for church and when you go out. Have 3-4, and you can rotate them each month and if you choose a basic color wardrobe you will be able to mix and match your outfits.

If you are home most of the time, you will only need a few comfortable wearing skirts or pants to get through. Choose ones that you feel good in wearing. If you don't like something about how they fit, get rid of them, keep only what you like. If you choose a neutral, solid color skirt or pant, they will go with more choices of tops. Avoid the prints and keep it simple.

Choose some tops that are practical to what you do each day. Try on all of your tops and decide which ones fit properly and which do not. Keep what you feel is comfortable. Do the modest test, by bending over, putting your arms up in the air. Do any areas show that are not supposed to? Get rid of them. Stay basic. To make your tops more modest, keep a small supply of t-shirts to wear as undershirts.

Buy only neutral colored shoes or sandals. Find ones that go with your base colored wardrobe and it will be much easier to match them up. Simplify, find comfortable ones and keep one of each kind.

Make your clothing choices stress free and easy. Don't waste time deciding what you are going to wear each day

Natural vs. Synthetic fibers

Just some FYI about the types of materials used in making your clothing.

Natural fibers are the fibers that are created from plant or animal sources. They typically allow your skin to breathe better and are considered more comfortable, especially in very warm climates. The downside of natural fibers is that they tend to wrinkle and can shrink when washed and dried in very hot temperatures.

Here are some common natural fibers used in clothing:

- Cotton
- Linen
- Wool
- Silk

Synthetic fibers are just that—synthetic or manmade. They have the luxury of being longer lasting, resilient, and have less tendency to wrinkle. Each synthetic fabric has specific care instructions that are important to follow in order not to ruin the fabric. Some synthetic fibers will melt when exposed to a high heat source like an iron or dryer.

Here are some common synthetic fibers used in clothing:

- Nylon
- Rayon
- Acrylic
- Acetate
- Polyester
- Spandex

Some synthetic fibers are not as comfortable to wear as natural. This has caused the clothing industry to combine the best of both worlds. If your clothing is a natural/synthetic blend more than likely it will be:

- Stain resistant
- Comfortable
- Has a little "give" to them
- Wrinkles way less

Having a donation event

Part of becoming a daughter with purpose is about donating your time and energy to helping others. This week, I want you to think about how you can organize an event to provide for the needs of someone else.

Hold a "donation only" sale at your home or church. All those items that you have accumulated by decluttering, encourage other friends to do the same. Use the "extras" to hold a "donation only" sale. I say "donation only" because I believe we are to hold to what Jesus stated in scripture: Luke 19:46 "Saying to them, It is written, My house is the house of prayer: but you have made it a den of thieves."

When holding a garage sale, pray beforehand that God would allow you to raise the amount of money needed for _____ thing. Don't price your items, tell people that it is a donation only sale and that you are raising money for_____. If they can give, then let them do so in the donation box provided. Let your faith be put into action, by God providing what you need. This way you can be a blessing to someone, who maybe cannot afford items as well as allowing those that can give to be a blessing.

There are many "needs" out there. Find what is passionate in your heart and find a way to help. Set up a diaper drive for the local pregnancy care center. If baking is your specialty, bake items for the newcomers at church. Set up a schedule for a family who just had a new baby and ask around church for others to take a meal to them. Brainstorm and think of ways to provide a blessing for others.

This week's wrap up on PURPOSE:

- Devotional
- Laundry
- How to get stains out
- How to properly fold clothing
- Clothing and wardrobe needs
- Holding a donation event
- Personal evaluation—write down things needing improvement

Definition of purpose: _____

Notes to remember: _____

Teacher evaluation week 6

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 7 Daughters of beauty

Devotional

Definition of beauty: a quality not only attributed to the physical but also character, demeanor, speech, or attitude and pleases or satisfies the senses or the mind.

Everyone desires to be beautiful. I don't think there isn't a girl alive that doesn't think twice about being "pretty." Unfortunately our society has us so wrapped up in what "beautiful" is. Girls are going to extremes to try and fit in to the worlds definition of what beauty is. They will dye hair, wear tons of makeup, and follow the worlds patterns of clothing. Even woman as they age, do things to try and stop the natural progression of aging. There are tons of wrinkle cream, teeth whiteners, hair dyers, and isles upon isles of makeup available to girls and woman alike. The pressure to try and "fit" this perfect mold of what beautiful is can be hard. As daughters of the King, we need to know that we are made in the image of God. Just think, God is PERFECT in every way, shape and form. If we are made in His image and likeness and God is perfect, then we must be pretty beautiful ourselves. God made us to have freckles, curvy bodies, stick bodies, red hair, curly hair, and all the different varieties of features that woman have. Who is to say that one is better than another? Times change and society chooses what is beautiful for the moment. We as believers in Christ need to just embrace who we are and accept how God made us. If you love the Lord and you take care of your temple that He gave to you, how can you get mad at your creator? It is our job to take care of the physical nature of ourselves as far as keeping clean, exercising and eating healthy.

Is it wrong to wear some makeup to accentuate our natural beauty? No I don't feel the Lord would frown if we wanted to highlight our faces. He does want us to enjoy ourselves here on earth. Makeup can be a fun tool used by girls. I think that if you use self-control just as you do in other areas of your life and don't make beauty an idol then you can enjoy the benefits of makeup. Do girls go to the extreme and cake on pounds of makeup? Yes, then they are idolizing and trying to

look like someone they are not. That is wrong, but adding some mascara, some blush, and a little lip color to highlight and add to your natural beauty isn't going to harm anyone.

The Bible is clear that we as woman should focus on inward beauty. As you age, your skin will sag, your face will get wrinkles, and your hair is going to turn grey, all of that outward beauty goes away to an extent. But the real beauty that stays around and what people remember is the inward beauty. Focusing the majority of your time on creating a beautiful inside, which in turn radiates on your outward appearance is what will be evident in your life.

A woman can hide a lot behind all of that makeup. But a woman who has a beautiful heart, one that is pure, radiates something from her that is unexplainable.

Remember you are examples of Christ, you need to look your best and show the world how He looks. But if we focus all of our time and attention on trying to look physically beautiful we are going to miss out on some great blessings in life.

Thoughts to remember: _____

Basic skin care

Following the basics of good hygiene is important for everyone. We can cut down on many skin problems by just taking the time to care for our skin. If you take care of the skin that you have now, you won't have to worry as much about trying to "fix" the problems as you get older.

Sun

I remember being in high school and one of my friends had very pale skin. She didn't sit outside and bake like the rest of us did. But that friend today at 40 years of age, looks extremely youthful. Her skin has far less wrinkles than anyone else that I know our age. The key to having great skin is to minimize the amount of sun it receives. You don't have to completely cover your skin, but if you wear a light sunscreen (at least SPF 15) to help prevent the amount of UVA rays it receives daily then you will be farther off in the long run. Skin cancer is a real disease and some doctors report that the amount of times that you are burned greatly increases your risks of contracting the cancer. If you want a nice sun-kissed look, go for the long term of tanning by wearing sunscreen and only exposing for a minimum amount of time in the sun each day.

AVOID TANNING SALONS AT ALL COSTS!!! They are cancer in a building just waiting to happen.

Here are some tips to follow to have great looking skin:

1. *Get enough sleep.* Getting enough sleep each night is the biggest cure all for dark circles and healthy looking skin.
2. *Eat a variety of whole fresh foods.* The adage is true...you are what you eat!
3. *Exercise each day.* A good workout doesn't just burn calories, it also helps deliver oxygen and nutrients to your skin.
4. *Stay hydrated.* Drinking 6-8 glasses of water each day is imperative to hydrating your skin from the inside out.
5. *Exfoliate your skin.* Use a face scrub with round beads to slough off dead skin cells, and glowing skin will emerge underneath. Don't just do your face, focus on your neck and back—where that sometimes irritating oil lies. A very simple natural exfoliate is made by mixing coconut oil and raw sugar. Try using this on your feet----it will be way better than the expensive store bought stuff.

6. Go all natural. Try leaving your face open to the oxygen your skin needs. Wear a minimal amount of makeup-- mascara and a lip gloss. Keep it simple.
7. Keep your face cleaning routine simple. Wash, tone, and moisturize. Don't overload your skin with tons of products. It will be more prone to rashes and breakouts.

Everyday skin routine.

In the morning, if you don't shower, make sure to wash your face with warm water and a washcloth. You can splash on some cool water to help "wake up" your face in the morning. Keep your skin all natural and go about your day.

In the evening, if you wear makeup, remove all makeup BEFORE you go to bed. Wash your face with warm water and a light face cleansing bar. Massage your face as you are cleaning it, to improve circulation.

Rinse, and blot dry your face. Apply a toner with a cotton ball to tighten your pores. You can then apply a facial moisturizer to work your skin while you sleep.

If you want to do an exfoliate and a deeper pore cleaning routine, limit this to 1-2 times per week. Overdoing it, will lead to rashes and it producing too much oil.

If you are planning on going out to a special place and you want your face to look the freshest—avoid doing any type of mask or exfoliate the day before and the day of otherwise you are going to be prone to pimples appearing. Do this type of skin care about 4 days in advance. That will allow any blemishes that may form to disappear before you go out.

Natural recipes

I have tried numerous products that are on the market and nothing beats a natural homemade one. Try one of these and see if you notice how much better it makes your skin feel plus it will help your wallet by costing far less than name brand items!

Natural sugar scrub

½ cup raw, white, or brown sugar
¼ cup coconut or olive oil
Mix together and store in an airtight container

Apply to wet skin and massage, it will leave your skin feeling like silk

If you have very oily skin, you can use baking soda mixed with a little water to help remove black heads

Natural toner

Diluted apple cider vinegar toner helps keep oil at bay. A tablespoon of apple cider vinegar in a cup of water stored in the fridge works great.

You can also put disposable make up pads into a container, add some witch hazel and a few drops of tea tree oil for a natural antibacterial toner.

Natural face wash

Add a few drops of castile soap onto a warm washcloth. Wash your face as usual. Will not strip your skin of its natural oils or add ones to it.

Natural moisturizer

Pure coconut oil is all that is needed for moisturizing the face. It is naturally full of collagen supporting lauric acid and is easily absorbed by the skin. Even for oily and acne prone skin, coconut oil's natural anti-bacterial properties make it a great option.

Basic hair care

Here is a basic routine for keeping your hair in good shape

1. Brush your hair every morning. I know it sounds the obvious, but you may be surprised how many people just wake up and throw their hair in a pony tail. Brushing your hair is keeping it tangle-free. It also helps distribute natural oils evenly throughout your hair. This gives your hair a healthy shine. Do it gently, with a wide toothed comb, you don't want to break the hair. If you have tangles, work from the bottom up, in sections to help untangle. Skip the brush and its ability to rip out your hair and produce split ends.
2. Keep your hair clean. How often you need to wash your hair depends upon the type of hair you have. Not sure what to use? Experiment with these sample schedules and see how your hair reacts. Stick to the schedule no matter what happens.
 - a. Dry course hair===wash every 2nd or 3rd day
 - b. Normal hair===wash every other day
 - c. Fine and oily hair===wash every day
3. Massage your scalp in small circular motions to stimulate blood flow when washing your hair. Concentrate on your scalp to remove any built up oil. You only need to wash your hair once, skip the second washing recommended on the bottle, it just wastes your shampoo.
4. Apply a hydrating leave in conditioner after you shampoo your hair. Apply it mainly to the tips and work your way to the roots.
5. Towel dry your hair careful. Blot your hair instead of wringing it out with a towel.
6. Try and limit the number of styling tools used in your hair. The more heat producing ones will increase your risk of damage. If you use heat styling products all week, try and let your hair rest at least one day per week.
7. Style your hair every day. Even if it is a simple pony tail or headband look, do something with your hair. Be gently and don't pull or tug on it unnecessarily.
8. Before going to bed, brush your hair gently. This will rid the hair of knots and tangles . Tie your hair in a loose pony tail or a simple loose braid. That prevents tangles as you sleep.
9. Get a trim when needed. For myself when I was young, I would trim my hair every 6 weeks to rid it of split ends. As I have gotten older and no longer have time to visit the salon, I realize that my hair is in really good shape even after not cutting it for months at a time. I never use a blow dryer and only use a flat iron for Sundays. For the most part it is air dried and left to hang or be put up in a pony tail. Check the condition of the ends of your hair if they are split, you need a trim, if they are fine, save the money.

Good hygiene tips

Here are some basic tips for good hygiene:

1. Take a shower daily. You need to wash dirt and oil off of your skin. This is especially important after you exercise. If you can't clean off right away, at least change out of your

sweaty clothes and put on clean ones. Use a scrubbie pouf with soap and pay attention to these areas that oftentimes get overlooked like:

- ✓ Neck
- ✓ Behind ears
- ✓ Chest
- ✓ Upper back
- ✓ Arm pits

2. Brush your teeth. Take at least two minutes total or about five seconds per tooth, twice per day. Brushing and flossing helps keep your teeth strong and healthy. Flossing is important for removing the food between the teeth and helps prevent cavities.
3. Wash your hands. Do this many times throughout the day to avoid germs and sickness. Keep a bottle of hand cleaner handy for those times you can't get to a sink.
4. Sleep. Get a good's night sleep. Usually 8-9 hours are needed each night. This will affect you in a huge way.
5. Naps. For those of you that have many things going on....take a quick power nap. Sleep no more than 20 minutes to help recharge you in the afternoon. Anymore, and you will wake up feeling exhausted.
6. Brush your hair every day. To help keep oils off your face, keep it pulled back. Wash your pillowcase every few days to remove oils left from your head. Those will get on your face and lead to breakouts.
7. Applying deodorant. Every girl sweats differently but one thing is usually true, that body odor is not a pretty thing. Be sure to shower each day and then immediately apply deodorant. You don't want to be offense to others around you.
8. Keep your nails trimmed to a good length. File edges to make them smooth. Do not chew your nails, keep a file with you at all times in case of breakage.
9. Cut toe nails and push back cuticles on a regular basis.
10. Walk and hold your head high. Don't slouch, pull your shoulders back and keep your head up. You are daughters of the King, be proud of the girl that He has made you to be.

List of the dirtiest things that you touch each day

Think of all the areas that we touch almost every day that are full of germs. Some of these are pretty obvious like the toilet, money, light switches, and shopping carts, but others we might not think much of. Things we can be aware of and be sure to "clean" daily or apply hand sanitizer as needed.

- cell phones
- computer keyboards
- checkout credit/debit card reader at supermarket
- the remote
- kitchen sponges
- the shifter knob in your vehicle
- refrigerator door handle

- restaurant menus
- adding lemon to your water in restaurants-do you think the waitress has washed her hands?
- bathroom soap dispenser
- purses-think of all the areas you set your purse on
- buttons on atm machines, elevators
- condiment containers
- gas pumps

Exercise

Part of being beautiful is taking care of the body that God has given to us. We can't just sit around and expect our bodies to stay the same. I know you are tired, it takes motivation to get started, but once you do you will be amazed at how much energy you will start to have by simply exercising each day. Aim for 5 days a week and 20-30 minutes of good heart pumping exercise. Find something you enjoy doing whether it be walking, hiking, running, dancing, bike riding, or swimming. Whatever it is, just do something. Walking and running are free and even if you don't have a road or sidewalk to run on, you can run around the outside of your house.

Be sure to wear some good running shoes with support. This will help protect your ankles from injury. Wear some comfortable clothing. If you wear skirts, make sure they are shorter and looser to move freely in. If you can't walk fast because your group is slow, try walking backwards to give you a harder, different muscle targeting workout. You can also jog in place and still advance slowly as your group does, this allows your heart to be pumping as you bounce up and down.

You can add some extra exercises in that can be completed indoors. Aim for every other day to try these out. There are many different exercise programs out there, but this one we found and thought it was simple enough to do. You do each activity for 1 minute each. Do it in this order. If you are unsure what the exercise is, do an internet search of how to do it.

This is a simple and easy way to work all of your muscles.

1. Jumping jacks
2. Wall sit
3. Push ups
4. Abdominal crunchers
5. Step up onto a chair
6. Squats
7. Triceps dip on chair

8. Planks
9. High knees, running in place
10. Lunges

Water

Water is one of the most important substances on earth. All plants and animals must have water to survive. If there was no water there would be no life on earth. There are a myriad of health benefits from drinking water:

- Helps promote weight loss--fills your belly up instead of eating so much food.
- When you think you are hungry you are usually just thirsty.
- Boosts immune system--you are less likely to get sick when you drink lots of water. You are constantly flushing out toxins and bacteria from your body.
- Most common cause of daytime fatigue---DEHYDRATION. Guzzle some water and feel great.
- Less headaches--flushes out the toxins from your body.
- Cures back pain, prevents sprains and cramps---lubricates your joints and helps keep your muscles elastic to prevent joint pain.
- Improves skin complexion---moisturizes your skin, keeps it fresh, soft, glowing, and smooth. The best anti aging treatment around!
- Most adults are popping pills for ailments and diseases that could have been prevented from properly hydrating and flushing out toxins from their bodies.
- Makes you rich----even if you buy bottled water, it is still cheaper than gourmet coffee and soft drinks.

How do we go about replacing our current drinks with water? You may really love your can of soda everyday and can't live without it. I would say, don't drop it completely. Slowly start adding water to your daily routine.

For myself, I set up my "triggers" to know when I am supposed to drink them. I fill a 24 ounce water bottle and I have to drink two before I eat lunch. I make sure to drink one more before I have an afternoon coffee. Then another before dinner. This way I know that when I look forward to that cup of coffee in the afternoon, if I haven't drank my water, I do that before I have my coffee.

Set up times that you have to finish your container of water or you will not get that next thing, whether it be lunch, snack, a soda, etc. When you set a goal with a trigger it is easier to remember to drink the water. Otherwise it will sit on your counter top for the entire day.

In time, your body will start eating less food, and your cravings for your soda or other high calorie drinks will lessen as well. You will definitely notice that you do not need a cup of caffeine to keep yourself going for the day. Plus your body will start feeling amazing by flushing out all the toxins.

Pay attention to your "triggers." Immediately drink a container of water when you notice that you start to feel sluggish, have a headache coming on, or when you start feeling hungry. You will begin to notice that your body reacts positively because it was under hydrated.

Ways to make water taste better:

Even though I drink a lot of water in one day, I still do not like the taste of it. For myself I add a green tea bag to my water bottle and leave it in there for the whole day. I get a nice taste to my water.

Other options are:

- add a squirt of lemon juice
- squeeze a lime wedge
- add a mint leaf
- add an orange segment
- add a dash of peppermint extract for a refreshing taste
- add a natural tea bag to your water
- add a packet of vitamin C
- for a natural detox, add 1 Tablespoon pure maple syrup and a squirt of lemon juice
- add pieces of fruit
- add a slice of cucumber

How much should I drink?

There are many opinions about how much you should be drinking. You can tell by drinking until your urine color is a light pale color. It is rare to over-hydrate yourself but you can surely under hydrate yourself. For our family we drink a little more than half our weight in ounces. If your weight is 130 lbs drink 65 ounces of water.

If you haven't been drinking much water you will notice how much you have to go to the bathroom each day----that is good! You are ridding your body of toxins. Keep at it.

This week's wrap up on BEAUTY:

- Devotional
- Basic skin care
- Basic hair care
- Good hygiene tips
- Exercise
- Water
 - Set up a trigger---when to drink it
 - Implement the habit--start now
 - Consequences for habit---drink an extra container if you forget
 - Do it until it forms a habit--make it part of your life
- Personal evaluation---write down things needing improvement

Definition of beauty: _____

Notes to remember: _____

Teacher evaluation week 7

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 8 Daughters of purity

Devotional

Definition of purity: Freeing yourself from anything that contaminates or adulterates.

There are many areas in which we can strive to have purity. We can have pureness of heart, actions, mind, and sexuality. In today's day and age you can see all around you that the world does not regard sexual purity as a good thing. Many girls are dressed immodestly and seeking the attention of men. A high percentage of young unmarried teens have sexual intercourse resulting in babies. Young Christian men are not even taught how important it is not to view pornography, because in everyday television, a walk through the mall, or even a walk through our churches will produce girls that cause them to commit adultery. Yes, I know that young men are to be accountable themselves to the Lord, but we as young women should strive to help out our fellow brothers in the Lord. Sexual temptation is extremely hard for young men and women alike, but boys seem to struggle more than girls do. Just by looking at a young woman and imagining what she looks like can cause a young man to commit adultery.

What can we do about that? We can choose to be modest in our dress. We can choose not to wear revealing clothing that accentuates areas such as our breasts, bottom area, and our legs which can be a trouble for men. There are numerous, stylish clothing choices for teen girls. Layer your clothing. You can wear undershirts to help shirts be more modest and we can choose longer length bottoms to cover areas of importance. Stay away from tight, low cut, or short clothing options. When you get ready for the day, take a look in the mirror and ask yourself, "Is this appropriate to wear with the Lord?" Look at the back of you with a mirror to see what is going on behind. Bend down in front of the mirror, do you see cleavage? Ask your Father or older brother if any of your clothing looks too revealing. They should give you an honest opinion as to how it looks to a young man.

Another area to choose to remain pure in, is in your sexual purity. Consider waiting until marriage for any types of sexual activity. There are many different levels

that you can set your standards to, but I want to challenge you to keep your standards high. Think about your wedding day and the man you are going to marry. How awesome to be able to say to your future husband:

I have saved ALL of this for you:

- ✓ my first kiss
- ✓ my virginity
- ✓ my heart-- by not allowing another boy to "break" it
- ✓ my emotions—no boy has toiled with them
- ✓ even the comfort of holding a boy's hand

Think of how jealous guys are. Do you think he ever wants to think about the time that you kissed so and so? Do you want to run into your best friend when you are both married and know that you slept with her husband? Even that extreme, what about just kissing him?

Every time that you give part of yourself over to a guy before you are married, you are giving away a part of yourself, your heart. Why not save all of that for one special man? Pray that God brings you someone who has honored that in his own life. There are many resources that go more in depth than I have here. If you want some recommendations, feel free to email me about this topic.

You have to want God's best for your life. God's best includes the best for you in your marriage as well. God will honor your decision to remain pure and you don't have to settle for anything less. Even if you made a mistake already, you can repent and start all over again. But your heart has to be there, you have to want more out of life.

Purity in media

Our world is full of unpure things, I think back to when I was first a Christian and that was only 15 years ago. There was not a whole lot of good moral movies, the music choices were not very good and the Christian reading material was at a low. How our society has exploded with various Christian media choices is awesome! You have many avenues to choose from. You don't have to settle for worldly choices anymore.

They have various music artist that almost mimic the sounds of the worldly styles. You don't have to have the excuse that there isn't any good music.

For your reading pleasure there are numerous varieties of Christian books in all kinds of genres. Movies, the same way. You can watch many Christian films that are top quality Hollywood but with a Christian message. That is what you want to look for.

The Bible says to guard your eyes. Why would it say that? Because it is so important to filter what you view and put into your mind. People watch the filth of the world and become so numb to it. People look and listen to things that don't even affect their spirit. They have become numb to the things around them. That is NOT what God has called us to do. He wants us to be the different, go against the world group. We are to be salt and light in the world. If we are going around watching the same movies, reading the same books, listening to the same music, wearing the same clothing, and talking like the world how are we supposed to make a difference in things? Separate yourself from the world, be different, let there be a noticeable difference in what you do. We already know that the world won't accept us, so get over that part. But we don't want to end up where the world is going to end up. We want to live a life for Jesus, one that has purpose and fullness of life. That can only come from living our lives for Christ.

When you are sitting watching movies, Jesus is right next to you, would He be pleased? If you are out on a date, would He be pleased with what you were doing? Would your future husband be pleased knowing that you weren't willing to wait for him?

If you can learn self-control now at a young age, you will be farther off then many Christians I know that are my age. Self-control is something that affects our entire life. It takes self-control to do what is right.

Thoughts to remember: _____

Mending

Every person should know how to make a few basic repairs when it comes to clothing. You never know when a button will just pop off or when a hem will come out of a skirt you are wearing. Having a small personal mending kit is important to have. You can choose to put it into a small plastic container or use an old pencil case. Here are some items to put into your kit:

- pin cushion
- scissors---only use these for material and sewing
- seam ripper
- measuring tape
- a few miscellaneous buttons
- safety pins
- needles—to thread
- thimble---if you are going to push a needle through anything thick you definitely want one of these
- stitch witchery—sometimes you don't have time to sew. That is when you will use Stitch Witchery. You put the tape between the two items that you want to stick together, use a hot iron, and they are stuck together. Great for quick hems.
- ball head pins-sometimes you are going to have to hold something together with pins while you work on it. The colored head pins make it easier to spot if you were to accidentally drop them on the floor.
- thread—start with the basics a black, white and tan colored thread.

Repairing a hem

While running out the door you notice that the hem has come loose on your skirt or pants, what do you do? A real quick fix would be to use a safety pin and hold the fallen part into place. The second easy fix would be to put a strip of Stitch Witchery and iron it in between the two pieces of fabric. The third option would be to hand sew it to fix it.

Begin by ironing the skirt or pant leg that needs to be fixed. It is hard to try and sew a straight line when your fabric is all wrinkly. Take note of how the hem is around the clothing. It should fold up with a small fold and then a larger fold. Iron each fold to make it stay flat. If you skip this step, your material is likely going to roll on you and you will have an uneven hem. Take the time to do it. Then do a simple running stitch to the area.

Threading your needle

Take out about one yard length of thread. This is an easy amount to work with. A little tidbit...with your arm extended straight out to your side the length from the tip of your finger to your nose is about one yard. This will help you know about how long a yard is. Thread the end of the thread through the eye of the needle. You can put the end of the thread in your mouth to help make the ends "stick" together by moistening it. Once through, make the two ends of the thread meet and tie a knot. This will allow the thread to be double thickness and a bit stronger.

Running stitch

This is one of the most basic stitches. When you are finished, you will have the same appearance on both sides of the joined fabric.

Start on the wrong side of the hem and pull your knotted thread through to the right side. Continue going up and then back down in a straight line through the material until you get to the end of your broken hem. Move in even spaces while going through the material.

Back stitch

If you need a stronger stitch, this is an advanced variation of the simple running stitch where you constantly take one step back and two steps forward along your stitch line. When you are finished one side will look like a simple running stitch but the other side will have a line of overlapping stitches.

Whipstitch

If you were to imagine what it looks like, think of a spiral bound notebook. It just whips around and around. This works good to repair a pillow, busted seams on clothing, pockets that have split open, or hems that have split on the bottom not at the hemline. This works great for cushions on your couch as well. Make sure to choose thread that matches what you are repairing as you will see it.

- Fold the ends of the material inward and pinch shut. If you need to hold it together, use some pins.
- Hide your thread knot and bring the thread from the inside through the outside of the hem fold.
- Moving from right to left (or left to right if you're left-handed), cross over diagonally and pick up a few threads of the fabric above the fold. Keep the needle pointed in the direction in which you're working.
- Bring the needle back out through the fold and repeat.
- When you have sewn all the way to the end of your repair, go back a few diagonals to make the stitch stronger and then tie the knot. After you bring up the thread, go through the hole and tie it off. Cut off any loose threads.

Button repairs

At some point in your life, a button is going to need to be sewn on. I have found that for heavy duty items like coat buttons, use dental floss instead of regular thread. It is near impossible for the button to fall off.

- Use a double strand of thread for this.
- Secure beginning thread with a knot underneath the button and piece of fabric.
- Bring the thread up to the right side of the fabric and through a hole in the button. Thread it back through an adjacent hole.
- Pull the thread.
- Go into the first layer of fabric. Slant needle toward the same general location where the thread came up through the fabric to the right side.
- Continue stitching in the same place for approximately 6-8 stitches.
- When you have made your stitches around the button holes, end up underneath the button and wind the thread around the underside of the button.
- Make a loop and tie off your thread.
- Test to see if your button feels secure, if not, repeat these steps.

You can practice these procedures on a small scrap piece of material.

If you need a visual, look online at some videos to view how to do these simple sewing practices.

Simple sewing projects

You can choose any of these simple projects to make with some scrap materials that you might already have around your home. Ask a parent on how to use your sewing machine if you have one. If you don't you can do these by hand as well--- they just take longer.

Sachets

These are great if you can get some fresh dried lavender or you can use dried potpourri from the store. Cut two squares of equal size from scrap material. Place scraps right side together. Sew a continuous running stitch around three sides of your square, real close to the edge. Turn the squares right side out. Fill with your scented items. Tuck the unfinished edges inward and do a whipstitch to close your sachet. Give these as gifts or put some in your drawers.

Easy apron

This is great to make for a child or a girl's group. You will need one tea or dish towel and a roll of ribbon—7/8" or 1.5" wide in coordinating colors.

Measure the waist of who will be wearing the apron and add about 36 inches, to determine your ribbon length. Cut the ribbon. Line up the middle of your ribbon piece with the middle of the dish towel. Secure it with some pins. Sew a simple running stitch to secure it to the towel. If you have a machine, it will hold much better. If you must hand stitch it, be sure to go back on the edges a few times to secure it.

Denim skirt out of jeans

Take a pair of jeans and decide how long you want your skirt to be. Add an extra 1 $\frac{1}{2}$ inches for your hem. Cut across the jeans the length you want the skirt to be. Use a seam ripper to unpick the inner seams of the jeans. Unpick the front and back seam a couple of inches. Then, overlap the angled edge of the jeans over the other side of the jeans. If it's still puckering and not quite laying flat, unpick the seam just a bit more. Next, sew the flap down, stitching right along the original lines where the jeans were sewn together. Do the same on the back. However, you may have to fold the edge of the flap under just a bit, so that there are no raw edges. Now, you'll need a bit of fabric to fill in the gaps between the pant legs. Cut

a piece from the pant leg. Place it between the gap from the back side and pin in place. Sew in place, right along the same seam lines. Repeat on the back. Then trim away the extra flaps of fabric on the inside of the skirt. Trim the bottom edge of the skirt. Then fold under the bottom edge $\frac{3}{4}$ of an inch under and the another $\frac{3}{4}$ of an inch. Sew in place. Iron your hem flat. Now you can wear your skirt.

**Please note that when sewing through thicker fabric like jean, go slow as to not break your needle.

This week's wrap up on PURITY:

- Devotional
- Mending
- Basic stitches
- Simple sewing projects
- Personal evaluation---write down things needing improvement

Definition of purity: _____

Notes to remember: _____

Teacher evaluation week 8

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 9 sisters of love

Devotional

Definition of sisters of love(brotherliness): Exhibiting a kinship and disposition to render help because of a relationship.

Many girls, if you ask about their relationship with their siblings usually say this:

"My sister always gets in the way." or "My little brother drives me crazy!"

Those are fairly common ways to describe a sibling relationship, but are they right? God didn't put us in a family to be an only sibling, and if He did, then you might not have to worry about this topic. But for those of you whom He did choose for you to have siblings, it is our duty, our honor to make our brothers and sisters our best friends.

But it takes work.

The Bible sums it up easily:

So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets. Matthew 7:12

It has been said it is the **Golden Rule**. Do you want to see your relationship with your siblings grow? Show them love and sacrifice by giving of your time and energy. Put them first. Occasionally play a game that your little sister likes. Go outside and hang with your brother in the garage-yes gross, but learn to enjoy it. One day that might be what you are doing with your husband.

The important thing to remember is to take your focus off of what your siblings can do for you and start thinking what you can do for them.

Some of us may deal with fleshy selfish issues. You may think that your sibling has to treat you a certain way before you will do something nice for them. That usually does not happen. If we want to see a change in things, it usually has to start with us. I know it sounds unfair sometimes, but if we want to have that pureness of heart that God calls us to have, then we must. It is a good submission quality to learn now as how to bend for someone else.

The relationship among siblings can be wonderful. You want to have strong family relationships that continue onward in your old age. You want to be a sibling whom your brothers and sisters can trust that you will not reveal things about them that are meant to be private. Laugh with your brothers and sisters. Have fun, go do goofy things. Be the sister that you would want to have, pray for guidance and strength, and the Lord will help you work through issues.

Thoughts to remember:_____

Hospitality

A great way to put into action your character quality of love is to show hospitality this week. You can begin with this right at home. Being hospitable means that you put other people first. You bring them into your warm, inviting atmosphere. If your home is a mess or something is not right, you don't let your guest feel like they are "inconveniencing you or burdening you" at that time. You focus directly on your guests and making them feel like you want to take the time for them.

Some tips to show hospitality in your home:

- Put away your cell phones while visiting with others.
- Look directly into the person's eyes while speaking with them to show you are paying attention.
- Don't let your conversations be about you, focus on your guest and getting them to talk.
- If you can plan ahead, clean up your home or your visiting area.
- Light a candle, prepare a simple snack, keep distractions to a low.
- Make sure to give your bathroom a quick wipe as well.

What about if you can't do hospitality in your home due to scheduling difficulties or inability to do it? Maybe you have many younger siblings and it would just not be a feasible thing, does this mean you can't be hospitable? Of course not. Being hospitable means we can look for ways to help someone else out. This doesn't always mean that we have to put on a full course meal for a family. It can be as simple as:

- Giving cookies or baked goods to someone. When baking a batch for your family, double it and make a plate for a neighbor or someone else you know whom would like them.
- Drop off a treat that a friend would love. Especially a mom who is at home all day long with little ones. A gourmet coffee just for her, would be much appreciated. Don't forget an simple snack for the little one to prevent the grabbing hands of mom's treat.☺
- Deliver muffins for breakfast—help a mom out so she doesn't have to make breakfast.
- Take dinner to a family whom you think it would bless. It could be a new mom, a sick family, a single mom, or maybe someone whom you know needs a break. Keep it simple, baked rigatoni and a loaf of bread. It will be appreciative.
- Offer to babysit. Give a new mom a chance to get something done and offer to watch her children for a few hours. This can be while she is in the home getting some much needed projects done.
- Lend your ear to a widow. Someone whom would appreciate friendly conversation because life is probably more quiet. Do some talking, but mostly listen. You might be surprised at some wisdom gleaned.

- Offer to help clean someone's home. Doing something that might come easily for you, like cleaning, can seem like a mountain of work to do for an older person. Don't expect money, do it because you want to help.
- Sweep your neighbors porch, rake their leaves in the yard, or offer to wash their vehicle.

If you see a need and you can fill it, make it happen!

Meal manners

It takes much time and effort to have an attractive table and a tasty meal. When a cook prepares a meal, you should respect the time and effort by coming to the meal with a decent appearance, a grateful attitude, and careful consideration for the others dining. Slouching in your chair, displaying a grumpy, negative spirit, and being thoughtless or selfish can ruin an otherwise wonderful meal.

No one enjoys eating with someone who wolfs his food down, slurps his soup, talks with his mouth full, and burps loudly. Manners are common courtesy shown to others so that everyone can enjoy delicious food in a pleasant atmosphere. If you practice using good manners at every meal, you won't be embarrassed on special occasions by not knowing what to do. You won't be caught off guard when someone suggests that you are being rude from a daily habit that you should not be doing.

Our family mealtime should be one of the most pleasant times of our day. We should engage in good conversation instead of monotone answers. Here are some things to remember when eating a meal with family

- sit up and remember to bring the food to your mouth
- wait for a lull in the conversation to ask politely for food
- answer questions pleasantly
- be alert to requests from other family members
- use your napkin
- if you are missing something, like a fork, get up and get it yourself

Using appropriate humor is also good at the table, it creates a happy mood. Avoid teasing and jokes at this time. Don't use it to beg for requests of your parents. It is a good time to discuss current events, things that are important at your church, and maybe some interesting things that happened during the day.

Whoever is responsible for making the meal, be sure to THANK THEM. Even if you did not enjoy something, thank them for taking the time to make the food for you to eat. Always help CLEAN UP AFTERWARDS. Ask what it is you can do before they have to tell you what you can do.

Rules for when you are a guest in someone else's home(many will apply to home life as well):

- Leave your personal problems at home, don't use this time to discuss negative things going on in your life.
- Stand behind your chair and wait to sit down until the hostess sits down.
- If you are a boy, you should help the girl sit in her chair.
- Keep your hand in your lap when not using it instead of on the table.
- When food is passed take a moderate helping, keeping in mind there are others eating.
- Lay your utensils on your plate when taking a drink.
- Cut your food into small pieces. Place your knife across the top of your plate in between cutting.
- Use your napkin frequently, which should be in your lap.
- Chew slowly and quietly with your mouth closed. Swallow your food before you begin to talk.
- Wait to begin eating until the hostess begins passing the food. Pass it to your left. Pass all the food before you begin eating.
- Bread or rolls should be torn apart and butter should be placed on it as you eat it.
- When eating soup, spoon should be brought up away from you then into your mouth.
- When you are finished eating you should place your knife and fork across the middle of your plate. Place your napkin to the left of your plate.
- If an accidental spill occurs, instantly offer to help clean it up.
- Engage in lively conversations with your hostess, try and get others to talk about things, not much about yourself. Avoid topics of confrontation. Make things pleasant.
- Do not leave the table before your hostess does. Always ask to be excused before leaving the table.
- Sit up straight, both feet on the ground or have your legs crossed.
- If all else fails and you are not sure what to do during a meal, follow your hostesses lead.
- You can follow up with a thank you card or a quick phone call of thanks.

Overnight guests

How can you show hospitality by being a good host to overnight guests? By making them feel at home. After making a move hundreds of miles away, we often enjoy

having guests from out of town stay with us. This can make the number of people in our home anywhere from 13-23. How do we make it happen with zero stress? Here are some tips that we put into effect when we have overnight guests stay with us:

- Prepare your guests before they arrive. Let them know what their sleeping arrangements will be. This way they can get the necessary sleeping items to make it work for them. Let them know if they will be sleeping on an air mattress, couch, or beds. This makes a huge difference!
- Let them know that your home is their home. If they want to make coffee early in the morning, show them where the supplies are.
- Make it clean and cozy. Put fresh sheets and pillow cases on the beds. Make sure there is plenty of towels and wash cloths in the bathroom. I even put an extra container of cleaning wipes on the back of the toilet, in case they want to wipe up a mess. Keep a small trash can in their room to allow them to throw away things. Keep an extra blanket on their bed in case they get cold.
- Reading materials or TV remotes. Let them know how to operate your television---sounds like a given but everyone's is different. Keep some magazines and books handy that you might have borrowed from the library.
- Snacks. Let them know where your snacks and foods are in case they are hungry late. Provide something like fresh fruit, salty crackers or chips, and chocolate. Cover all the cravings☺
- Show them how to get their room cooler or hotter, depending upon the season. We provide them with a fan to block out the noise.
- Toiletries. Keep some extra samples out for your guests in case they forgot theirs.
- Give them a room to chill in. We offer our guests the master suite, which is the girls room. This way they can go in, shut the door and unwind if necessary. We make it a point to tell them to feel free and take a rest, we won't be offended at all.
- Something special. A fresh bouquet of flowers, a welcome sign, a small homemade gift is something greatly appreciated for your guests. Let them know you anticipated their arrival.
- Meals. Talk about meals beforehand. Find out what your guests like or dislike. Make a rough menu for the time they will be at your home. Have some simple things like sandwich material, muffins, and fresh fruit for an easy snack to eat.
- I give an extra laundry basket in case they want to do their own laundry as well. It is never fun to have to return home with a bag full of dirty laundry.

A little planning and preparing beforehand can make your guests feel very comfortable and at ease for the stay in your home.

This week's wrap up for SISTERS OF LOVE:

- Devotional
- Hospitality
- Meal manners
- Overnight guests
- Personal evaluation---write down things needing improvement

Definition of sisters of love(brotherliness):_____

Notes to remember:_____

Teacher evaluation week 9

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 10 Daughters of Discernment

Devotional

Definition of discernment: Seeking to use intuitive ability to judge situations and people; understanding why things happen to me and others.

"Show me your friends and I will show you your future."

The Bible says much about the people with whom we choose to associate with.

"He that walketh with wise men shall be wise: but a companion of fools shall be destroyed."

Proverbs 13:20

Choosing friends wisely is an issue that is very important to discuss. It is a tragedy when a godly young person falls into the wrong group of friends. The results can be devastating. We have plain warnings in the Scriptures to choose our friends wisely: let us always heed that admonition.

Sometimes we have "good Christian" friends who can still rub off on us the wrong way. Some may express bad attitudes towards your little siblings which in turn, you could start doing as well. On the flip side of that, sometimes you can have friends that rub off in a good way. You might be spending the day with a friend, who was careful to spend extra time with her siblings, being patient and kind. That in turn might cause you to be careful how you treat your siblings. We seldom realize how much our friends influence us.

If you think about it, you will notice that the people with whom you spend the most time with, you are most like. You can also relate this to books you read, television shows you watch, and music you listen to. Children who attend school out of home are most like their peers, than their parents or siblings. That is because they spend the majority of time with them.

If your friends are godly and wise, and your parents approve of them, you will be blessed immensely. They will likely influence you for the good, and your friendship will flourish in the Lord. However if you sense that some of your friends are careless about their walk with the Lord, and your parents are hesitant about your

friendship with them, that is a dangerous situation to be in. Do not choose to fall simply because you lacked discernment in choosing wise friends.

*Make no friendship with an angry man, And with a furious man do not go, Lest you learn his ways
And set a snare for your soul.*

Proverbs 22:24-25

Choose friends that strive to honor the Lord in all they do. It has been said that a girl seldom rises higher than the girls she has chosen to be around. Choose friends that are setting a godly example for you, ones that motivate you to be a better person.

Let's do a little evaluation about what your friends are to you.....

1. Do my friends encourage me to walk with the Lord?
2. Have my friends ever said, "Don't tell your parents.....?"
3. Do my parents approve of and encourage my friendships?
4. Have my friends ever spoken disrespectfully or rudely of their parents or mine?
5. Do my friends despise godly authority?
6. Have my friends ever encouraged me to do something that was wrong?
7. Have my friends ever gossiped about someone?
8. Do my friends desire God's best and His perfect will for their lives?

Even in the circle of godly young people, you are likely to face a decision one day to either do what your companion does even though it is wrong, or to stand alone and do what is right. It is clear in Scripture that there is no excuse for sin, no matter what your friends are doing, or no matter how much fun the sin may seem for the moment.

Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season;

Hebrews 11:25

"Be courteous to all, but intimate with few, and let those few be well tried before you give them your confidence."

George Washington

In your group of friends that you would consider your "best friends" there should be a love for Jesus Christ. In those friendships, you will not be exactly alike, in

fact you should both have different types of skills and mannerisms, but the longing to grow with Jesus should be the same. You want friends that always have something to say about what God is doing in their life. This will lead to many lively conversations that will help "sharpen" and encourage one another.

Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.

Proverbs 27:17

You should be able to evaluate your relationships with your friends and determine if you "sharpen" each other. You should edify your friends by the "Word." The most wonderful and long-lasting friendships you will ever have are the one built on Jesus Christ.

Every girl longs to have a good friend. The definition of a good friend is someone who cares for others and serves in time of need. She is a friend who will be loving, cheerful, godly, and set a good example of a virtuous daughter. The friend also needs to be faithful. We don't need to focus on searching for the "perfect" friends. We should be focusing on ourselves and the type of friend we want to be to others. If you put others first, as you did with your siblings you will be blessed in ways you cannot imagine.

We can be a good friend by turning to scripture. There are several points in Colossians 3:12-17 that sum up what a friend is:

- kind
- merciful
- humble
- meek
- long suffering
- forgive our friends
- bear the struggles that come into our friendships
- love our friends
- encourage our friends in the Lord

Things to share with my friends:

- What I read in my Bible today
- How God is working in my life
- Build them up and encourage them in His ways
- Pray for and with your friends

Household maintenance and repair

This section you are most likely to just skip over, but I don't recommend doing that. My suggestion is to look up online videos of how to do these projects. You can also search at your local library books on basic home maintenance and repair. As you get older and maybe move into a house of your own, these will come in handy. In your household binder(which you will be making later on), is where you would keep notes about when you change your smoke alarm batteries or when to replace furnace filters. You might want to seek out an older male figure in your life who can introduce you to simple household repairs and maintenance.

Learn and identify what these basic tools are:

- Hammer
- Flat head screw driver
- Star screw driver
- Screw
- Nail
- Pliers
- Monkey wrench
- Adjustable wrench

Skills to learn:

- How to read a tape measure
- How to swing a hammer
- How to use a drill
- How to use a level
- How to calculate square footage
- How to clear a clogged sink drain-----rule of thumb----DO NOT put down any grease from your pans after cooking, as it cools it will harden in your pipes. Dump outside on the ground. DO NOT put spaghetti noodles, orange peels, or egg shells down the garbage disposal. These when put in excess, will clog an entire drain system. In small amounts normally this is fine with the water continuously running but not large amounts.
- How to clear a clogged toilet----after you plunge it, pour some cleaner on top of your plunger and plunge a few times in the toilet to clean it off before putting away.
- How to remove hair from a tub and sink drain. They have little hook tools that are just a few dollars, that you put down the drain to remove any hair that can get caught.
- How to calculate square footage of an area. This will help you learn how much flooring or how much paint or wallpaper to purchase.
- How to turn off a toilet water line-----important to avoid any water spillage everywhere.
- How to reset a circuit breaker
- How to find a stud in the wall

- How to hang a picture---you can put toothpaste on the hanger and line it up on the wall. Press up against the wall and you will find where the toothpaste is to put your nail in.

There are many other skills that you can learn how to do as well. Pay attention the next time something is needing repairs in your home. You can learn some valuable skills to help you in your life.

Simple wood working projects

If you have the ability to do so, I encourage you to ask someone to help you with one of the following woodworking projects:

- Bread board
- Simple stool
- Simple shelf

There are many more online if you type in beginner woodworking projects. The best way to learn how to do something, is to do it and mess up. The next time you will know what "not" to do.

One thing that I remember learning about screwing things in whether it be a screw, a knob, or a bolt, there is a saying, "lefty loosey righty tighty." This will help you to remember which direction to turn things when tightening them. I have only come across a special screw a few times in my life that turns the other way. This will work for most all of the time.

Cars and driving

This might be another section, you tend to skip over, but one day you will probably be driving and to know some basic skills will help you tremendously. Again, ask someone older who can help you with each of these skills or if no one is available go online and find a video to demonstrate how to do each one of these:

- How to shift a manual transmission
- How to change a flat tire
- How to jump start a dead battery
- How to check the oil
- How to parallel park
- How to back up a trailer

How to behave after an auto accident.

Let's pray that you will never be involved in this sort of situation, but if you are, it is best to be prepared.

- The first thing you need to do when you have been in an accident is to keep safety in mind. If you fear you have a head or neck injury, try to keep yourself stable. If you can get safely out of the vehicle to assess the property damages and check the other driver do so. If not, keep your seatbelt fastened, turn on your hazard lights, call 911, and wait for help to arrive.
- If you or the other driver or a passenger is in need of immediate medical attention, tell the 911 operator. If no one is injured, still call 911, tell them your location and tell them to send a police officer.
- If you can safely move your vehicle, clear it from the roadway so it does not block traffic. If you cannot, alert other drivers on the road by using your hazard lights, or warning triangles, if you have them.
- When speaking with a 911 operator, the police, or the other driver do not say that you caused the accident, even if you think you did. Do not apologize for the accident. The police report, witness statements, and scene of the accident will indicate the facts, so don't assume fault for an accident, especially if you are still recovering from the shock of what happened.
- Use your cell phone to take photos of the accident scene, if you can do it safely. If there are any witnesses who stop, try and get their contact information so they can explain the accident to the insurance company if needed.

Some things to avoid doing after an accident:

- Don't freak out. Even though it is scary and confusing, getting super emotional does not help anything. Stay calm and dial 911.
- Don't apologize. By apologizing it is giving an admission of guilt, and can make settling the case more complicated.
- Don't stay in your vehicle. If you can get out safely from your car after an accident, do so. If it is a bad accident, you don't know that your car is the safest place to be. It is safer to be standing on the side of the road.
- Don't settle without proper authorities. It may be tempting to settle a minor car accident without calling the police or your insurance company but there are many reasons why that is not usually a good idea. For example, you may not be correctly addressing the damage, you may be legally obligated to call the police, and you may not be able to trust the other driver to pay as promised.
- Don't give out more personal information than is necessary. During the chaos of the event, you might accidentally give out too much information. This in turn could make you fall prey as victim to identity theft scam. The only information you need to exchange with the other driver is name, address, phone number, insurance information and vehicle information. Do not exchange financial information or your social security number.

How to behave during a police stop

- Know your rights. A police officer can pull you over for any traffic violation, no matter how minor. They can even follow you and wait for you to commit a traffic violation. Never fight with the police officer or act in a hostile manner, if you do they can arrest you.
- Look for a convenient spot to pull over. Slow down, put your turn signal on and pull over to the right. Try to find a close parking lot or wide shoulder of the road. Take the keys out of the ignition and place them on the dash
- If it is dark and you are alone, you have the right to drive to a well-lit area such as a gas station, before stopping. If you plan to drive until you find a safe place, dial 911. Let them know you are being pulled over and that you are driving until you find a well lit safe place to pull over. The operator will communicate this information to the police officer.
- Relax. Even though getting pulled over by a police officer is scary, you will be okay, even if you get a traffic ticket. Take a deep breath and remember that they are there to protect the well being of people.
- Roll down your driver's side window. Place your hands on the steering wheel where the officer can see them.
- Don't speak first. When they come to your car, they will usually ask for your license and registration. Keep your information in a small envelope in your glove compartment or clipped to your visor.
- If they give you a ticket and you do not believe you deserve it, do not argue. Instead, thank the officer and remain in control of your emotions. Try and remember the officers name for later and then you can take it to court.

Remember if you are driving and obeying the rules of the road to the best of your knowledge, you have no reason to fear police officers. Drive correctly and be glad they are out patrolling the roads to help prevent accidents, by other's not obeying the rules.

This week's wrap up DISCERNMENT:

- Devotional
- Household maintenance and repair
- Cars and driving
- Personal evaluation---write down things needing improvement

Definition of discernment: _____

Notes to remember: _____

Teacher evaluation week 10

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 11 Daughters of wisdom

Devotional

Definition of wisdom: Learning to see and respond correctly to life situations with keen judgment; the application of knowledge

Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

Proverbs 18:21

The tongue is a weapon of destruction or of building up that you carry with you 24 hours a day. It can speak gracious words of love and wisdom, or it can put out offensive words of hatred and folly. It can either build a person up or tear them down.

We can never take back the words that we speak. Sometimes they are words that encourage and bless others. Other times they are less than desirable and hurt and discourage a person.

In Proverbs 16:24 it says:

Pleasant words are as a honeycomb, sweet to the soul, and health to the bones.

Try and speak words of kindness to people on a daily basis. I appreciate it when I go into town and someone with a cheery comment will say to me, "Hello, how are you today?" To be cheerful and have a happy attitude always works best. Try it out when you are at the grocery store and smile and talk happily to the clerk. It just might bring a glimmer of hope to their lives.

Keep thy tongue from evil, and thy lips from speaking guile. Depart from evil and do good: seek peace, and pursue it.

Psalms 34:13-14

To speak a lie is a serious offense to God. There are many warnings about it in the Bible. To lie may seem convenient at the time, but it simply tangles you into a bigger mess.

Gossip is information that can be true and untrue and is spread about others behind their backs. Many churches, sad to say, have much of this in it. They usually say, "Well so and so has this sin in their lives, we should pray for them." or "I wanted to tell you about Sarah, so that you can pray for her." Now I know that God may want you to share some things with another person whom is your confidant to be able to pray for someone else, but if you do go that route, you don't need to plainly state the sin. You can always just say, "Why don't we pray for Sarah, she needs some extra prayers right now." And don't do this with all of your friends, just your prayer warrior friend.

Another thing to be wise about as we become woman of the Lord is flattery. To flatter someone is to praise them too much. It can hurt the person you are praising, because it may tempt them to become prideful of their accomplishments.

It isn't wrong to praise someone for something that they do, but too much of it can be not good. We should encourage our friends in good, useful skills. A few short sentences and an admiring smile is enough to encourage someone.

Are you wise with your words?? There are times when the best thing to do is to remain silent. There are times to use our words sparingly. When we speak hastily, the results are often unpleasant. We are not conscious of our self when we speak too quickly, so it is important to speak carefully and slowly.

As you go about your day, remember that to say too little is often better than to say too much.

Be gracious in your speech as well. A girl should speak in a gracious tone and use wholesome, edifying words. She smiles as she communicates to someone and she speaks softly, not trying to draw attention or put on a big show. People honor her for this. You should not use slang or casual words. Instead, you should be formal and appropriate.

Please remember to look the person you are speaking to in their eyes. Show them that you are giving your full attention to them. When they speak, look into their eyes and listen to their words, without interrupting them.

Thoughts to remember: _____

Getting a job

You may or may not need this section depending upon what your beliefs are about young women working. You may have to apply for a job one time in your life. Knowing what to do and the best way to get the job is key.

Most jobs will probably be basic beginner entry jobs. Even if it is a job at a local fast food restaurant, presentation is key. If you want to land the job, make yourself presentable, each time you go to the establishment. If you are going to be picking up an application, wear nice clothing. Think church dress up. Don't walk in with jeans and a t-shirts. Most every teen will do that, stand out and be different! Make it a point to do your hair and keep makeup to a minimal. If employers can see that you will take the time to look decent, they will realize that you will take the time to do good in their business.

Ask politely for an application to fill out. Thank them by looking the person in the eyes. Show attentiveness. Go home and fill out the application. Do it neatly. Make sure you have all your information beforehand so that you don't write down the wrong information for references, etc. Put it inside a manila folder to protect it from getting wrinkled. Take it back as soon as possible to show that you are eager for the position.

Tips for completing application:

- Write clearly and neatly, using black or blue ink
- Check for spelling and grammatical errors
- List your most recent job first—if any
- List your most recent education first—any training classes you may have taken.
- References do not have to be professional—use your teachers or if you have volunteered use a contact from that. Ask before you put someone's name down.
- Don't forget to sign your application

Cover letter

Another great way to get your foot in the door and separate your application from everyone else's is to include a cover letter. I have done this since I was 16 years old and applied for my first job at a pizza restaurant. It is good practice and shows your ambition to get the job. Here is a sample of what a cover letter should be like. Hook it with a paperclip not a staple to your application when handing it back in.

Name
Title
Company
Address
City, State, Zip Code

(4 spaces)

Date

(2 spaces)

Dear Hiring Manager,

(2 spaces)

I am interested in the part-time position that you have offered in your horse stables advertised in The Times. I have equine experience as I have been around horses for over nine years.

Not only have I shown and ridden horses, but I have also had extensive experience assisting in a barn. Through working with horses, I have acquired a thorough knowledge of horses, tack, and equine apparel for both horse and rider.

While I have equine experience, I also have excellent communication skills and an aptitude for customer service. My past experience as a volunteer at Pardee Hospital made it necessary for me to focus on providing quality customer service, and also enabled me to work with all types of people. I believe that my communication skills, partnered with my equine knowledge, would make me an asset to your company

Thank you for your consideration. I can be reached at 111-111-1111 or yourname@email.com. I look forward to hearing from you soon.

Sincerely,

Your Signature (*hard copy letter*)

Your Typed Name
First Name Last Name
Address
City, State, Zip Code

Follow up and interview

After you have applied for a position, give it about a week and if you do not hear anything, you can make a call to the manger of the establishment. Give them your name and let them know that you have applied for said position and was wondering if they have already filled that spot. This will give you an opportunity to know where you stand in applying for this job. This also gives the employer a chance to know that you are ambitious and are eager.

Interview

If you have been successful in your endeavors and have been giving the opportunity for an interview, here are some tips to help you:

- Arrive a few minutes before the scheduled interview. Do not be late for this!
- Dress up for the interview. No jeans, no shorts, no tank tops. Look professional, even if you will be flipping burgers.
- No gum and no cell phone distractions.
- Keep eye contact at all times.
- Stay calm, take a deep breath if you are nervous.

Sample interview questions

Here is a list of some sample questions that your prospective employer might ask you. Most questions are going to be about what type of person you are and why you will be good for the position. I remember one of my interviews as a waitress and they asked me what three things I would take on a deserted island. The boss wanted to know what types of things I valued in life.

Tell me about yourself.

What is your greatest strength?

What is your greatest weakness?

How do you handle failure?

How will your greatest strength help you perform?

How do you handle success?

Do you work well with other people?

How do you handle stress and pressure?

How would you describe yourself?

Are you lucky?

Are you nice?

How do you view yourself? Whom do you compare yourself to?

What motivates you?

Are you a self motivator?

What are you passionate about?

What are your hobbies?

What has been the greatest disappointment in your life?

What are your pet peeves?

Describe your ideal boss?

Why should we hire you?

Why shouldn't we hire you?

What can you contribute to this company?

Why are you the best person for the job?

Practice answering these questions beforehand. You don't want to speak in a rehearsed tone, this is just to help you come up with good answers.

Thank the employer for their time before leaving.

If the employer chooses to ask you if you have any questions and you don't, a smart response would be, "Is there anything that you see on my application that would prevent me from getting this job?"

Follow up with a letter

Follow up with a nice handwritten letter thanking them for the opportunity to meet with them. You hope your answers were up to their expectation and if it isn't what they are looking for, thank them for the opportunity for experience in job interviews. Have a wonderful day, Sincerely your name.

If time goes on and the employer let's you know that you did not receive the job, ask them if they would mind sharing with you what made them decide not to give you the position. Ask them to be honest, because you want to improve yourself for your next interview.

Critiquing is a great way to find out what it is you are doing wrong as to not repeat it next time. Don't question why they decided on that, just find out what you can improve upon for next time. If you are truly willing to improve your interview skills, this will be your biggest asset.

Resignation

If you come to the point in your job and you need to resign, give your employer at least two week's notice. Be honest about why you will be leaving and leave on a positive note. You want to be able to use this as a recommendation for future jobs if needed. Giving two weeks allows them the time to find a replacement for you. Common courtesy.

How to keep the job

You got the job, now how do you go about keeping it? Diligence is key in holding the job. To be diligent means that you give special attention to the things that are expected of you. Here are some more tips to help you:

- Be responsible and be willing to take on more. People who are willing to take charge and know when to step in get promotions.
- Whatever your job is, work hard. Do the best to your ability from day one to the last day.
- Be honest. There are many times in our lives when we could cheat on our time cards or do less than is expected without anybody noticing. When you work, you are really working for God. The Bible says, "Whatever you do, work at it with all your heart, as working for the Lord, not for men" (Colossians 3:23). Do what you think is right to reveal your true character.
- Learn everything you can about your job. The more you know about your job, the more valuable you will become.
- Don't let yourself be distracted by other things. Take care of personal things on your own time, not on work time.
- Be a valuable asset to your boss. Be punctual, cooperative, independent, enthusiastic, honest, and fun. If you do a good job and are easy to work with, that is valuable.
- Do your job and more. Do the little things that make you stand out from other's
- Don't be a time waster. Complete your tasks with speed and accuracy.
- Always be on top of your profession. Learning is a lifelong process, stay on top of things and continue learning new ways of doing things.

This week's wrap up on WISDOM:

- Devotional
- Getting a job
- Writing a cover letter
- Job interview and follow up
- Personal evaluation---write down things needing improvement

Definition of wisdom: _____

Notes to remember: _____

Teacher evaluation week 11

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 12 Daughters of respect

Devotional

Definition of respect: Honoring and esteeming another person due to deep admiration.

Being honored is a great boost for our moral. Many young ladies long to be admired and praised for their works. Unfortunately most young ladies go about it the wrong way. They seek to be honored in what they wear and how they act. They think that by drawing attention to themselves is going to get them the respect that they are seeking, but it will only get them negative attention.

In God's word it explains that people honor a gracious woman:

Strength and honor are her clothing: and she shall rejoice in time to come.

Proverbs 31:25

Here are three steps if you desire to be respected in the right way:

1. Purpose to not draw attention by immodest dress
2. Purpose to not draw attention by loud speech
3. Learn to be gracious.

Not many years ago people dishonored boisterous, independent women. Instead, young girls were raised and trained to be gracious keepers of the home. People would appreciate their courtesy and gracefulness that they had about them. Girls never raised their voices, didn't have flippant remarks, and they had casual tones when speaking. They looked presentable before going into town. They humbly served alongside their mothers, helping to entertain guests and doing work around the home. They didn't roll their eyes or give sarcastic remarks to their mothers while guests were present. There was a level of respect. They didn't say things like, "Oh, my mom is so weird?!!" They didn't do something silly for attention. They were reserved and modest. These girls thought about others and were loving and kind towards one another. When a new girl walked into church, they were sure to speak to her before she left. How very backwards our culture is today.

I know times have changed and girls aren't all sitting at home waiting to be housewives, but we should still have that mentality that we want to be gracious so we can be honored. There is a HUGE need and call for girls to be gracious. No matter if the world is telling you to be loud and express yourself, be equal to men, not to submit to anyone, God will honor you if you obey His word. You might also be surprised at outsiders who honor your behavior as well.

Do you think that employers would much rather trust a girl who is gracious verses one who appears to be worldly? Opportunities may come through your church groups, volunteer services, or circle of friends when they need someone responsible and mature based on how you act on a daily basis.

I am not the weaker vessel...

Many girls have adopted the attitude that they must be strong or stronger than boys. The fact remains that most women and girls are weaker in physical strength than men. God made male and female different, each one for different task. There are many things that a woman can only do and things that they can do better than a man. Likewise there are many tasks that are made for a man to do. We need to be glad and happy for the respect that we receive for just being a lady. We need to be thankful for when a boy offers to help carry things or offer a seat to us. This can be hard, especially when you are just trying to be polite. Even if you are carrying something small and a gentleman offers to carry it for you, let them. Don't crush their spirit, let the boys learn some chivalry and help the "weaker vessels." It will bring honor from God and also to you for being respectful to men.

Just because you are the "weaker vessel" does not mean that you cannot do mighty things for God. In fact you have a strength about you that can only come from being a gracious woman. Boys will respect that. If you were to ask boys which girls they would like to date. Many would respond with the typical way a teenage girl acts today. When you ask them which type of girl they were to marry, they want a girl who will be respectful and honoring to them. One that is gracious and that is respectable among people. Those are the types of girls that young men are seeking as their lifelong partners. Be gracious, be respected.

Thoughts to remember: _____

Personal finance

You can take entire courses on personal finances and learning how to budget your money. The one main point that you need to know and embed in your brain for your entire life is:

Do not spend more than you make!

If you start now when you are young and continue onward while you begin making more money, you will be financially stable. Most people get into this thought of, "I am making money I deserve to have new things!" Or they start hearing about the "buy now, pay later" campaign and get into the horrible scheme of credit card debt. If you learn to put some money away for an emergency savings and then how to budget your money you won't have to worry about falling victim to that scam. If you choose to live without all the frivolous things that your friends may be wasting their money on you will be far better off in your future. It might seem like a punishment, but if you can live like no one else will at this young age, you will live like no one else will as you get into your early twenties.

Avoid any type of purchases that require you to make payments. If you can pay cash for something up front, you will avoid interest and fees. When you use a credit card and "borrow" money from the company or pay on a payment plan to another company, you are paying them interest to "use" their money. How much better to save up and pay cash for the item to avoid any fees. It is much better to wait four months and save to pay cash for something verses paying for years on a payment plan.

Avoid the statement that you have to build your credit score so you need to take a payment. That is a myth that you can easily read about online as false. Companies just want you to pay for years on interest payments when if you just saved up for a year or two you could pay cash for your vehicle and then own it yourself. The problem with taking a car payment or a payment on an item is that generally you will still be paying for your purchase and the item will be already passed its new stage and in need of repairs. You will be stuck paying for your monthly payment and paying for repairs. "Cash on the barrel," is an old phrase that is a good one to live by.

It is not impossible to save up and buy a car. Buy cheap the first time. Take care of your car and continue to save the same amount each month. In a year's time you

can sell your car and then take that money amount and the amount that you have been setting aside and buy a better car. You can continue to do this and within a few years have a really nice car all paid for.

Look for ways to buy things cheap. Even though all your friends might be buying things new at the mall, think second hand stores. You can buy some really great clothing options at a huge fraction of a price compared to store bought prices.

If you have to buy snacks or food, think to buy them in bulk or make your own. You can buy a large bag of chips and then separate into smaller bags to have individual snack bags at a fraction of the price.

For gifts, think of homemade gift ideas. If you do an internet search on inexpensive homemade gifts there are tons of great ideas. There are so many cute ones that people will really enjoy. Most would appreciate a homemade gift over store bought any day.

Avoid the sales pitch. Just one television commercial or sales person at the store can make you feel that you "have" to have that product. Let me tell you that sales people work on commission. Commission means that they make money based on how many products they sell. They are going to tell you exactly what you want to hear, thus they will make money. Here are some tips to advertising advice:

- Decide what you need yourself by listening to what the advertiser is saying. Make a list of other things you could buy with the same money.
- Compare products. Don't just buy what is advertised.
- Shop around. Don't just go where the commercials tell you.
- Go for quality. Make sure that the product lives up to the advertiser's claims. I like to think for most things---buy once and pay a little bit more money verses paying less and buying multiple times due to it not lasting.
- Look past the appeal of looking good or cool. Ask yourself what the product can really do for you.

Making a budget

One of the first things you do when you begin making money is to write out a budget. This works best when you begin having a steady flow of income. It is kind of hard to budget money when you only receive a small cash gift once or twice a year. Maybe your parents give you an allowance and that is something you can work with.

Tithe

Your first choice should be to put some aside for tithe. This is one of the best practices to put into place now when you are young. It's about giving God the first portion of what He 's given to you and allowing Him to provide for your needs out of faith. It is a simple concept but one of the toughest to live out. I can give many personal testimonies of when we did not tithe each week and how financially broke we were from it. We would experience hardship after hardship and it seems that things always broke. When we started tithing on a regular basis and it became a part of "wanting" to do it, things didn't seem to break down as much, we actually accumulated a savings, and God had blessed us in numerous financial avenues. Our base pay did not change, actually life expenses got bigger, but we still came out on top and overflowing.

Here are some Bible verse to read further on tithing, I encourage you to read them and study them further in depth.

- Malachi 3:8-10
- 2 Corinthians 9:7
- Proverbs 3:9
- Luke 21:1-4

Expenses

Your next thing to list will be your expenses. Do you have anything that you have to regularly pay for each month? Maybe you go out each week and spend money with friends. Whatever you normally do, write it down. If you have to buy clothes, personal care items, or any type of snacks, write that down too.

Savings

You should start thinking about some short and long term savings goals. You might have to begin thinking about saving for a vehicle. You need to think about how much you can put away each month towards this. You might want to put away money towards a short term goal like a cell phone purchase. Whatever the item, you need to plan ahead. You need to set aside a set amount each month to work towards that goal. If you want to buy it in three month's time. Take the total cost and divide it by three. Find out how much to set aside and then pay for it with cash.

Income

Lastly write down what your total income is for the month.

The difference between income and expenses should be in the positive. If it is not, then you need to do some adjusting to your expenses. You want to minimize your spending so that you can put away more into your savings. To save for future purchases.

Now it is your turn to make your own personal budget. Very simple like the example, just fill in the amounts pertaining to you.

_____ personal budget	
	Income from job: _____
	Income from allowance: _____
	Extra miscellaneous income: _____
	Total income for month: _____
Expenses	
Tithe	_____
Food	_____
Entertainment	_____
Savings	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Total expenses for month	_____
	Income minus expenses _____
	Difference _____
Make adjustments as needed	

Interpreting paystubs

This is just a basic looking pay stub, most all of them will have a similar appearance.

Hotdog World, Inc.							
Name		Payroll ending		check no			
Sarah Mitt		3/14/15		3243			
Employee No.		amount					
3423		87.50					
Earnings			Taxes withheld			Other deductions	
Description	Hrs.	Amount	Tax	Current	YTD	Description	Amount
Regular	20	120.00	Fed income tax	12.72	174.90	Meals	7.00
			Social security	7.44	102.30		
			Medicare	1.74	23.93		
			State income tax	3.60	49.50		
Current		120.00					
YTD		1650.00					

Let's start at the top. It has the companies name, your name, and the payroll ending date. This means this is the last day that they were paying you for. Normally you will get your checks a week behind. You will get paid this Friday for last week's worth of work. The check number is for the company to know which check was issued to you. Your employee number is the number they assign to you in payroll. The amount is how much your check is for.

In the chart, the left hand side lists the earnings. It has the regular hours that you have worked. In this case the person earns \$6 an hour times 20 equals 120.00. If you had overtime they would list it under the word regular. You generally get paid more for overtime. Current lists how much the current earnings is for and YTD means Year to date. This is the total amount of earnings that you have earned up till this point. That is your earnings. Now we take a look at your deductions.

Under taxes withheld, it lists the four taxes that every company is required to take out. It is based on your tax bracket and the number of exemptions you chose when filling out your W4 forms. You did this when you got hired in, probably with your parents help. They take out for federal tax, state tax, Medicare, and social security. Federal pays the federal government. State goes to your state to pay for libraries, roads, etc. Medicare helps the elderly with medical care . Social security goes to a trust fund that pays monthly benefits to retirees and their families and to widowers and children of workers who have died. It also goes to a trust fund that pays benefits to people with disabilities and their families. Some employers will take out for local taxes as well if required.

Other deductions includes any extra deductions. This might be for meals, uniforms, equipment, etc.

You take your earnings(gross pay) and subtract your deductions. This is how much your net check is worth.

This week's wrap up on RESPECT:

- Devotional
- Personal finance
- Budgets—creating your own
- Interpreting finance
- Personal evaluation---write down things needing improvement

Definition of respect: _____

Notes to remember: _____

Teacher evaluation week 12

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 13 becoming a daughter who is unstoppable

Devotional

Definition of unstoppable: The freedom to perform at your highest level without any restraints.

Do you ever feel like a failure when you are trying to live out your life as a follower of Christ? It may feel like you are walking up this mountain but that mountain seems to just get higher and higher with no peak in sight. You wonder when you are ever going to be able to make it to the top so that you can have an easier walk down the other side of it. When you are struggling with your decision to live a life of Christ, take a moment and look at the reality of what is going on around you.

Don't get depressed when you sin. The Bible says that the penalty of sin is death. Jesus' sacrifice means that death is no longer something that we need to fear. Even though we can say that we are dead to sin, we may still struggle with it. I remember butchering chickens. As soon as you chop off the head of a chicken and let go, it continues to run around for a while before it's death. That is the same situation for us in our lives with sin. We may cut off the penalty of sin's power but it may still be running around with us. Don't get upset when you do sin, repent, turn back to Jesus and trust in Him. That struggle will soon be over.

Struggling can be misidentified with stretching. When we are going through things they don't always feel comfortable. They are not the normal and it may be a little bit different. Allow yourself to stretch a bit and experience things in a whole new way. If you are stretching that means that Satan is trying to work against you and make you feel badly. He wants you to give up and to turn away from all the God has for you. When we are stretching, it is showing that God is at work in your life and you are learning to overcome the bad parts of sin.

Keep preserving in your walk. You should never give up. Even when the moment seems too hard, know that the easy part is after that high peak. You just have to get to that point in your life. God promises to never leave you and to always give you a way out when things are bad. You need to keep your focus on Him, ask Him

Babysitting

You may in the next few years get the opportunity to babysit young children. This may come easier for some as you may be used to many little ones in your home, but for others it might be a new concept. With a few essentials and a little knowledge you can be confident that you will be victorious if you are left with the task of watching little ones.

Managing little children can sometimes be a challenge. One moment they are snuggling up for stories and the next they are painting the walls purple! How do you deal and cope with that? You **PLAN AHEAD** for all kinds of possibilities.

Babysitting requires skills in creativity, adventure, and play. Those skills will be of no help if you do not know what to do when a child has a tumble off the swing set or you are not prepared for the realities of a two year old temper tantrum.

Have a plan

You want to begin planning before you actually get a babysitting job. The best way to spread the word is to family, friends, and neighbors until you get more experience watching little ones.

It is about your safety and comfort level as well as the children's. Find out if a job is right for you by asking careful questions about what the family expects.

Think about the ages of children you would like to care for. If you are not comfortable caring for an infant or one with special needs, don't take those kinds of jobs.

Do you know how to change a diaper? How to bathe a child? Learn these skills before you show up for your first day of work.

The most important and first priority in babysitting is to keep the children safe. Being a good babysitter means knowing how to handle everything from a splinter to a real emergency. Remember our lesson on basic first aid?

It is best to prepare for an event before it happens. It is unlikely that the child you will be watching will eat something poisonous. But knowing where to find the poison control number gives you a big peace of mind.

Even something as simple as feeding a young child can be dangerous if you are not prepared. Know which types of foods are choking hazards to young children. Where can you put young toddlers when you prepare the meal as to keep them safe? All good things to think about.

Parents love babysitters who help children have fun and learn-while still reinforcing rules and keeping discipline. Ask the children to show you their favorite toys.

Take the children outdoors if you can. Simple games like tag and hide and seek are great games to keep children active. Running around also will help tire little ones out so that they will nap and sleep well, which parents would probably appreciate.

Avoid any type of media. Skip television, unless you need to keep them occupied while you prepare a meal. Engage with them to avoid them being bored and wanting to play tablets and computers.

Know that children will challenge you, especially when you are the "new" sitter. Even though a child may try and fight rules, they actually need and thrive best on structure and boundaries. Find out what the rules are with the parents and stick with them. You may not agree with what the parents choose, but you need to abide. This will gain their trust and respect.

Ideas to keep children busy

One great thing that I remember learning at babysitting classes to help keep children busy is to create a surprise box. A surprise box, is just that....a "surprise." When you go to someone else's home, the toys are all familiar and the children may be bored with the same old stuff. But when you show up with a brightly decorated box, suddenly their eyes open wide and they are excited to be able to see what is inside!

You can put a variety of things inside your surprise box. I would think crafty. You can put construction paper, foam sticker pieces, scissors, crayons or markers--- make sure they are washable☺, and any other neat crafty thing. Depending upon the age of the children, you probably want to avoid things like paint, glitter, liquid glue, or anything else that will make a big mess. Keep it easy on yourself. You can even buy prepackaged craft kits to assemble with little ones.

You can also make up your own play dough. Here is an easy recipe that you can make yourself. Use any color food coloring to dye it and add any scent to it. You can add vanilla extract, cocoa powder, cinnamon and nutmeg, or even Kool Aid to give it a different scent.

Homemade play dough

- 1 1/2 cups cold water
- 1/2 c salt
- 2 T cream of tartar
- 2 T vege oil
- 2 c flour
- flavorings or colorings

In a saucepan boil the water, salt, cream of tartar, and oil. You can add your food colorings at this moment. Sometimes I add a packet of Kool Aid. Makes a great smelly play dough. Then I add my flour. I like to add it with a wooden spoon and stir it in as best as I can. It will be quite chunky and sticky but will get spongy as it cools. I then flop it onto the countertops and as I can stand kneading it, without scalding my hands, I knead. As the dough cools it gets spongy. As I am kneading it, I also add my scents and colors, depending upon if I didn't already. Store in a closed container.

You can put together play dough kits by placing the following together:

- **Cupcake kit**---\$1 store muffin tins, cupcake wrappers, pony beads-for sprinkles, birthday candles, glitter—if you are brave.
- **Ice cream kit**---ice cream scooper, colored ice cream
 - green with toothpaste for mint
 - brown with cocoa powder for chocolate
 - white with vanilla extract for vanilla
 - pink with strawberry flavoring for strawberry

Put the play dough into rectangle style deli meat containers to resemble ice cream. You can put two "flavors" together. Create a cute label with construction paper. Make some ice cream cones out of thick corrugated cardboard. Cut out a trapezoid shape, draw cone lines on them, roll up and hot glue them together. You can put beads in this for sprinkles too.

- **Under the sea.** Make some blue Kool Aid play dough and include some tiny glass decorating beads, small sea creatures, and seashells. All these can be found at the dollar store.
- **Construction set.** Buy some inexpensive dump trucks and scoopers and put these into a rectangle sized box. Include some popcorn seeds for scooping and some play dough for building. You can include some twigs or real stones from outside as well.

These are just some suggestions to give you something new and different to play with. Make sure to take them home with you so that they have something to look forward to when you come back again.

Keeping children occupied in a pinch

Here are 15 games that will help you keep children occupied for a time.

1. **I Spy.** Choose an object within view and using the phrase "I spy with my little eye, something ____" Provide a descriptive word about what you see and let the children guess what it is. Then let them pick something and you try to guess!
2. **Would You Rather.** You ask some random questions to each child. For example, "Would you rather have arms so long they hung to the ground or three legs?" Or, "Would you rather be a bird and fly the world, or a cat in someone's home?" Or, "Would you rather eat a chocolate covered ant or frog legs?" These questions can vary to the ages of the children you are watching.
3. **Rock, Paper, Scissors.** The rock is a balled fist. The paper is a flat palm. The scissors are the pointer and middle fingers sticking sideways. Rock beats scissors. Paper covers rock. Scissors cut paper. Simply say "Rock, Paper, Scissors...go" and everyone throws their choice into the center of the circle.
4. **Name That Tune.** One person chooses a well known song and hums the tune. The other players try to guess the song. The person that guesses gets to hum the next song.
5. **ABC game.** Choose a topic like songs, animals, names, etc. Then go through the alphabet and say a different name for the topic that you chose. For example, the first person says

Ant, second says Bee, third says Cow, etc, etc. There is a clapping rhythm part that you can learn to go with this. You take both hands while sitting and tap your legs two times, then clap two times, then snap your right hand, then your left, then say the word that begins with your letter. Repeat these motions and the next person then says their letter.

6. **Went To Market.** The first person starts, "I went to market and bought a _____." Say it's a cake. The next person lists what has been said before, then adds something. "I went to market and bought a cake and a doll. Person three: "I went to market and bought a cake, doll, and a bat. See how far you can get in remember the items.
7. **Simon says.** This game can be played anywhere, even in a car or other small space. One person is Simon and starts by saying, "Simon says, jump" Everyone must then do the action. However, if Simon makes an action request without saying, "Simon says" to begin the request, anyone who does that action is out. The last person still playing in the end will be Simon for the next round.
8. **Play duck duck goose.** Have the children sit in a circle facing each other. Choose one child to walk around the circle. As they walk around the circle have them touch each child's head. As the child says "duck", he or she has to tap heads until they tap one head and say "goose" instead. The goose must get up and chase the duck around the circle. The duck has to try and run around circle and sit in goose's spot. If the duck gets the goose's spot, then the goose becomes the duck. If the duck fails to get the spot first but is caught by the goose and tagged, the duck must be the duck again.
9. **Hide the _____.** We usually play this game and use a favorite toy to hide. You can say to the child if they are getting hotter (closer) or colder (farther) away from the object.
10. **Red light green light.** With enough room, this game can easily be played inside. One person is the traffic light at one end, and the other players are at the other end. When the traffic light faces the group, he or she says, "Red light!" and everyone must freeze. The traffic light then turns his or her back and says, "Green light!" while the group tries to get as close to the traffic light as possible. The traffic light turns around quickly, again saying, "Red light!", and if anyone is spotted moving, they have to go back to the starting place. The first person to tag the traffic light wins and gets to be the next traffic light.
11. **Mother may I?** This game is set up in the same way as Red Light Green Light. One person in the group asks the person in the front, "Mother, may I take <insert number> steps forward?" The person at the front then says, "Yes, you may." or "No, you may not." You can vary your requests by including options such as taking baby steps, spinning steps, leaps or whatever creative steps they can come up with. Again, the first person to tag the person in the front wins and is the next person in the front.
12. **Hot potato.** Players sit in a circle facing each other. You pass an object, maybe a rolled up clean sock, or stuffed animal and they pass it quickly to each other while you hum a tune. The person holding the object in their hands when you stop humming is out. Continue playing until there is only one person left. You don't have to hum a tune, you can just say "stop."
13. **Hand clapping games.** The first hand-clap game most people have played is Pat-a-Cake with their parents. Songs and patterns get much more complicated from there. Usually there are two people involved, doing a series of clap patterns on their own and each other's hands while singing or chanting a rhythmic song. There are many rhymes listed online, but if you can learn from someone else or see it in a video, that is best, so that you can get the notes of the song and the rhythm of the clapping.

14. **Pictionary.** This is actually a board game, but you can play a version of it with some paper and pen. Choose something to draw and let your children guess what it is you are drawing. Very simple. Depending upon their ages, you can be simple and draw objects or be harder and choose songs, books, or videos.
15. **War.** If you were able to have access to a deck of cards this game is fairly easy. Shuffle the deck of cards up evenly among each child. At the same time each person puts down the top card from their deck. The person with the highest card wins those sets of cards. Continue doing this until your hands are empty, then reshuffle with the cards they won in the "war."

Choking hazards

Choking is a very real concern for your children. The size of a child's windpipe is about the diameter of a drinking straw. Knowing what to avoid is the key in prevention. Here is a common list of choking foods for young children:

- Hotdog cut into coin shapes
- Peanuts
- Popcorn
- Pretzel nuggets
- Whole grapes
- Raw vegetables
- Seeds
- Dried fruit
- Peanut butter in spoonfuls or with soft white bread
- Ice cubes
- Cheese cubes
- Candy, cough drops, gum, lollipops, jelly beans

Common household items:

- Balloons
- Marbles
- Coins
- Small bouncy balls
- Marker or pen caps
- Button type batteries
- Screws
- Rings

You can help prevent choking by cutting the child's food into small pieces. Cut hotdog rounds and grapes into quarters. Give small amounts to them while eating.

Take note of what is in the area if you are watching little ones who may put things into their mouths. If they accidentally put something into their mouth and you can pull it out, do so. Be cautious not to push the object further down the throat. Tilt the child forward to help force it out. You will learn this if you take a CPR and choking course.

Babysitter checklist

When you go babysit in another home, take a few copies of the following page along with you and have the parents fill in necessary information.

Important Info:

My cell: _____ My spouse's cell: _____

Where I'll be: _____ Phone number: _____

Call me if:

If I can't be reached, call:

Name: _____ Phone number: _____

Safe neighbor: _____ Phone number: _____

About our home:

Address: _____

Nearest cross street: _____

Special requests:

Food: _____

Outdoor/indoor play: _____

TV: _____

Bed/nap time: _____

About the children:

1. Name: _____

Age: _____

Medication: _____

Allergies: _____

Special Instructions: _____

2. Name: _____

Age: _____

Medication: _____

Allergies: _____

Special Instructions: _____

The best thing to do to be prepared for watching children is to collect ideas and add them to your household notebook binder. If you haven't done that already (you will be at the end of this year), just set aside a separate folder with which you can put ideas for entertaining children when you come across them. Neat crafts, yummy snacks, and fun songs with hand motions are always good to have a variety of.

This week's wrap up on being UNSTOPPABLE:

- Devotional
- Babysitting
- Ideas to keep children busy
- Babysitter checklist
- Personal evaluation---write down things needing improvement

Definition of unstoppable: _____

Notes to remember: _____

Teacher evaluation week 13

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 14 Daughters of gentleness

Devotional

Definition of gentleness: Learning to respond to needs with kindness, personal care and love.

All right we've all got them. You know those people that we try and "control" in our lives. For some it might be our siblings, for others our friends, or maybe we think our parents just don't get it. It is those people that we think are constantly doing wrong and we need to fix and show them how to do things more perfectly.

But did you know it's not about us fixing them? Did you know that we as small, infinite tiny, human beings can never do as much as God can do in a situation or person's life?

Our lives are not about making the "perfect scenario" around us. Sure it would be great to have things go well, all of the time, that we never have anything to worry about. But then we would never exercise the gifts that the Lord has given to us.

Did you know that God wants us to be daughters of gentleness and act in love?

Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; 5 does not behave rudely, does not seek its own, is not provoked, thinks no evil; 6 does not rejoice in iniquity, but rejoices in the truth; 7 bears all things, believes all things, hopes all things, endures all things.

1 Corinthians 13:4-7

Some of us can quote this scripture quite easily. But have you ever taken the time to go through each verse line by line? There is much meaning inside each of these words.

"Love suffers long and is kind"

I wonder how many friendships and sibling relationships would be saved today if we would make love suffer long, instead of giving up as soon as they "suffered?" How many would be restored and turned back away from rebellion if they had just been

shown love instead of anger and contention? Or what if we traded in our meanness and spitefulness for kindness?

"love does not envy; love does not parade itself, is not puffed up;"

If we truly loved, we wouldn't envy what we don't have. We wouldn't walk around, especially to our unsaved friends or younger siblings and act like we are better than them. We never would have to think that we "knew it all." We would just be content knowing who we are in Christ and where we were in our walk with Him.

"does not behave rudely, does not seek its own, is not provoked, thinks no evil;"

Sometimes we are more prone to treat strangers better than our own loved ones. Things that we would never say to a stranger, we blurt out almost haphazardly to our own. We must think about what words are coming out of our mouths. The Bible says "out of the abundance of the heart, the mouth speaks." Whatever types of things are in our hearts, proceed out our mouths. Even if it is a slip up. That just means that deep down, there is still a root of anger or bitterness towards something. When we don't seek our own agenda's we will walk in love. When we seek God's agenda and we trust him and have faith in Him, we don't feel the need to "control" things, we let God do them. Even if we think we know what God's agenda is for someone else 😊. Evil is the opposite of love. If we are supposed to walk in love and truth, according to the Bible there should be no evil in our hearts.

"does not rejoice in iniquity, but rejoices in the truth;"

We as Christians should never rejoice when someone else sins. Seems easy enough right? Sometimes when someone has hurt us or has done wrong to us, deep down we may have that root of bitterness in our hearts and think that "they are going to get theirs!" But we shouldn't be rejoicing that way, we should be hopeful that those people will turn from their ways. People are lost souls. They have closed their ears and shut their ears to hearing God's truth. They know not what they do. Jesus tells us to "forgive them." We should pray for our enemies that they would see the light and God's truth. Guess where a good place that is to start with.....in you!

" bears all things, believes all things, hopes all things, endures all things"

Seems the Christian way has to put up with an awful lot of:

- ✓ bearing all
- ✓ enduring
- ✓ believing
- ✓ hoping

But if you look to the non Christian they could say that they do the same things: they bear all their problems, they believe and are hopeful that what they do can change things and make them better. They try and endure things in their life. But that sounds like an awful lot of stress and pressure to put onto one person. Aren't you glad, that we as Christians have someone whom we can believe and hope for while we endure things? How much better is it to know that we have someone whom we can turn to in times of trouble? When we recognize that God is love and that we are to be like Him, we won't have to worry about things of this world. God promises to never leave us nor forsake us. That is a powerful truth!

When we see that love is the way we are supposed to respond and act in this world, we will stop our need to control everyone around us and start doing what God has called us to do.....LOVE OTHERS.

Thoughts to remember: _____

What message am I sending?

Without saying a word, we are sending silent messages to the people around us every day. Our face, posture, and every mannerism communicates volumes of what type of person we are. Being aware of what you do is a key to changing the way that other's perceive you.

Your face

Everyone has facial expressions that represent our current condition. These expressions usually happen automatically. We do not consciously say to our brain or our face to show that we are surprised. We as human beings just naturally show these responses. Many think that we have a face that no one can read our thoughts or feelings. Often times that is not the case. Whether we have a raised eyebrow, a wink, a nod, or a quick frown it is likely we have facial expressions that speak to others. You need to ask yourself if your facial expressions are saying good, positive things about you. Are they showing the messages that you intend to show? The best thing you can do is to smile. A genuine smile. Nothing brightens a dull mood then a hearty, healthy smile.

Our posture and walking

Have you ever heard someone say that "she stands tall" or "she holds her head up high"? Having your shoulders slouch and head down are visual cues that you have a lack of confidence. If you stand with your head up and back straight shows that you have confidence and energy about you.

Mannerisms and gestures

You may know that folded arms send a closed message while arms at our side send an open message to others. Twisting hair, frequent facial touches, wringing hands, or scratching of the head may reflect angst. Many people speak with their hands and body. It adds expressive quality to their words. When you say the word, "no" while strongly pointing your finger makes the sentence more powerful. When you shrug your shoulders, it shows a lack of knowledge or interest in things.

Your clothing, hair, and personal care can send messages to people as well. If your clothing is wrinkled and unclean, it will send a negative message to others. If you

have an odor about you, people will be quick to judge. If you are in a situation which you value, consider your appearance.

First impressions

Even if we think people shouldn't judge a situation, most people judge a first impression about you. I know myself numerous times have met someone and had a judgment about them, that later I have changed. I was wrong to think that way, but it was how those people presented themselves is how I was turned off. Consider everything about what type of message you are conveying to others if you want to make it positive.

If you honestly want to know how other's perceive you, ask a close friend or family member. Ask them if you are offensive or if there is anything about what you do that turns them off. Look in the mirror and see what other's see about you. Take note of how you respond when faced with negative information. In times of stress, how are you looking? You have to be aware that other's are watching you all the time. Especially if you have made the decision to follow Christ. They want to see what it is about this Jesus person that makes you so adamant about following Him. Make your life reflect how Jesus would respond in all situations. People are watching. Your siblings are watching, younger girls are watching you, and you are an example to those around you, even if you don't want to be.

Opportunities to serve

At church

Among your church groups, you may feel too old to be part of the youth group anymore but still not quite old enough to be part of the woman's group in your church. I would encourage you to attend these women's meetings and gain insight and knowledge from them. They were all once young like yourself and you could gain much wisdom. It may seem weird at first, but give it a try. You can also see if you can help out in a younger program at your church. If you enjoy working with children, try the children's church part of your church. I am sure they would love an "energetic" young person to come help with the children. Serve in the nursery helping out the young moms. Everyone loves a cheerful, willing helper. Make yourself available, volunteer for things needed in the church. Ask your pastor to

see which types of things you can get involved in helping doing. It might be as simple as helping clean the church once per week. You may be able to help on the welcoming committee baking cookies. There is always something to do and probably not enough people to help do it. If your church is small and your parent's approve, search out larger churches in your area with young adult groups.

In the community:

There may be plenty of things to volunteer doing in your own community. If you enjoy working with the elderly, contact a local nursing home and see what types of opportunities you can have to volunteer. Your local library probably would enjoy some extra hands, plus you can gain some extra skills. If you enjoy serving others, look at your local hospital for volunteer service opportunities. Local animal shelters would probably have many needs for helping. Soup kitchens and food banks would offer positions to come help each week as well.

In the home:

I know what a blessing it can be to have an extra hand to help me out during the day. Be a willing helper to your mom each day. Set aside extra time to help school younger ones, give your mom a break, or help make a meal. If you do not have many opportunities in the home, look for another family whom you can bless. Offer to help another mom with her little ones in the home. Do not expect money, actually deny it. Take the skills that you gain from helping run a home and take care of the children as payment.

Personal safety tips

As you get out more in the world be careful of what you encounter. Being at home most of the time is a safe zone. Being out in the world with ungodly people, gives you an opportunity to reach out to others and be a light. It can also be a trap for a young woman, being out in the world for the first time. Guard yourself, take what your parents have taught you and follow it. You don't need to be fearful of things, but be aware. Women are easy targets for random acts of violence because they generally have:

1. **Lack of awareness**—you need to know where you are and what is going on around you.

2. **Body language**—keep your head up, stand straight up.
3. **Wrong place, wrong time**—don't walk alone in an alley or drive in a bad neighborhood at night.

Here is a list of basic tips to remember:

- Never be alone with another man, no matter what the age—in work situations, in vehicles, etc.
- When you get into your car after being somewhere, immediately lock your doors.
- If you are parked next to a van enter your car from a passenger side door.
- Before you get into your car, check to see if there is someone next to you in a vehicle. If you are alone outside, go back into the mall or store and ask a guard to walk you out. It is better to be safe than sorry.
- Always take the elevator instead of the stairs. If you are in an elevator and another man approaches and you feel uncomfortable, get off where he got on.
- We as woman are sympathetic towards others and that is a good trait to have. In the world we need to be careful of situations. When helping others, we need to be aware of our surroundings. If a handicap man asks for assistance and you are out alone, go get some help. Don't do it alone. Unfortunately bad people like to prey in on unsuspecting targets.
- Don't walk around talking on your cell phone—be aware of what is going on.
- Use the buddy system---whenever going places, take someone with you if possible. If you are going to be leaving a place, try walking out with someone else.

Goal setting

As you are reaching the age of young adult hood it is important to begin setting some goals for yourself. Setting goals allows you to strive for something. It gives you a purpose each day. When reached it gives you the satisfaction of attaining that goal. In every area of your life you can set goals. I encourage you to take the next few pages and write down some of your goals. Continue each day working towards achieving them.

Goals

(name)

(date)

My educational goals include:

1. _____
2. _____
3. _____
4. _____
5. _____

My social goals include:

1. _____
2. _____
3. _____
4. _____
5. _____

My financial goals:

1. _____
2. _____
3. _____
4. _____
5. _____

My family goals include:

1. _____
2. _____
3. _____
4. _____
5. _____

My health/physical goals include:

1. _____
2. _____
3. _____
4. _____
5. _____

My recreational goals include:

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are the most important to you?

Choose two goals from each category that are the most important to you. Identify each goal as short term (1-4 weeks), medium term(2-12 months), or long term (1 year or longer.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Prioritize your goals

List and prioritize six of your most important goals. After each goal, identify what you could be doing now to work towards that goal and what resources you need to achieve each goal.

Goal #1

What I can be doing now to work toward that goal:

The resources I need to achieve this goal are:

Goal #2

What I can be doing now to work toward that goal:

The resources I need to achieve this goal are:

Goal #3

What I can be doing now to work toward that goal:

The resources I need to achieve this goal are:

Goal #4 _____

What I can be doing now to work toward that goal:

The resources I need to achieve this goal are:

Goal #5 _____

What I can be doing now to work toward that goal:

The resources I need to achieve this goal are:

Goal #6 _____

What I can be doing now to work toward that goal:

The resources I need to achieve this goal are:

Now that you have them broken down, begin working on these goals. If you take a few steps each day, it is better than not doing it at all. Maybe you wanted to finish that crochet blanket. Work for $\frac{1}{2}$ hour every day while watching a show. You might want to work on your relationship with your Dad, resolve to spend an hour each weekend working with him. Whatever the goal----work towards it!

This week's wrap up on GENTLENESS:

- Devotional
- Message your sending
- Opportunities to serve
- Personal safety tips
- Goal setting
- Personal evaluation---write down things needing improvement

Definition of gentleness: _____

Notes to remember: _____

Teacher evaluation week 14

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 15 Becoming a daughter of thoroughness

Devotional

Definition of thoroughness: executing something perfectly with the realization that each of my tasks will be reviewed

Some people have the mistaken idea that time management is all about cramming more stuff into an already overloaded schedule. That is not good time management. Good time management is all about finding the right balance in all the different areas of our lives.

We have to remember that our time on earth is limited. We have been given a certain amount of time, everyone is limited to 168 hours per week. How we all choose to use that time wisely is our own choice. You can choose to be effective and thorough in your life or you can choose to waste the time away. As you get older, you will want more time to do things. You will see other's doing things and "wish" that you could do those things as well. If you begin while you are young at observing your time management skills and then applying steps to make them more effective, you will produce more hours in your day. This isn't about cramming more things, it is about deducting the wasted steps and being thorough with your tasks.

The next few weeks you will be learning how to be more effective in doing simple tasks. Just as if you were in a job outside of the home and your manager wanted you to complete tasks quicker, you will be applying these skills in the home.

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is.

Ephesians 5:15-17

Thoughts to remember: _____

Becoming a CEO

One of the most important things in your life is going to be how you organize and manage your time. Being a wife and caring for a home can be about as big of a job as a CEO of a company. You both have three important roles to fill:

1. Leadership---making the home run effectively.
2. Management---making the home run efficiently.
3. Innovation—being able to do “new things” improving upon old ways.

The definition of a CEO is:

The leader of an organization(family). This title is given to someone who is occupying the highest position in an organization(family) and is solely responsible for the success or the failure of it.

The definition of time management is:

The act or process of planning and exercising conscious control over the amount of time spent on specific activities, especially to increase effectiveness, efficiency, or productivity. (source Wikipedia)

**please note, yes your husband will be responsible for the home life as well, but majority of the work will rest on your shoulders.

As a teenager, this is an important time of your life to learn this principle as you plan and prepare for your future.....

Be an effective organizer of your time

After living on this earth for 40 years, I have come into contact with many women who run their homes. The ones that do so effectively and easily, have a plan. The ones that struggle with not having enough time to get things done, or the ones whose homes are in disarray most of the time, those are the ones that have not learned to effectively organize their time.

This principle is key for you to learn to be a successful wife and manager of your home.

Another note, that ALL moms, go through seasons in life. We have babies, we have many little ones, we are bedridden in pregnancy so there will be times when the

home will be in disarray and things just can't get done. I am not talking of those times. I was there many of times in my 20 years of marriage and 10 children. My prayer for you is to learn to be an effective manager of your home most of the time. I don't want you to make excuses your whole life that you just can't get things done. If you were to work at a career or job outside of the home, your boss would expect you to make the minimal steps to complete a task, and do things effectively and efficiently.

Time wasters

There are many ways, you as daughters, training to be future wives and mothers, can help with your share around the home, One way is by not wasting time. We waste time by:

- Doing tasks slowly
- Doing tasks haphazardly and taking unnecessary steps
- Watching shows or doing social media updates all day

There is nothing wrong with watching shows and being online checking things, but what I want you to learn is to set aside a block of time during your day to do it. Don't let the media world to have control of when you get things done. You be in control.

We will start simple. Let's evaluate how much of your time is wasted when taking care of your bedroom.

Hands on task:

This week, take notice of how long it takes you to do simple tasks.

Let's start with making your bed.

The first thing you do in the morning upon waking is to pull back all the covers on your bed. Put the pillows on a chair or in the middle of your bed. Open the windows to let your room air out a bit. If it is winter shut the door while going down for breakfast.

After breakfast, after your bed is aired out, it's time to make it.

1. Make sure your fitted sheets are pulled properly around your mattress, making a nice smooth fit.
2. Place the flat sheet, wrong side up, so that the right sides are together.
3. Over the top sheet place the blankets. Fold back the head end of the sheet so that it will not touch your face.
4. Tuck in sheets and blankets together. Do the sides first all the way to the foot of the bed. Then fold the foot end in last.
5. Over top, place the comforter or bed spread. Tucking in just the foot of the bed. Make sure it is smooth and covers the blankets.
6. Fluff your pillows and place them at head of the bed. If your cases are longer fold them under. Pillows should not lay flat but against the headboard a little.
7. Wash your sheets and pillow case once per week. This will help keep unwanted oils off your face and body. You can wash the blankets and comforter as needed, but they should stay clean for the most part.

Now see how time effective you are:

Set a timer and time how long it takes to make your bed. Write down your answers for a few days this week. Evaluate what are some ways you can cut back on those seconds?

- Did you have bed clothing piled on a chair in a convenient spot? Or did you waste steps going to get each piece?
- Did you take any other useless steps?
- Did you stop to do anything else before finishing?
- Did you make any mistakes in folding your sheets back?
- Is the bed placed in an area where it has to be moved to make it? Example, moved away from the wall, etc

These are just examples of ways to help you to make your bed more efficiently. Think of ways of saving waste motion but be thorough. If you study how to save time in making a bed in this way you are doing what the CEO of a company does when trying to be more effective.

After taking note of steps you can help to improve upon, time yourself again, see how you do.

Next step, cleaning your room.

Time yourself on how long it takes to regularly clean your room. Is it taking you hours each week to pick up your room? You need to help cut down on those times. Evaluate if it is because of wasted motion steps in cleaning your room. Do you walk in different patterns when cleaning your room, instead of working in a systematic pattern?

Learn to work in a clock pattern. Start at 12 o'clock and work your way around your room according to the movements of the clock hands. By the time you get back to 12 you will have completed the room.

Is the reason it takes so long because your room needs to be de-cluttered? Do you have so many things that it is hard to find what you exactly need, through all the stuff?

Conveniently located

Another way of saving time when putting your room in order is "to have a place for everything, and everything in its place." This means more than merely putting your clothes in the closet. It means working out a plan for putting things in the most convenient places.

Have you ever wanted to find that skirt in a hurry when dressing for church and then were delayed because it was at the back of the closet with other clothes on top of it? Do you think it will be worthwhile to plan just where to hang your coat, tops, and dresses? Where will you plan to put things which you wear every day? Things which get worn once per year?

A well arranged closet, will include keeping things off the floor as much as possible so that it can be cleaned quickly and easily. In a well arranged closet there should be some way of keeping shoes off of the floor. You can keep them in shoe racks or on low shelves. Please make sure that when you put your shoes in your closet, you take special care that they are clean. As soon as you put them away, check them for dirt and scuffs and remove it promptly. The next time you need to wear them out, there is not a need to have to wipe them down and waste time.

Questions to consider:

- Do you have things neatly arranged on your closet shelves?
- Are they accessible in times of need or do you waste time hunting for things when you are in a hurry?
- When you look for socks to wear, do you have to sort through pairs, looking for that matching set only to discover a hole in the toe?
- Is your undergarments placed neatly in an area, instead of thrown haphazardly?
- What about pajamas? Do you have proper night clothes that are not run down and stretched out? You only need a few pairs of pajamas, it is something you wear to bed after being cleaned, not something that gets dirty each day. Place them back in your drawer to wear again for a few days.

Hands on task:

You are going to be an effective engineer in designing how your closet and dresser should go together. I know you have completed this task back in the beginning of this book, but it should now be about four months since that time, how is your closet standing? Do you have areas that need improving? That is why we are revisiting this topic. Becoming an effective organizer is something that you will find yourself doing over and over again. Your first method may not work 100%, you will find that you missed some areas and that is why you are doing it again.

- Take everything out of your closet.
- Get rid of ruined clothing, set aside in a pile, clothing that needs to be mended, and put clothing that you haven't worn for over a year in a donation bag.
- Take the clothing that is not worn much and place that in the back of the closet.
- Place your nicer clothing for church and outings next in the closet, you won't need these as often.
- Put everyday clothing right in the front. Organize it according to dresses, skirts, short sleeve top, long sleeve tops, and undershirts. You can also do it according to the colors of the rainbow ROY G BIV (red, orange, yellow, green, blue, indigo, and violet)
- If you find that most of your items do not fit, then start weeding out. Take note of how many undershirts that you NEED and get rid of the rest. Keep a basic amount. You can only wear one outfit per day and seven days a week.
- Put items that are not needed regularly like belts, scarves, etc in containers on top of your closet.
- Place your shoes on a shoe rack or in a shoe bag on the back of the door.

- Keep only things that you need to access in your closet, do not keep things that you are just holding on to --because. Place that in a separate area, maybe under the bed or in a storage section of your home.

This week, take note of how effective you have been in designing your clothing arrangement. Notice how much time you spend trying to decide what to wear.

Questions to consider:

- ✓ Are there too many choices?
- ✓ Does clothing end up on the floor of the closet each day? Why is that and what can you do to fix that?
- ✓ Is there items that keep getting knocked over when you try and grab daily items?

Fix and redesign it again. You will do this over and over until you can just walk into your closet, get out an outfit and put it on without wreaking havoc in your closet.

The plan for having a convenient arrangement for keeping things in order needs to be applied to your dresser as well. When you go to your dresser can you find what you need without looking through every drawer to find it? If you cannot answer "yes" to this question, then it is time to effectively clean and organize your dresser drawers.

These same principles apply to your dresser, take everything out and then start sorting.

- Throw out, old, worn out socks, undergarments, and clothing.
- Place items neatly in drawers, putting everyday items up front and others in the back.

Applying this to all areas:

The skills that you learned this week in being an effective manager of your time, I want you to put into effect in other areas of the home. Maybe it will be how you get ready in the morning. It might be how you do the dishes. Whatever the task, do some investigating and see if there is a way to do it faster and more efficient.

To begin:

1. Write down four areas that you normally do each day.
2. Time yourself
3. Take note of what steps you take to achieve them.
4. Is there something you can change to be more effective?
5. Improve upon the way you do things.

Area to improve: _____

Time to complete it : 1st : _____ 2nd _____ 3rd _____

Ways to make it more effective:

Area to improve: _____

Time to complete it : 1st : _____ 2nd _____ 3rd _____

Ways to make it more effective:

Area to improve: _____

Time to complete it : 1st : _____ 2nd _____ 3rd _____

Ways to make it more effective:

Area to improve: _____

Time to complete it : 1st : _____ 2nd _____ 3rd _____

Ways to make it more effective:

This week's wrap up on being THOROUGH:

- Devotional
- Becoming a CEO
- Time wasters
- Hands on task: organizing your room effectively
- Hands on skills: improving time management in five tasks
- Personal evaluation---write down things needing improvement

Definition of thoroughness: _____

Notes to remember: _____

Teacher evaluation week 15

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 16 Becoming a daughter of good habits

Devotional

Definition of good habits: Having an admirable, pleasing, or superior quality of doing things often and in a repeated way

The Bible teaches us about the value of time and how to use it wisely. It does not talk about multi-tasking, increasing productivity, or how to gain more hours in your day. It teaches us about rhythm, priorities, and balance. Even though we are learning how to be more productive, it is about being an effective daughter for the Lord. When we can be effective with the time in our lives, we can free up more time to be able to do what it is God has called you to do.

Walk in wisdom towards outsiders, making the best use of your time.

Colossians 4:5

Having habits will help you to establish regular routines in your day. It will help you know which things you are to accomplish and how to do them. When you have a habit of always putting your keys in a certain spot, then you will never lose your keys. Having specific places for things, allows you to not "waste" time looking for them.

When you seek the Lord in improving areas of your, you are getting guidance from the Holy Spirit. If you seek God with improving upon things that you do, this will become a way of life for you. Yes, God does care how much time you spend getting ready. Yes, He can show you how to be more effective at doing it. Seek Him and get wisdom. This in turn will carry out into your walk with Him. When you need help improving other areas of your life like character qualities, you use this same approach. Habits are part of everything that you do. If you have an issue with being negative, you are going to seek the Lord at improving your habits which cause you to be negative. When your mom asks you to clean the bathroom and your first response is a roll of the eyes, that is a bad habit. We are going to put into effect how to change and implement new habits into your life.

Notes to remember: _____

Putting things away

Having a convenient place for everything is important for time management. But it is only part of the solution, the other part is to actually put things in their places.

It is much easier and saves time if you do not drop things just anywhere you feel like dropping them in your room. If you put things away and hang up your clothes at night, there will be no picking up to do in the morning.

The habit of putting things away instead of putting things down is your new goal.

You need to emphasize doing the tasks that will take you less than two minutes to put away, right away. Otherwise that small job will turn into an "add it to my to do list later" item. The more that we can get done in the moment, the less we will have to remember to do them again later.

This principle can be adapted to be even more powerful when you get into the habit of using it beyond physical items in your room or home, but also with digital information and follow-up tasks.

Let's say you receive an invite for an upcoming party, if you are able to attend, RSVP now, not later. Then mark it on your calendar and throw away the invite. What about emails that comes into your box and needs information attended to? Reply right away, and then you can clear your inbox. Letting your inbox fill up with email is just like leaving items on the countertop because you don't want to put them away now.

One of my favorite sayings is,

"Never put off till tomorrow, what you can do today."

Use that even in the littlest of applications in life. If you can put away all your items after returning from a shopping trip now, then do it. Don't wait till a later time to put things away. Why wait? Stop procrastinating and just get it done.

Hands on skill:

You are going to take note to pay attention to immediately getting done what can be done, instead of waiting until a later time. Apply this principle when returning home from being gone all day, when you complete activities and have to put large amounts of stuff away, and as you go about your daily life. Look at each opportunity to get things done, instead of waiting for a later date.

Are you noticing that you are more apt to just dropping your items and leaving them for a later time? Are you stopping and reminding yourself that instead of putting things down, I need to put them away?

Work this week at being consistent at putting things away immediately instead of waiting for a later time. Do not put off for later which you can do right now. Take the extra two minutes and get it done.

Which tasks, that can be completely in just a few moments, do you put off "till a later time?" Write these tasks down. If you cannot think of any, just ask others in your family which ones they think you need to improve. Sometimes others can see things that we might not see.

Tasks I need to improve upon doing immediately:

1. _____
2. _____
3. _____
4. _____
5. _____

Avoiding clutter

Have nothing in your houses that you do not know to be useful or believe to be beautiful." -

William Morris

For some of you, you may have grown up in a cluttered home. A place where cupboards would not close, closets and dressers were overflowing with clothing, and stuff was shoved under the beds and into nooks and crannies. When guests came over it was a huge chore to clean the house and everyone had to help because it was such a big job. Does that sound all too familiar?

Most people don't even notice that they have too much stuff. It is something that is overlooked. But day after day they are spending hours trying to get ahead of housecleaning and organizing. They are constantly making an excuse as to why their home is in disarray. The answer is very simple of what they need to do to help those issues....they need to declutter!

To understand the definition of declutter, we need to define what "clutter" is:

to fill up or possibly cover with dispersed or disordered items that obstruct movement as well as minimize effectiveness.

Therefore, declutter is the opposite action. It really is to sort items and get tidy. It means to order items, to put things in place where they belong.

Most peoples' homes are full of things. We live in a land of "stuff." Stuff that makes us feel good, stuff that we don't want to get rid of, and stuff that takes over our lives.

It begins when we own too many things. When we have fewer items the easier it will be to keep clutter at a minimum.

The first and easiest ways to start decluttering is to remove the excessive possessions that are stealing our lives, times, and energy.

In your process of removing the excess, it can be helpful to define what it is that is causing your clutter. Usually it is defined in 3 ways:

1. Too much stuff in too small of a space
2. Anything that you no longer use or like
3. Anything that leads to a feeling of disorganization

It is not good to have too many things in your room. A few well arranged items on top of your dresser make it much easier to keep order and will help you save time in caring for your room.

Questions to consider:

- How is your desk looking?
- Is it cluttered and untidy looking?
- Are there books that you don't regularly use that are left out?
- Are there things on the top of the table that should be kept in drawers or boxes?
- What other places in your room may be in disorder and full of unnecessary things?

Hands on skill:

You are going to declutter your room.

Here are some simple steps to declutter your room:

1. Clear a working area probably in the middle, where you can sort things. Gather a bag for trash, boxes for donate and return to other areas of the home.
2. Work in a clock pattern around your room start at 12 and move around the room in a clockwise pattern.
3. Do one drawer or shelf at a time.
4. Pull everything out of the drawer or shelf and set it in your working area. Sort the items into the appropriate places—trash, give away, or return to the drawer or shelf.
5. When deciding where each item should go you need to make an instant decision. Think about when was the last time you used this? If you haven't used it for six months or more you probably won't. Exceptions to seasonal items.
6. Continue to work on your entire room until you return back to the 12 o'clock mark.

If this is the first time that you have decluttered your room, it will probably take a few hours. Work in sections if it seems to overwhelm you. Take a break and do something else in between. The more that you do this, it will normally only take an hour or so to upkeep your room.

One thing that I notice that will get overlooked when cleaning out a room is a brush full of hair. Make sure that you regularly clean out your brushes and wash them with soapy water.

When setting up your dresser, think what items you absolutely need to leave out and put the rest away.

The same is true for your desks and nightstands. You can only read one book at a time, you don't paint your nails each day, or you don't listen to ALL of those CDs at one time. Put away every item that is not used daily. Keep it simple.

When you stand back and notice your room, take note which areas look cluttered. Go back and redo those areas. You want a simple, not chaotic look. Leave out only the items that are used regularly and put the rest away. A clean room will give you a sense of accomplishment and peace, knowing that you have done a good job. Keep up on it.

Now that you have decluttered your room and have learned how to be more effective, is there another area of your home that you can help your mom out by decluttering? She might have too many books on the bookshelf, too many magazines with recipes that she may never get to.

Look around your home and see where there is "too much" of something. Brainstorm and even internet search ways of improving that area. I am sure your mother will be blessed by your eagerness to help out in ways that she might not be able to get to because of her season of life.

Areas that I can help improve upon in our home:

1. _____
2. _____
3. _____
4. _____
5. _____

This week's wrap up on GOOD HABITS:

- Devotional
- Putting things away
- Avoiding clutter
- Hands on skill decluttering my room
- Hands on skill decluttering other areas of our home
- Personal evaluation---write down things needing improvement

Definition of good habits _____

Notes to remember: _____

Teacher evaluation week 16

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 17 Becoming a daughter of orderliness

Devotional

Definition of orderliness: learning to organize and care for personal possessions to achieve greater efficiency

For God is not the author of confusion but of peace,

1 Corinthians 14:33

God's ways are not wrong. He does not create stress, WE create the stress and mess in our lives. By doing things our "own" ways and not seeking the Lord in what He wants us to do, can create pressure in our life. If you can create order by the things that are going on around you, you will be better equipped to handle the things that seem to get thrown at you by the enemy in his endeavor to thwart you from your walk with the Lord.

By becoming a daughter of order we can be more productive, less stressed, and be able to fulfill our calling in life. You need to be able to find the best rhythm for your day. Learn how to prioritize things and establish routines for doing things.

For if someone does not know how to manage his own household, how will he care for God's church?

1 Timothy 3:5

Thoughts to remember: _____

Let's look at maintaining order and balance in our life.

Establishing a morning routine

When you establish a routine for yourself each morning, you are creating an environment of consistency. When you are a CEO in charge of a family, your morning routine affects your employees (family members). With consistency comes known expectations of roles and responsibilities, known outcomes and a happier, calmer family life. How does your morning routine measure up? Ask yourself the following questions:

- Do you ever feel rushed in the mornings?
- Do you feel stressed out, when mother is cross because you slept in late?
- Do you find like you are getting distracted when trying to complete your most important tasks?
- Do you regularly feel like you have just wasted your day?

If you answered "yes" to these questions then it is time to establish a morning routine. You want your day to get off to a great start, especially if you are in charge of a bunch of employees (children.)

Having a morning routine means implementing and establishing a consistent routine to help create order in your home life and to help you gain control of your day.

When you have a morning routine, it usually does not involve hitting the snooze button on your alarm four times before you actually roll out of bed or scanning your phone to see what the world is up to. It involves carefully set up tasks and habits that are to be completed before you begin your day.

Why should you do all of this? Remember we are viewing your future life as the life of a successful CEO. Think about your favorite things to do in life. Do you have a certain nonprofit group, you like to involve yourself in? Is there a certain place where you like to eat at? Do you have a business that you like to frequent because of their top customer service? In our lives we are drawn to certain businesses, products, bosses, and friends because they provide consistently good food, products, leadership and friendship. If we expect value and consistency in

those things, why shouldn't we expect them in our own lives? Having a morning routine is just one of those things to help give you order and calmness to your day.

Morning routine

When waking up in the morning and leaving your room, it should be in order. But what happens when you wake up late and there isn't much time for having your room be tidy? A well worked out schedule for the things you have to do before leaving the house in the morning will help to eliminate this problem.

Here are some questions that will help you figure out your morning routine:

- Do you make needless trips back and forth across the room and up and down the stairs?
- How many minutes does it take you to put your room in order and make the bed? Can you think of any way to cut down this time?
- Did you hang up your clothing the night before and leave things in order so that there are no unnecessary things to do in the morning?
- Have you planned exactly which things to do before breakfast and what to do after breakfast so that you won't waste time?
- Do you have regular morning chores that you are responsible for doing? Start them on your own, don't make your mother remind you. You are growing up to be a woman, you don't need your mom reminding you of simple routine tasks.
- Do you set aside a set time to do your email and other internet outlets? This can be a huge time waster. Set aside some time during the day and stick with it to answer emails, etc.

Hands on skill: Getting your routine started.

On the following page, make a list of what you do in the morning before and after breakfast. Show this to your Mom and let her offer help in areas that can be improved upon. After getting advice, try and experiment every morning until you have worked out the most satisfactory schedule. One that becomes a habit for everyday. Fill in the following information and evaluate where you stand for orderliness.

Time I wake up: _____

I hit the snooze how many times: _____ eliminate this step, don't set your alarm so early if you are going to snooze.

First thing I do, after I open my eyes: _____

Should I eliminate this step: _____

My next steps are:

1. _____
2. _____
3. _____
4. _____
5. _____

What do I do after I have breakfast:

What are some things I need to do differently:

Now that you have written out what you do, can you put into effect what you are going to change? List your "new" wake up schedule here:

My new wake up schedule is:

Time I wake up: _____

First thing I am going to do: _____

My next new steps are:

1. _____
2. _____
3. _____
4. _____
5. _____

After breakfast I will:

Put these into effect all week, establish a new morning routine. If your body and mind knows what to expect, things will roll much smoother in your day.

Weekly cleaning

You are in training to be a CEO of a household. CEO 's of a company do not leave things alone, they work, they organize, they cut back on, they see where they need to make cuts, they strive to be efficient in ALL WAYS. You as a daughter in training are preparing yourself to be an efficient CEO at home.

Let's imagine walking by a room, when you looked in, you saw a room full of disarray. The bed was not made, clothing was thrown upon the floor, window curtains were crooked and dirty, and it had an unpleasant odor about it.

Now imagine you pass by another room. In this room the bed is nicely made with clean bedding. The curtains hang fresh and straight in the window, clothing is hung

neatly in the closets, it has a smell of a yummy candle burning, and there isn't a speck of dust to be seen.

In which of these rooms would you want to invite your friends over to hang out in? Where would you want to spend the afternoon reading or sewing in? Why do we prefer the clean and orderly room? Do you ever feel disturbed and confused when you are in a place that is torn up and disorderly? Do you not feel happier when your room is cleaned?

Why is it worthwhile to keep your room in order?

- It is sanitary and healthful to keep your room clean and orderly.
- It saves time when you are in a hurry.
- It is an opportunity for you to do your share in helping to keep house.

Hands on skill creating a schedule:

Do you have a regular schedule of cleaning or tasks that you are expected to carry out each week? Your assignment is to make a schedule showing what you do each day in the week. Record the number of minutes or hours that you spend each week helping with the housework.

Take into consideration the following:

- Do you only do the things that you are asked to do in helping at home?
- Do you think to offer to do extra things so that your mother may have a little relief or fun?
- Do you do your share of the work willingly and pleasantly?
- Do you have to be reminded constantly of your responsibilities?

Just as you saved time in cleaning your room, you can save time cleaning and caring for other rooms. The most important thing is to have a plan for doing your work so that you eliminate needless steps and motions.

Sometimes when cleaning several rooms it is better to do all the sweeping, then do all the dusting, etc. Sometimes it is better to dust, sweep, and finish each room as

you go. Try different ways of doing your cleaning and find the quickest way of doing your work.

You will find that if you have followed the daily practice of keeping your room in order, it is much less of a task to clean it each week. There won't be any shoes on the floor, no clothes to pick up, and no trash on your desk. Most housewives will have a general rule of order when it comes to cleaning a bedroom. Here is a sample to follow that will help you to do it quickly and thoroughly.

1. Wash the sheets and air the bed each week. Do this early enough to allow the bed time to air out.
2. Bring all the tools you need to clean your room. This is another way to help save wasteful time.
3. Dust and wipe down all tabletop areas in your room at least once per week. Wipe down all media screens, keyboards, etc.
4. Empty the waste basket at least once per week.
5. Cleaning the floor is last. Sweep, vacuum, or wash as needed.

This week, I want you to create a schedule for normal weekly chores that you are responsible for. Write down what chores you are to do each day. Then if you are to do certain chores once per week, I want you to schedule those as well. You may have chores that you are responsible for once a month, schedule those too.

Here is a sample schedule:

My daily chores:

Make bed
Pick up room
Wash breakfast dishes
Clean up kitchen

My weekly chores:

Monday---wash bedding
Tuesday—dust and use window/glass cleaner in all rooms
Wednesday—bake bread
Thursday---clean van
Friday—deep clean bathroom
Saturday—help with yard work

Make a list of your daily chores, then your weekly chores. If you have many chores that you do only once per week, divide them up among each day. That way you are not cramming all of your work into one day.

My daily chores:

My weekly chores:

Mon _____

Tues _____

Wed _____

Thurs _____

Fri _____

Sat _____

You can do this type of scheduling with every area of your life. If you are doing your school work, schedule exactly when you are to complete it. Schedule in time for extra activities like sewing, baking, beading, or writing. Maybe choose a different day each week to focus on different tasks(ex: sewing on Monday, baking on Tues, etc.) Make sure to throw in some free time as well. Stick to your schedule. If you have a different schedule each day, write it all out. This way you will know what is expected out of your day and when thinking about what it is you

need to be doing, you can look at your schedule. Don't cram up your entire day, leave some flexibility for when life gets crazy. The key is to establish some sort of order.

Your goal is to eliminate wasted time. You want to be efficient at what you do. Remember when you take less time to do daily and weekly habits, that leaves more time for fun and freedom.

This week's wrap up on ORDERLINESS:

- Devotional
- Establishing a morning routine
- Hands on skill: getting a routine started
- Weekly cleaning
- Hands on skill: making a schedule
- Personal evaluation---write down things needing improvement

Definition of orderliness _____

Notes to remember: _____

Teacher evaluation week 17

- Can the student define the definition for the character quality by memory?
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- The week's hands on lesson was it done thoroughly?
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On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 18 Becoming a daughter of joyfulness

Devotional

Definition of joyfulness: choosing to be pleasant regardless of outside circumstances, which ultimately lifts the spirits of others.

Are you a half-empty or half-full person?

When someone tells you something do you automatically think of the positive or the negative part of it? Choosing to look at your life as half-full verse half-empty is a good approach to have in life. The Bible tells us to be JOYFUL and ENJOY our life and what we have. I don't know all of your situations and I know some of you might be experiencing negative things in your life right now, but by choosing to focus on the positive will help lessen that negativity.

We ALL go through ups and downs in our lives. No one is exempt from that. Being joyful can be a hard task to come by at times.

If you read Psalm 27, it is a summary about David. David had suffered many hardships in his life. The amount of things he went through are way more than we will ever experience in our lifetime. He was in fear for much of his life that he was going to be killed. Do you sometimes live in "fear" to feel like you won't measure up to being a good daughter or a good friend? What did David rely on to get him through his fear?

Only by the power of God

David realized when he put his trust in the Lord that he would "see the goodness of the LORD in the land of the living". This is what kept him going - even when he was hunted like a wild animal.

We need to be enjoying our lives and having JOY instead of walking around in fear, anger, or sadness.

What does God say about having JOY in our lives:

This is the day that the LORD has made; let us rejoice and be glad in it.

Psalm 118:24

A man has joy by the answer of his mouth, And a word spoken in due season, how good it is!

Proverbs 15:23

A joyful heart is good medicine, but a crushed spirit dries up the bones.

Proverbs 17:22

Even going through the mundane tasks of life can make it hard to be joyful. Being at home most of the time, can get boring if we are not careful. We can get ourselves into a negative rut. It is important to help that by setting goals, making schedules, and giving ourselves things to do throughout the day to break up the mundane parts of it. We are responsible for the messes that we get ourselves into. Don't sit around and continually focus on the negatives in your life. Don't board yourself up away from your family in hopes of "escaping" to aloneness. You need to choose to be joyful. God doesn't just hand it to you, it is our choice and you have to make it.

We can ALL find something to be JOYFUL about. There is ALWAYS something even little to be THANKFUL for.

There is no pit that is so deep that God's love isn't in it.

We choose EVERYDAY who we will serve. If we believe Him than we have a cause to be JOYFUL.

The JOY of the LORD is my STRENGTH

Nehemiah 8:10

Thoughts to remember: _____

On becoming a woman

One of the greatest parts of growing up is hitting that milestone of having a period and passing from childhood to womanhood. This can be one of the best moments of your life or you can view it as one of the worst☹️ Let's take some lessons from the devotional and focus on the half-full part of it.

What are some signs that your period is coming?

The age at which a young girl can start menstruating (another word for period) is anywhere from 8-15 years of age. Seems like a big age gap! Starting early or starting late, doesn't mean that your body is any less of a woman, it just means that everything is in place now for you to start into womanhood. There are often some signs that you may be nearing your first period. Breast development and pubic hair growth often begin a couple of years before menstruation. Some girls may experience a growth spurt about a year before they begin.

The typical menstrual cycle lasts 28 days, but periods are often irregular during the first few years of menstruation. Sometimes during this time, girls may skip cycles or they may occur at multiple intervals during the month. This can be from stress or by your hormones being out of whack. If they seem to get worse, talk to your mother about them and she can speak to your doctor about the issues. A girl's first period is usually very light, with sometimes only spotting or very little blood.

What is happening inside of me?

I am going to give you the shortened version of what is happening. I would suggest you talk with your Mom or other older woman in your life about what is going on inside of you. God has given you a uterus. A uterus is a special place that will one day, hold a baby inside of it. From the time you are born, God has given you all of the "eggs" that you will ever need inside of your ovaries, isn't that wonderful that you are "equipped" from the beginning—God has a plan!

Day 1 starts with the first day of your period. This occurs after your hormone levels drop at the end of the previous cycle, signaling blood and tissues lining the uterus to break down and shed from the body. Bleeding lasts about 5 days.

Usually by Day 7, bleeding has stopped. Leading up to this time, hormones stimulate fluid-filled pockets called follicles to develop on the ovaries. Each follicle contains an egg.

Between Day 7 and 14, one follicle will continue to develop and reach maturity. The lining of the uterus starts to thicken, waiting for a fertilized egg to implant there. The lining is rich in blood and nutrients.

Day 14, hormones cause the mature follicle to burst and release an egg from the ovary. This process is called ovulation. Over the next few days, the egg travels down through the fallopian tubes towards the uterus. If a sperm from a male, unites with the egg here, the fertilized egg will continue down the fallopian tube and attach to the lining of the uterus.

If the egg is not fertilized by a male sperm, hormone levels will drop around day 25. This signals the next menstrual cycle to begin. The egg will break apart and be shed from the uterus opening—the cervix, and out of your vagina. This results in small blood spots in your underwear.

This is a very normal process and every woman you come in contact with has gone through this. I would suggest that you keep a small maxi pad in your purse to take with you, in case your period begins. Your first one you don't get any major signs that it is going to happen. When you go to the bathroom, check the inside of your underwear to look for any spotting. One of girl's biggest fears is that they are going to start flowing blood and it is going to soak through their clothing for everyone to see. In all my years of knowing girls, I have never met anyone who has had a horrible experience like that. Normally it is a very subtle amount, enough so that it doesn't go through your clothing. If you notice something wet, go check in the bathroom.

You may normally have a slight discharge in your underwear each month that is yellow and mucous-like, to help that, you can wear a small pantiliner. These are mini pads that you can't normally feel, but help make you feel fresher. If you happen to start your period, this will help to not get all over.

What happens when I do start?

If you need to change your underwear, get a fresh pair on and insert a pad into the lining of your underpants. I would suggest underwear that have a cotton lining to them. You can choose maxi pads that have "wings" on them and they wrap around your underwear. This will help keep them into place and prevents leaks. Your first period tends to be very light. Choose a pad with light flow on the package and you should be fine. As you get older, your flow may increase and you can purchase a heavier flow type pad. But no need to wear a bulky one for your first one. They are super thin and you can hardly tell that you are wearing them.

For the blood stained underwear, if you have hydrogen peroxide squirt it directly onto the blood. It will literally fizzle away the blood. Then rinse off in cold water. If you use hot water it will set the stain. This works great in case you have any leaks in your clothing as well.

When I was younger, I started having two sets of underwear. One for the time of the month and one for regular use. The time of the month were just plain cotton ones, that might get stained, but were comfortable to wear. Just a suggestion as you get older.

How often do I change pads?

Having your periods can cause you to have a slight odor down in that area. Your best defense is to make sure that you shower at least once daily. Put on fresh underwear, a new pad, and clean clothing. Wear some deodorant every day. Every time you go to the bathroom, typically every 2-3 hours, you should change your pad. When you take off the pad, use the wrapper from the new one to wrap around the old pad. Take a strip of toilet paper and wrap around it the opposite way, to avoid seeing any of the contents. Push it down into the wastebasket to dispose of it. I have been in many places, where girls just throw it into the garbage can, yuck! That is very unpleasant to look at. Wrap it up tightly and dispose in trash can. These will begin to smell if you do not empty your trash on a regular basis. Make sure you do this.

Having good, clean personal hygiene is your best defense in worrying about odors☺

Some tips:

Choose not to take many baths but instead shower. Bathing in a tub is fine occasionally, but by sitting in a tub full of soap is not good for your vaginal area. This can lead to irritation and yeast infections. If you notice any itching, burning, white yeasty cottage cheese looking discharge, or foul odors talk to your mom about possibly having one of these.

A good way to know when you are about to start your period, is to use a calendar. You can put a circle on the days that you begin your period and everyday that you continue to bleed. If you are embarrassed put a heart on that day instead. No one will recognize what it means but you. After keeping track for about three months, you can count the days from the time your period starts to the next time you begin bleeding. There will be a pattern. Then you can kind of estimate when your next one will begin. This will enable you to be prepared for it.

PMS

To be joyful is a hard thing to do, especially when that time of the month rolls around. I am a very stable, normally joyful all of the time woman, but when that time of the month rolls around, I can feel the skin crawl on my back. When I was younger, I didn't know how to deal with it as much as I do now, but as I get older when I start feeling the effects, I take note and take measures.

PMS usually begins about a week before your bleeding occurs. Some girls notice nothing about how they feel and others feel every single one of these symptoms:

- Tired
- Moody
- Short tempered
- Bloating
- Hungry
- Overwhelmed
- Anxiety

Sounds fun right? It isn't as bad as it sounds. The key to dealing with it, is preparing yourself. How do you prepare? You take it easy. If you know that you are experiencing PMS, you give yourself a break. Not a break that you need to lay

in bed and do nothing, just a break from all the "normal stresses of life." If you can take it easy, by laying low and doing things on a more relaxing level, this will be best.

Some tips:

- Get some extra sleep, skip the television show, go to bed earlier. If you can take a nap, do so.
- Eat healthy foods. This is a time of craving sweet and salty foods. Don't overindulge, just ration out a little and continue eating healthy. Your body can't function properly if you are not giving it good, whole food choices.
- Hydrate yourself by drinking more water. This will help get rid of the bloated feeling. I know it may sound counterproductive to drink more water when you are already feeling full of water, but this will help flush out extra toxins from your body. You will be losing some fluids by the blood, be sure to replace it by drinking more water.
- Exercise---what?!?! Yes, I promise this will make you feel better and alleviate stress. Go for a quiet walk or bike ride to help ease tension.
- Take some "you" time. Relax by reading a book or doing something you enjoy doing quietly.
- Don't over schedule yourself during this time, it will just add to the stress.
- Let your mom know what is going on and how you feel, this will give her a "heads up" and this will enable her to not question why you are in a rotten mood. It may help her to help you to focus on the positive and smile more 😊
- Don't keep things bottled up, if you need to talk to someone, do so. Find some time to explain to someone how you are feeling and what is going on. Get encouragement!

Sometimes during your period you may experience cramping. Normal and won't happen all of the time. You can alleviate this by taking over the counter pain medication, using a heating pad, or by taking a warm shower. (Note: They have some specifically for PMS that will help as well.)

Having periods are a big part of becoming a woman. I know it sounds like a lot of extra stuff to throw in on your already overwhelmed teen life, but it prepares you for your future. Your body is getting ready to do what God intends for it, to be a mother. Learning how to deal with emotions, irritations, and discomforts are all good for us. It helps you to be stronger and more in control of yourself. Life is about handling the stresses of it. You can view everything as half empty, and you will experience many hardship by thinking you got the short end of the stick, and you probably won't be a very pleasant person to be around. Or you can choose to be

a half full person, one who realizes there are negatives, but is going to focus on the positives going around them. These are the type of people you want to be. This is the type of friend you want to be. This is the type of wife you want to be and this is who God wants you to be. He has great plans for your life, but it is our choice whether we see those great plans manifest in our lives. It is much easier to deal with someone who is positive and looking for the good then dealing with a person who is ready for the bad to happen. Choose to be joyful.

This week's wrap up on JOYFULNESS:

- Devotional
- *On becoming a woman*
- Tips to help
- PMS
- Personal evaluation---write down things needing improvement.

Definition of joyfulness: _____

Notes to remember: _____

Teacher evaluation week 18

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Part 2: The kitchen

Our society has lost the art of healthy living. The rise of obesity and health concerns are on the rise. This is partly due to the fact that woman today have never learned the fine art of cooking or the benefits of nutrition. We have lost the simplicity of creating meals that are good for us. Our society has turned to a fast food mentality without realizing the consequences awaiting us. This section is written to encourage and help as you gain skills for your future. You will at one time in your life be responsible for the nutritional welfare of someone else why not start today.

The best way to learn how to do something is to learn from someone who has gone before you AND to practice it again and again. I hope you enjoy learning these skills and benefit from putting them into practice.

Week 19 Becoming a daughter of attentiveness

Devotional

Definition of attentiveness: Showing the worth of a person or task by giving my undivided concentration and effort.

Part of becoming a daughter of attentiveness in life is to be aware of the toxic thoughts that you are putting into your mind. When you see the word TOXIC it should set off a warning for something that we would want to avoid. We try and avoid things that are toxic to our health such as cleaners, food, toys, paint, etc. But how many of us will harbor toxic thinking without giving it much regard?

The Bible says in Proverbs 17:22:

A joyful heart is good medicine, but a crushed spirit dries up the bones.

How true God's word is. Did you know that what we think about affects us physically, emotionally, and spiritually? You may have heard the revelation of the "positive thinking" approach to life. It is something that the "self-help" industry thrives on in our society. This is a great visual to actually see how negative thoughts can actually cause damage in our brains chemically resulting in negative health issues. I have read many testimonies from people that have beat cancer and cured illness just by having a "positive" approach to their disease. Can you believe that God's word is TRUE when it comes to healing ourselves from sicknesses?

God's word says to take ALL thoughts into captivity. If we allow negative thoughts to manifest in our brains, we are creating toxic trees in our brains.

Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ

2 Corinthians 10:5

Thoughts are an electrical impulse. When we think a thought, it sends out chemicals into the body. If you are thinking positive thoughts it sends out "feel good" chemicals. On the contrary, when we think bad thoughts, they release harmful chemicals that cause feelings of stress or fear. These chemicals affect every cell in our body along with our emotions and attitude. This in turn affects

our physical health. If a person is fearful, anxious, or stressed this sends out abnormal bad chemicals which take a toll on a person's physical health.

If a person is constantly thinking toxic thoughts and feelings this will lead to physical illness and disease. Research proves that unhealthy thoughts leave behind harmful waste in our bodies that cause sicknesses such as cancer, heart disease, ulcers, depression, and so many more. Your thoughts can either make you healthy or they can damage your body.

Our thoughts influence our physical health, our emotions, and our behavior. "As a man thinks in his heart, so is he." How you think each day will set the course for your life. The significance of your thoughts and the impact that they have on your future cannot be emphasized enough.

What you think is what you become.

Personal evaluation: Are you a toxic thinker?

- ✓ Do you use the words: "could-have, should-have, or would-have" often?
- ✓ Are the words, "if only..." part of your vocabulary?
- ✓ Do you replay in your head a conversation or situation that pained you, or one that hasn't even occurred yet?
- ✓ Do you create scenarios of the unpredictable future?
- ✓ Do you ever make comments like "nothing ever goes right for me"; "everything I touch fails"; "I always mess up"?
- ✓ How distorted is your thinking? Are you forming a personal identity around a sickness or a disease? Do you speak about "my back", "my allergies "my headaches"?

If you CAN answer "yes" to these, then you NEED a detox on your thought life. How do you go about doing that? By changing the way you respond and think about things. We want to get out the "junk" that is negatively impacting our lives so that we can enjoy and live life to the best that God has for us.

Thoughts to remember: _____

Major Kitchen Appliances

Refrigerator

Unless you live in or have visited a third world country, most of us have no idea what it is like to not have a refrigerator. If we want to quench our thirst we can grab an ice cold drink from it. We can shop and store our foods until we are ready to use them in the refrigerator to prevent spoil. If we end up making too much and don't want to waste it, the refrigerator keeps it from going bad. It is a wonderful delight to be able to have this appliance.

The refrigerator needs to be kept clean. Wipe it out at least once a week with a mixture of all natural cleaner, or use vinegar and water. Clean the coils on the bottom and the back once a year. One of the number one reasons for refrigerator failure, is dirty coils. Use a long handle bristle brush or a vacuum wand and clean it out.

Although it keeps your food cold, food still does spoil. Be sure to check food for spoilage, by looking for visible mold growing on items or separated milk products.

- Always use the oldest milk and drinks first to avoid waste.
- Use leftovers up within a week, or dispose of them.
- Always check foods for discoloration or unusual odors before eating them.
- Cover foods so that odors do not taint other foods. Onions are especially hard to contain. Use an air tight plastic container or double bag it.
- Do not store cans of food in the refrigerator. Place them in plastic containers with lids.
- Place all your condiments on the door of the refrigerator so that they are easily seen.
- Do not place milk items along the bottom of the door, that is a warmer spot. Place them near the top— the coldest part of your refrigerator.
- Check your vegetables and fruit frequently, as they will go bad.
- Be sure to chop vegetables and fruit up for the foods that you need, so they do not go to waste.

Most refrigerators have a freezer to store items in. Be sure to defrost your freezer twice a year to avoid ice buildup, unless it is equipped with a frost free freezer.

Keep your food rotated in the freezer in order to use up items that get lost in the back. Store smaller items up front, so that you will see them. You can store your flours in the freezer to prevent them from going bad in the cupboard.

The stove/oven

This is another device most of us all have. There are a variety of them out there, but they all work in similar ways. Have an adult show you how to correctly use all the controls on your oven and stove. Learn how to use the timers. If it has a self cleaning option, learn that as well.

This item can get dirty really quickly. Be sure to wipe as you are cooking in order to avoid stuck on food. If you do have burnt or stuck on food, spray with some all natural cleaner or use vinegar. Let it soak for 20 minutes while you clean another area of the kitchen. By that time, it should loosen the burnt on food.

Your oven should remain clean as well. About once per month, you should do a thorough cleaning by using a commercial oven cleaner. If it has a self cleaning option, use that instead. The best way to keep it clean is by preventative maintenance. Clean up any spills after the oven has cooled. Use a spatula scraper to remove tough baked on foods.

Microwave ovens and Dishwashers

We won't be referencing these two items in our study. If you do have them, learn how to properly care and use them.

Small Kitchen Appliances

The electric mixer

This is a great labor saving invention. Back in the olden days, they would have to mix everything by hand. It was a long hard task. If your mixer ever dies on you, and you cannot get another one, you will understand how hard it is. The mixer makes our butter and sugars cream better, makes mixing a cake go so quickly, and even helps eliminate the hand mixing of making breads. There are a variety of mixers out there. Mixers on a stand give you the ability to just turn it on, add your ingredients, and walk around the kitchen completing other tasks. That is nice. A hand held mixer does not allow you the ability to do other things but it is an affordable device. There are many safety precautions to be aware of while using

this device. Be sure not to get anything caught in the beaters. Whether it be your hair, the cord, or a spoon, keep all things away while this is operating. Children should be taught at a young age to never put their fingers in the bowl to test while you are mixing up an item.

Do not overload your mixer. Sometimes when making a cookie dough, you add multiple items that become difficult for the mixer to work properly. This will result in a burned out motor. The appliance will get hot and have a burning smell. Unplug it immediately, and let it cool before trying again. It must be kept cleaned to work properly. Wipe out any food that may get in where the beaters attach. The air holes where the motor head is should be kept clean as well.

The Crockpot

This is another great tool to have in the kitchen. It works similar to your oven, and will cook food slowly over the course of the day. The Crockpot is good to use when you will have a busy day, and won't be able to tend to dinners in a timely manner. It is also good to use on those really hot days when you want to conserve energy by not using your oven.

The blender and the food processor.

These have moving parts that cut, chop, slice shred, and purée ingredients. If using the blender, you usually have to add liquid to get it to properly mix. Be sure to place the lid on it before turning it on in order to avoid sprays around your kitchen. The food processor rarely requires extra liquid to work. Most foods can be dropped through the funnel while the machine is running. Most food processors won't turn on without being properly closed. This is a safety precaution as the blades are extremely sharp, and will chop fingers off without hesitation. Use extra caution when cleaning both of these items. When finished using them, immediately rinse and wash them. Place all blades back into the container to avoid anyone accidentally touching them in the drying rack. They are extremely sharp!!!! Never stick an item in the machine when using.

Toaster

Most of us know what a toaster is. It helps toast our breads, or warms up a waffle or pancake when in a hurry. Use a wet cloth and wipe it down while doing

your daily cleaning of the kitchen. Once a month be sure to empty the tray on the bottom which collects all the crumbs from the foods.

There are so many more items that are helpful to have in the kitchen, not necessities, but helpful appliances to own.

Waffle maker—the ability to make your own homemade waffles

Sandwich maker—nice for a smaller family, easily makes pocket sandwiches

Electric griddle—great for cooking large amounts of grill cheeses, hamburgers, hot dogs, steaks, and bacon.

Electric tea kettle—if you don't own a microwave this is great for making tea, or instant coffee each day.

Air pop popcorn maker-great for a low calorie snack

Electric can opener—because can openers will fail, even hand held ones, nice to have a backup.

Safety in the kitchen

Part of becoming a daughter of awareness is learning how to be safe in the kitchen. If you follow some basic rules, this will ensure a safe, working environment.

- ✓ **Wipe up all spills immediately.** They make slippery floors which cause falls. Spills can also be tracked all through the home by unsuspecting people stepping in them.
- ✓ **Clean as you go---**Keep your counters clean as you cook, and wash cooking tools as you use them. While using raw meat, be sure to clean up immediately. Disinfect cutting tools, knives, cutting boards and counter tops to avoid contamination of other foods. Washing dishes is not fun for everyone but an integral part of cooking. Just learn to enjoy it.
- ✓ **Chop foods on a cutting board** to avoid contamination of different foods , and to keep your countertops from being ruined.

- ✓ **Handle knives and scissors carefully**, never be in a hurry. When handing them to someone else, hand them pointing down. If you put scissors in the dish water, be sure to wash them immediately to avoid someone from accidentally grabbing them in the sink.
- ✓ **Keep all saucepan and skillet handles turned toward the back of the stove.** This is especially important with small children around. A curious child can easily grab the handle, and cause hot foods to fall on them. If the handles are turned back, you are less likely to bump them and cause pans to spill on the floor.
- ✓ **While cooking on the stove never keep a metal spoon in the pan cooking food.** Metal is an excellent conductor of heat. The spoon will be extremely hot if left in the pan while cooking. Use wooden or plastic handled spoons.
- ✓ **Keep potholders next to the stove**, or hang them on a hook nearby. A saucepan handle may not seem hot at first, but it may feel hotter and hotter as you carry it to your work area. While taking lids off of pans, be sure to open it away from your face and body to prevent steam burns. Avoid marred countertops by protecting them from hot pans. Be careful to keep dish towels and rags away from the burners in order to avoid fires.
- ✓ **Always wash your hands and pull your hair back before cooking.** Be careful not to sneeze or cough on food while preparing. Keep a bottle of hand sanitizer on your kitchen sink for quick hand cleaning.
- ✓ **Keep all cabinets and cupboard drawers closed while in the kitchen.** You want to avoid unnecessary hurts by someone hitting their head on an open cabinet.
- ✓ **Be careful! Remember water and electricity do not mix.** Be sure to watch for standing water or appliance cords that have gotten wet before you plug them in.
- ✓ **Thoroughly cook pork, poultry, and beef.** They are especially vulnerable to harboring organisms that cause illness if not properly cooked. Use a meat thermometer to ensure proper cooking.
- ✓ **Avoid cross contamination.** Raw meat and fresh eggs can contain harmful bacteria until heated properly. When preparing, keep eggs and raw meat separate from your other foods. Wash any cutting boards, knives, and counter tops that come in contact with these foods.

Hands on skill---using the blender

Try your hand at making delicious and easy breakfast drinks by using the blender.

Chocolate monkey milkshake

2 c milk
1 ripe banana, cut into chunks
2 T chocolate syrup
1 T peanut butter
2 scoops ice cream or 6 ice cubes
Place all ingredients into blender and turn on medium until combined.

Strawberry banana smoothie

1/2 banana
1/2 c plain yogurt
1 c frozen strawberries
1/4 c orange juice
Drizzle of honey
Mix all until frothy, serve immediately.

Tropical Smoothie

1½ c low fat coconut milk
½ c frozen pineapple chunks with juice
½ c ice cubes
3 medium strawberries
1 tsp lime juice
Mix all until blended smoothly

Breakfast smoothie

1 c strawberries
1 banana
½ c oats
1 tsp raw honey
½ c peanut butter
1 c milk
Handful of ice cubes
Blend until well combined

Place a checkmark in the box if you remembered to do the following:

- Did you pull your hair up in a pony tail and tie up any loose clothing?
- Did you thoroughly wash your hands and wipe down areas to prepare food in?
- Did you gather up your ingredients before you begin working to ensure they are available?

After....

- Did you put away all food items where they belong in the kitchen?
- Did you wash all utensils used in preparing food?
- Did you wipe down appliances after use?
- Did you wipe down countertops, check walls and floors for any mess you made while preparing food?

This week's wrap up on ATTENTIVENESS:

- Devotional
- Major kitchen appliances
- Small kitchen appliances
- Safety in the kitchen
- Hands on skill---using the blender
- Personal evaluation—write down things needing improvement

Definition of attentiveness: _____

Notes to remember: _____

Teacher evaluation week 19

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 20 Becoming a daughter of alertness

Devotional

Definition of alertness: Being keenly aware of the events taking place around me so that I can have the right responses to them.

All of our thoughts put together determine our attitude towards life. This in turn reflects our state of minds. As we think, our brains release chemical secretions which cause either a positive or negative attitude. These chemicals then translate that information of our thoughts into a physical reality in our body and mind as emotions. These emotions impact our bodies in either a positive or negative way.

Our brains have many opportunities to reject these toxic thoughts before they become a part of us. The Bible tells us it is a sin to worry about things. Worrying stops us from receiving God's best for us. It distorts the natural flow of chemical secretions in a healthy mind. This interruption and flow of negative thoughts can lead to disease and sickness in our bodies. Think about how many people you know that gets sick after going through a stressful time in their lives. We don't have to put our bodies through that toil.

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

John 10:10

The first thing we are going to work on is being alert to what is in your thought process currently. Think about what types of thoughts you have in your brain. When you hear good news do you instantly think of the negative aspects of it? When someone gives you a compliment do you automatically cut yourself down and degrade their remarks? When faced with a negative situation or person, do you join in and add more chaos to the situation by being negative as well?

I want you to evaluate this week any time that you begin thinking negative thoughts. Write down the situation, when it occurred, with what people, and what else was going on during that time. Keep this in a notebook that you have placed by your bed. Before you retire to bed this week, take note of the day and if any negative instances occurred. Save this as we will be working with them later.

Definitions of food and cooking terms:

Here are some common terms that will help you as you make your way through learning the basics in the kitchen.

a la king	served in rich cream sauce usually seasoned with mushrooms, green peppers, and pimento
a la mode	served in style, served with ice cream
au gratin	food mixed with cream or white sauce and topped with crumbs, grated cheese , or both; browned in the oven under the broiler
baste	to spoon liquid over food while it is cooking, prevents from drying out and adds flavor
bouillon	clear meat broth, may be made with bouillon cubes
bread	to coat with bread crumbs alone or to first coat with beaten egg or milk, then in crumbs
condiment	seasoning served at the table
consommé	a clear stock soup , usually served double strength
cream	to soften and make creamy by beating with mixer. Ex. You do this when you "cream" the butter and sugars in making cookies.
cut in	to combine solid shortening with flour by repeated cuts through both substances, using two knives in a scissor fashion or a pastry blender
dash	a few sprinkles from a shaker about $\frac{1}{4}$ tsp
dredge	to coat with flour or a mixture of seasoning and flour or bread crumbs
fold	to gently mix ingredients with a down, over, up, over motion. Ex. Egg whites are often folded into waffle mix to make them light and fluffy.
garnish	to decorate one food with another
hors d' oeuvres	a French term pronounced "or derv", meaning an assortment of appetizers or dainty finger foods.
julienne	to cut into long, thin strips

knead	to work dough by stretching, folding, and pressing it with palms of hands to develop strands of gluten and make dough smooth and elastic
lukewarm	not hot or cold—approximately 95-100 degrees
marinate	to let food stand in a mixture to improve the flavor and texture, which usually contains vinegar and some spices
mince	to chop food very fine with a chopper or sharp knife
parboil	to partially cook food in boiling water, then continue cooking in a different method like grilling
puree	to blend food in a blender till smooth
sauté	to lightly brown or cook in small amount of fat in skillet
scallions	another term for green onions
simmer	to reduce the heat from boiling—full bubbles—to a low heat to continue the bubbles, to let the flavors blend

Cooking Abbreviations

There are many abbreviations that you will come across as you are cooking and baking in the kitchen. Learn these as you will see them quite frequently.

cup	=	c
tablespoon	=	T or Tbsp
teaspoon	=	t or tsp
ounce	=	oz
pint	=	pt
quart	=	qt
gallon	=	gal
pound	=	lb

dozen	=	doz
baking powder	=	bp
baking soda	=	bs
hour	=	hr
minute	=	min
package	=	pkg
packet	=	pkt
amount	=	amt

Cooking equivalents

When cooking a recipe, sometimes you will need to double or triple the amounts to make it suitable for your family. In some cases, you will need to divide the recipe down to get the right amount for the people you are making it for. This is where measurement equivalents come in handy. Learn these amounts to help make it quicker for you to solve the amounts needed.

1 tsp	=	1/6 fl oz	=	1/3 Tbsp
1 Tbsp	=	1/2 fl oz	=	3 tsp
1/8 cup	=	1 fl oz	=	2 Tbsp
1/4 cup	=	2 fl oz	=	4 Tbsp
1/2 cup	=	4 fl oz	=	8 Tbsp
1 cup	=	8 fl oz	=	1/2 pint
1 pint	=	16 fl oz	=	2 cups
1 quart	=	32 fl oz	=	2 pints
1 gallon	=	128 fl oz	=	4 quarts

Here is a good visual to remember. The *G* is for gallons, there are 4 *Q*'s (quarts) in a gallon. 2 *P*'s (pints) in a quart and 2 *c*'s (cups) in a pint.



Measuring accurately

Measuring accurately is a very important thing to remember when you begin your kitchen skills, especially in baking items. If you put just a little bit too much of one ingredient in, you might just spoil a whole batch of cookies. As you gain more skills, you will be able to see, areas where you don't have to be as precise, and can "estimate" ingredients amounts.

Study these ways of measuring ingredients so that you will be informed for when it is your turn to bake.

- When measuring out dry ingredient like flour, sugar, and powdered sugar, fill the plastic measuring cup to the top and use the flat part of a butter knife to level off the top of the cup.
- When measuring brown sugar, press the bottom of a spoon into the sugar to push it down into the cup. Then level off.
- When measuring dry ingredients into a measuring spoon, level off the same way as above.
- When measuring liquids, use a clear glass or plastic measuring cup. Set it on the counter, and check the line at eye level to ensure proper measurement.

Choosing recipes

When looking for recipes to try making, look for the healthier choice. You want recipes that have the most basic natural ingredients. Those with less ingredients are best and easiest to do. There is nothing wrong with using a store bought package of an item in your recipe, but for nutritional reasons you want to minimize the amount of processed foods that you are putting into your body. You should start to think, "if I can make this homemade first, I should," versus paying someone else to make it for me.

Hands on skill---using the food processor

This week you are going to work on using the food processor (if you do not have one you can use a blender)

****note:** Be extremely cautious and aware when using the food processor, as the blades are very sharp. Take care when washing and rinsing the blades as well. Put it away immediately when finished to avoid any little hands touching the blades.

Homemade hummus

1 T minced fresh garlic
1-19 oz can of garbanzo beans, drain out ½ of the liquid
4 T lemon juice
1 T olive oil
2 T peanut butter
½ tsp cumin
Sprinkle of paprika for garnish
Put all of the above in a food processor and process until combined. Put in a bowl and garnish with a sprinkling of paprika. If you are using a blender, you may need to add some water to help it mix in the blender.
Serve with Pita chips or cut up vegetables.

Homemade salsa

2-14.4 oz cans of diced tomatoes
1 small can of green chilies
½ onion, chopped
½ bunch of cilantro leaves
1 T lemon juice
Salt to taste
Place all in food processor and pulse to combine.
Serve with tortilla chips.

Easy Artichoke Dip

2-14 oz cans of artichokes, drained (water packed, not oil)
8-ounces of Parmesan/Romano cheese
1 c mayonnaise
Salt and pepper

Place all in food processor and pulse a few times until well combined. Put into an oven proof container and bake 350 for 15 minutes.
Serve with crackers or small pieces of bread.

Black bean dip

2 cups drained, black beans
4 t tomato paste
3 T water
2 tsp minced garlic cloves
2 tsp lime juice
½ t cumin
½ tsp salt
1/8 tsp cayenne pepper
2 green onions, chopped with scissors
2 T mild green chilies---from a can
Place all in food processor and puree until smooth.
Serve with tortilla chips.

Here are some things to remember when cooking:

Did you pull your hair back and tie up any loose clothing?

Did you thoroughly wash your hands and wipe down areas to prepare food in?

- Did you gather up your ingredients before you begin working to ensure they are available?

After....

- Did you put away all food items where they belong in the kitchen?
- Did you wash all utensils used in preparing food?
- Did you wipe down appliances after use?
- Did you wipe down countertops, check walls and floors for any mess you made while preparing food?

This week's wrap up on ALERTNESS:

- Devotional
- Kitchen terms
- Cooking abbreviations
- Cookie equivalents
- Measuring accurately
- Choosing recipes
- Hands on skill---using the food processor
- Personal evaluation—write down things needing improvement

Definition of alertness: _____

Notes to remember: _____

Teacher evaluation week 20

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 21 Becoming a daughter of optimism

Devotional

Definition of optimism: Confident, hopeful and never doubtful.

Sometimes we are so programmed from our past to think a certain way that when opportunities or positive situations present themselves, we are blind and numb to the truth and the reality of them. But we can change that.

If a situation happens in your life, do you look to the bad that will happen? Let's say you have been praying and believing in faith for someone close to you, the moment you see that person backslide, what are your thoughts? Or when a situation doesn't go the way that you expected and had been praying for, do you immediately dismiss God and think, "well, that's my luck?" No! That is Satan coming to steal all your peace. We need to STOP listening to him and START focusing on GOD no matter what goes on around us.

Some of us have just been harboring thoughts for years and they are deep down in the subconscious mind. Those are sometimes hardest to recollect. They have been playing over and over again for years and they are so deep rooted that they can be hard to bring up to the surface and remember. You might be harboring ill feelings towards someone who has wronged you in your past and that you have never forgiven. If not dealt with and forgiven, that will play as a bad signal over and over in your life.

Here are some steps to help us become daughters of optimism:

1. **We need to love ourselves.** How do you do that? By loving the One who created you. In Luke 10:27 it says to love the Lord your God with ALL of your heart, soul, and MIND. Once we learn to love God with all of us, everything else can start to fall into line. If you realize that God loves you and cares for you, you can better look at yourself and see that you are important, you are loved. God made you a certain way, in His image and likeness and we ALL have a task and plan to do while on this earth. Instead of loathing in self-pity we need to BREAK that cycle and look to the heavens to see what it is GOD has for US.
2. **Stop believing ALL your thoughts.** If you haven't been trained—which you are doing now—then you can allow thoughts from Satan to take part in your mind. He will put doubt right in the middle of good things, to make you think his way. Philippians 4:8 says to think on things that are PURE, LOVELY, COMMENDABLE, EXCELLENCE, or WORTHY of PRAISE, think

about these things. That list didn't include negative or bad thinking—God knows what is best for our minds!

3. **This is not a quick fix situation, it has to be long term.** We would all LOVE to go to bed and ask the Lord to rid us of all our bad and negative thinking and life would be perfect right? But, the moment we wake up and are faced with a negative situation, we will crumble again. We need to learn how to train our minds to accept negative situations and deal with them effectively. Dealing with obstacles in life and going through the motions of healing, is sometimes hard, BUT it is much better than being trapped in a situation where you have no way to escape.
4. **Distance yourself from people who won't accept the REAL you.** Stop with putting on a "front" for the world to see. If you have friends that you wear a "mask" around, more than likely they are wearing their own "masks." People that hide behind a mask are putting on a "play" for everyone to see because they are afraid of what is under their own masks. A person who chooses to be REAL around fake people, will always be rejected. The fake people choose to reject that part of real in their own lives so they can't accept it in others. There are people out there that will accept the REAL you. Sometimes they may be waiting for you to get off the stage so they can join you.
5. **Stop with the self-help books.** There is nothing wrong with the self-help industry except that it misses that one important point—GOD!! They will direct you to become aware of your feelings and thoughts but then leave you hanging so that you are always searching for more awareness, more self discovery. There is only ONE person who knows the real you. God knows exactly what you need to clear your mind of negative thoughts, heal, and move onward to a life full of greatness

Philippians 4:6-8 says:

The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

God's word is truth. If we read these verses, believe them, and put our trust in the Lord, then these things will come to pass. We guard our hearts and MINDS with the word of God. God wants you to have a life of peace.

Analyze your thought life.

Have you been diligent about writing down your negative thoughts this past week? Your list represents your wounds. Most of our negativity in our brains is caused from how people have hurt us. Somewhere at sometime in our life someone has

Practicing new skills

Reading about kitchen skills will not make you a good cook. The only way to develop good cooking ability is to actually prepare food. There is no substitute for experience. Although a good cook is always eager to learn all that she can from books, magazines, blogs, or by talking to other cooks. Don't worry if some of your food doesn't turn out the first time, we have all had our flops as new cooks in the kitchen. Be the daughter who makes a positive change. When you fail, try, try again and be persistent. Gaining knowledge in the kitchen is a skill you will never regret learning in your lifetime.

The following is a list of things you want to complete while preparing your foods in the kitchen.

- ✓ Put ingredients away when finished with them
- ✓ Wash the dishes as you go
- ✓ Dry the dishes and put away
- ✓ Wash the countertops and any food that may have splattered on the walls, cupboard doors, or floor
- ✓ Scrub the sink
- ✓ Wash the stove
- ✓ Put the dishcloth and dishtowel in the laundry or hang them up to dry
- ✓ Sweep the floor

The following is a checklist to do for your own personal self while cooking

- ✓ Did I wash my hands and pull my hair back before starting to cook?
- ✓ Did I follow all the directions?
- ✓ Was I kind and friendly to the people around me? (for ex. inquiring little brothers and sisters.)
- ✓ Did I keep my work area clean and neat?
- ✓ Did I practice good safety habits?
- ✓ Did I complete my project on time?
- ✓ Did I leave the kitchen clean and neat after I was finished?

Breakfast for a good start to your day

Breakfast has been called "the most important meal of the day." A healthy breakfast refuels your body and helps you function at your peak. Research shows that eating a healthy breakfast improves attention, concentration, academic achievement, and physical energy.

After a night of sleep, stomachs are empty and blood sugar is low. Start your day off right with a healthy, nutritious breakfast for optimum mental and physical wellness. A healthy breakfast should provide complex carbohydrates, protein and a little fat, because this combination will hold off hunger for hours.

Breakfast is the #1 most skipped meal of the day. There are many reasons people skip this meal. Most are excuses. They may sleep too late, not feel hungry in the morning, want to lose weight, or might not like the "traditional breakfast foods." Those are just "excuses." None are good reasons to skip breakfast.

If you tend to push the snooze button too often in the morning, there are things you can do to avoid running out of the house without breakfast. You can eat a banana, granola bar, or some peanut butter on toast while you are driving in the car. You can use your new skills with the blender and make a smoothie to take and drink while on your way.

No time to cook eggs in the morning?? Hard boil eggs. Then chop them up and set the mixture on a piece of toast with some shredded cheese. This is one of the easiest ways to get your protein in for the day.

Dieters rarely lose weight by skipping out on breakfast. By mid-morning they are usually starving, and will tend to overeat at the next meal. You are better off to eat a bowl of oatmeal or grab some fresh fruit like a banana.

If you do not feel like eating because you are not accustomed to it, force yourself to start with something. It may be as simple as a glass of milk or a banana. Then the next week add a muffin, bagel, or slice of toast. The following week try adding an egg or maybe some French toast. You will be surprised at how much better you feel when you do eat breakfast.

Planning and preparing a breakfast meal

The best way to become proficient at making meals in the kitchen is by actively doing it. This week you will plan and prepare a breakfast meal for your family. Don't worry. Serve it at dinner time so that you are not rushed in the morning.

Things to think about:

- ✓ Try and choose a variety of colors for your meal. If all of your foods are white or tan in color, then the meal looks blah. Choose a variety of colors to also incorporate different nutrients into your meal.
- ✓ You want to try and choose from the different food groups when thinking about your meal. Keep it simple.
- ✓ Choose something from the bread/grain/cereal group----oatmeal, pancakes, waffles, etc.
- ✓ Choose from your protein group---eggs, turkey bacon, turkey sausage, or peanut butter for your pancakes
- ✓ Choose some fruit ---strawberries, blueberries, cantaloupe, or fresh pineapple.
- ✓ That will ensure a well balanced meal to your family.

A checklist of things to do before preparing your meal

- ✓ Wash your hands and pull your hair back
- ✓ Clean up the area where you plan to work
- ✓ Ensure that you have all the ingredients you need before beginning
- ✓ Read the instructions so that you know what to do
- ✓ Check the amount of the finished food to ensure you have enough for your family
- ✓ Keep a dishrag nearby to easily clean up spills
- ✓ Keep your work area clean

Tidbits on cereals

- Home cooked cereals are much more economical than ready to eat boxed cereals. They are easy to prepare and very nutritious.
- For cooking most cereals figure approximately 3 or 4 times as much water as cereal. Fine grains take a little more, and flaked cereals a little less. For longer cooking time, slightly more water is needed.
- Cooked cereal may be varied in a number of delicious ways. Use milk for cooking instead of water. The starch will swell slightly more when cooked in milk. Sweeten with brown sugar instead of white sugar, or use honey to sweeten. Add raisins, nuts, cinnamon, or chopped apples to cooked oatmeal.

- Leftover cooked cereal should not be wasted. It can be sliced when cold and fried in a little fat on a skillet. Serve with syrup. It can also be used in recipes that call for bread crumbs like meatloaf.
- Freeze any leftover pancakes or waffles. They can be popped into the toaster for another morning.
- Heat a waffle iron before pouring in batter to prevent sticking. A small amount of fat or spray may be needed to coat before putting on batch. Do not scrub iron with soap or abrasives. Use a damp cloth to clean it.

Hands on skill---Making breakfast

Choose one recipe from this group:

Waffles

***preheat your waffle iron while mixing these up

2 c flour

2 T sugar

1 tsp salt

3 tsp baking powder

2 eggs separated----means to crack the egg and carefully pour out the yellow part into one bowl and the white clear part into a separate bowl

¼ c melted margarine

1 ¾ c milk

Combine all the dry ingredients together along with the egg yolk, melted margarine and milk. In a separate bowl you are going to beat the egg whites until stiff. Do this on high speed for about 3-5 minutes they will start to make peaks that will stand up as you are beating them.

To your waffle mixture you are going to carefully fold in the egg whites to your batter. You gently fold them in as to not flatten them. This will help your waffles to be lighter.

If your waffle iron is hot, carefully open it and pour your batter from a one cup measuring cup and do an X pattern across the griddle. If you have a 4 waffle maker you will use about 2 cups of batter for the 4. Close the top down and let it cook for about 1 minute, carefully lift it open and see if it is finished. You want a lightly browned waffle that is firm. I find it easiest to take it out with a fork, lifting the edges up carefully.

Serve this with maple syrup or if you have some frozen strawberries, puree them in the food processor with some sugar and water to make a quick strawberry sauce.

Whole wheat pancakes

1 c whole wheat flour

¼ c white flour

3 tsp baking powder

¾ tsp salt

2 T sugar

1 c milk

2 T oil

1 egg

Mix together and pour ¼ cup on a hot griddle. When center of pancake begins to form tiny bubbles, flip the pancake over. Cook for 1 more minute or until lightly browned. Serve with maple syrup.

Baked Oatmeal

2 eggs, beaten

1 c milk

½ c oil

1 c brown sugar

2 tsp baking powder

1 tsp salt

½ tsp cinnamon

Mix the above thoroughly, by hand. Then stir in 3 cups oatmeal.

Pour into a greased 9x13 baking dish. Bake at 350 degrees for about 25 minutes. Test the center by poking it with a toothpick and when pulled out it comes out clean. Serve warm with syrup, fruit puree, or milk.

Oatmeal

Bring to a rapid boil 1 ¾ cups water. Slowly stir in ¾ c oatmeal, ¼ tsp salt, and 2 tsp brown sugar or honey. Cover and let sit for 1-3 minutes.

Serve with brown sugar, maple syrup, raisins, or jam.

One from this group:

Make turkey bacon or sausage. Cook it on a griddle, carefully laying out the strips of bacon side by side to ensure proper cooking. Turn when completely cooked. You can also lay the strips on cookie sheets, and cook in the oven at 400 degrees until browned and crisp.

or make eggs....

Scrambled eggs

7 eggs
½ c milk
1 tsp salt
½ tsp pepper
½ c shredded cheese

Beat the eggs until light and fluffy with a wire whisk or fork. Add milk and stir well. Mix in the salt and pepper. Pour into a large skillet over medium heat. If you are using a stainless steel pan spray it with nonstick cooking spray before adding the egg mixture. When eggs begin to set, scrape gently the bottom of the pan with a spatula to allow the uncooked eggs to flow to the bottom. Continue to stir gently until the eggs are almost completely set. Remove from heat and sprinkle with cheese and cover for 2-3 minutes.

Poached eggs

Fill a small frying pan with about an inch of water. Heat the water on high until it reaches a bare simmer. Bubbles will start appearing at the bottom of the pan, then turn down to low.

Crack one egg into a small bowl or cup. Gently slip the egg into the water that is simmering. If you want you can use a spoon and gently push some of the egg whites closer to their yolks, to help them hold together. If you have canning rings, you can place them into the pan and pour the egg into the mold to hold its shape. Add all the eggs in the pan, keeping some distance between them.

Turn off the heat and cover the pan. Set a timer for 4 minutes. At this point the egg whites should be completely cooked, while the egg yolks are still runny. If you want the yolks firmer, you may need to cook longer.

Gently lift the poached eggs out of the pan with a slotted spoon and place on a plate to serve. Serve with a dash of salt and pepper.

Baked eggs

Spray a muffin tin with nonstick cooking spray. Crack one egg into each muffin hole. Sprinkle the tops of the eggs with bacon bits and some shredded cheese. Place into an oven and bake 350 for 30 minutes. To test doneness, gently press down on the center of the egg to see if it is still goeey. Adjust time as needed.

Then choose from this group:

Fresh, frozen, or canned fruit serve with this meal.

Depending upon where you live, check out the resources for local fresh fruits. You can serve slices of oranges, a bowl of berries, or a fresh fruit salad. If you are not able to buy fresh fruit, look to frozen unsweetened next. As a last resort, buy canned. Canned fruit is usually made with sugar.

Place a check mark in the box if you remembered to do the following:

- Did I wash my hands and pull my hair back before starting to cook?
- Did I follow all the directions?
- Was I kind and friendly to the people around me? (for ex. inquiring little brothers and sisters.)
- Did I keep my work area clean and neat?
- Did I practice good safety habits?
- Did I complete my project on time?
- Did I leave the kitchen clean and neat after I was finished?

This week's wrap up on OPTIMISM:

- Devotional
- Practicing new skills
- Breakfast
- Hands on skill---making breakfast
- Personal evaluation---write down things needing improvement.

Definition of optimism: _____

Notes to remember: _____

Teacher evaluation week 21

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 22 Becoming a daughter of poise

Devotional

Definition of poise: Being totally balance in mind, body, spirit

God made us perfect, in His image. He wants us to be whole and complete. But we need to line up with what are His thoughts and His ways.

Ecclesiastes 7:29 says

I have discovered only this: God made human beings for righteousness, but they seek many alternatives.

We were made to be perfect, in His way. But we have chosen other ways in life. We choose to listen and believe negative people, we choose to be fearful of things. We choose to be anxious about the future. We dwell on the "what-if's" in life. We need to get in line with God so that God can activate what He wants done in our lives.

This week you will analyze through your wounds and toxic thoughts. Your list may be long and that is okay. Maybe some of the thoughts you can group together or maybe once you work on one or two, a few more will come off your list.

Look at it and analyze some of your negative thinking. What is causing the wounds in your mind. Here are some examples:

- Feelings of inadequacy.
- Worries that your performance in your job will not be good enough.
- An anxiety that things outside your control will undermine your efforts.

Feelings of inadequacy

As a teen you might be feeling that you are not qualified enough to do things. You might feel inferior to other girls your age, whom you see are doing "great" things at church or at a job. You might feel as though you never "measure up" to the expectations of your parents, teachers, or leaders position. You need to first STOP and ask yourself these questions:

- ✓ Have you trained and educated yourself reasonably to do the job required? If it is something at home, are you practicing gaining skill sets so that you can be a better helper while living at home?
- ✓ Have you sought out an older, wiser woman to help encourage and guide you as you walk your path in life?
- ✓ If it is a job, have you equipped yourself with the education necessary to do the job?
- ✓ If you help in ministry, do you equip yourself daily in the Word of God and study your materials to be prepared for your lesson?

If you have done all that you can, the rest you leave up to God. If you are still worried, then you might be setting yourself unattainably high standards for doing the job. Just look at the place God has you now, seek Him, and He will do the rest.

Worries about performance

Do you sometimes feel that you can never "measure up" to where you "think" you should be in your performance in life? Do you sometimes dwell on feelings of depression because you worry about how well you do in life? Instead of dwelling on anxiety about a job or negative feelings of self worth, ask yourself these:

- ✓ Have you planned appropriately in your day?
- ✓ Do you have all the information and resources that you need to complete a task?
- ✓ Have you cleared the time you need to get the job done and have no distractions?
- ✓ Do you have the training that a reasonable person would think is needed to do a good job?
- ✓ Have you prepared yourself, daily in the Word of God?

If you haven't done these things, then you need to do them. Do them now, stop waiting to become a good cook, start today. Start by reading and watching videos of how to do basic steps. Is your Mom constantly reminding you that your room is a mess. Stop procrastinating, set apart some time and do it! Do you routinely feel alone and away from God? Get in His Word each and every day —no more excuses!

Problems with issues outside your control

Are your toxic thoughts about things and issues outside of your control? Do you constantly worry and have anxiety about things that you cannot do anything about? Do you worry about other people's reactions?

Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Matthew 6:34

Baking cookies

Cookies come in such a variety of types, kinds, and sizes that they will fit almost any occasions. Directions are usually easy to follow so that an amateur can easily enjoy good results.

As with any baking that you do, remember that the different kinds of flour and different brands of margarine's and shortenings can give you considerably different results. It is simplest to find a good brand that works well for you, and then stick with it.

Bar cookies are usually the easiest and quickest way to make cookies, since they do not require additional time for dropping or cutting out. They are baked in a pan much like a cake, and are cut into bars when partially cooled.

Drop cookies are made from a dough, and are usually dropped or pushed from a spoon with rubber scraper onto a cookie sheet. Cookies should be placed at least one inch apart on a cookie sheet to allow for spreading during baking. To minimize spreading, dough may be chilled before baking.

Cookies should be baked on sheets rather than pans with tall sides which would hinder the heat from flowing evenly throughout the cookies. Baking sheets should be cold when cookies are placed on it so they will not melt down and spread too much during baking.

To speed up the process if you have only one baking sheet, cut two sheets of foil to fit the baking sheet. Place cookies on the foil and slide the baking sheet under it to bake. Fill the second sheet of foil with cookies while the other one is baking.

To remove the baked cookies, simply slide the foil and cookies onto a rack to cool slightly. Slip baking sheet under second batch of cookies and return to oven.

Remove baked cookies from foil and reuse for the next batch. If you like soft cookies, do not over bake them. Remove from oven when they are barely set. Over baked cookies are hard and crumbly.

Rolled cookies take the most time, but are great for decorating on special occasions. The dough must be chilled at least an hour for successful handling without adding too much flour to the dough. Too much flour makes dry, hard cookies. Rolling too thin or baking too long also makes dry cookies. If you like a softer cookie, roll to a scant 1/4 inch thickness, and bake just until set.

Cookies may be iced and decorated after baking. While icing is soft, colored sugar, candies, or sprinkles may be added to decorate cookies.

Oven temperature

When baking cookies, make sure to have your oven preheated at least 10 minutes before baking. . If you find your cookies to be usually pale and soft or your cookies seem to brown too quickly, it's likely the fault of your oven. Having proper oven temperature will dramatically improve the quality of your cookies.

Baking Time

Listen to your intuition when baking. Start checking on your cookies at the minimum baking time to ensure you don't over-cook or even burn them. If you prefer soft cookies, cook only to the minimum time. If you prefer your cookies to be browned with slightly crisp edges, cook a little longer.

Measuring ingredients

When mixing up dough for baking cookies, be sure to be very accurate when measuring out ingredients. Look back at the chapter on measuring accurately.

Chewier cookies

If you want a chewier cookie, instead of flatter, chill the dough for a few hours or overnight. When ready to bake, just take the dough out of the refrigerator and scoop it onto a cookie sheet.

Common ingredients and their purpose

Choosing flours

Aside from correctly measuring your flour, the type of flour you use and even the brand you use can significantly impact your cookies. Make sure to use a high quality flour. The more protein it has, the more gluten it will form. The dough will hold together better, and create a chewy, firm texture.

The less protein flour has, the more light and tender the cookie will be. Typically all purpose white flour has less protein, and results in chewier cookies. Using more of a whole wheat flour will result in a harder, thicker cookie.

Baking Soda

Baking soda is a natural alkaline ingredient activated by liquid and acid, such as buttermilk, sour cream, yogurt, lemon juice, honey, natural cocoa powder, or brown sugar. Baking soda is four times stronger than baking powder. In addition to providing lift and structure to cookies, baking soda also promotes browning.

To test the freshness of baking soda, put about $\frac{1}{2}$ teaspoon into 1 T vinegar. If it bubbles and foams, then it is fresh. If it does not, it is old. Throw away.

Baking Powder

Baking powder is a combination of baking soda, acid, and cornstarch. It needs moisture to activate. Cookies made with only baking powder will generally be slightly taller and lighter.

To test the freshness of baking powder, place $\frac{1}{2}$ teaspoon of baking powder into 1 cup of hot tap water. If it bubbles then it is fresh. If not, throw it away.

Eggs

It is important to use fresh eggs for baking. Always use the size of egg called for in the recipe as the ratio of liquid to dry ingredients has a significant impact on your cookies. Beat eggs into your cookie dough one at a time to allow them to fully incorporate. Although not necessary, room temperature eggs create the best cookie result. They are able to mix in better with the ingredients creating an airy, tender cookie. Take the eggs out of the refrigerator a little before you begin baking to ensure they warm a bit.

Butter

Most cookie recipes call for unsalted butter. This is because salt is usually an ingredient that is added to the dough as it enhances the sweetness and rounds out the overall flavor. If you do need to use salted butter in a baking recipe, omit half or all of the salt the recipe calls for. Unsalted butter is usually fresher because salt acts like a preservative. Unsalted butter has a smaller window of freshness and must be replenished at the store more frequently. If you do purchase it, store it in the freezer so it does not go bad. Just defrost overnight in the refrigerator or at room temperature for a few hours. When baking cookies, butter should be at a cool room temperature, unless otherwise stated in a recipe. You should be able to push your fingers into the butter and make a slight indentation. If it is too warm, your cookies will spread too much while baking.

Salt

Always use regular, fine salt when baking cookies, unless otherwise noted.

Troubleshooting problems when baking cookies

If your cookies turned into flat puddles when baking, check the following issues:

- ✓ The dough may have been too "wet." Make sure you are correctly measuring your flour. You can add in an additional tablespoon or two of flour.
- ✓ Were the butter and sugar overbeaten? Remember you only need to beat for 1 to 2 minutes on medium-high speed. Overbeating can cause the butter to warm up too much. Warmth weakens its ability to hold air, and therefore hold its shape.
- ✓ Did you add too much baking powder and/or baking soda? Too much chemical leavened can cause the cookies to deflate. Remember to check if it is expired by testing the freshness of these items.
- ✓ Was the baking pan coated in too much nonstick cooking spray? This can cause the cookies to spread in the oven.
- ✓ Was the baking pan hot from baking a previous batch of cookies? Be sure to use room temperature baking pans. Bring pans to room temperature quickly by carefully running the bottom of the pan under cool water.
- ✓ Was the butter too warm? If the butter is too warm and soft, it can cause the cookies to spread too much in the oven. Remember to use cool room temperature butter. Try chilling the balls of dough before baking.
- ✓ Scoop tall mounds of dough instead of disks before baking.

My cookies didn't spread at all.

- ✓ Remember to measure your ingredients accurately, not enough fat will cause this to happen.
- ✓ Is the oven too cold? Be sure to thoroughly preheat the oven for at least 10 minutes before baking.
- ✓ Was a dark nonstick baking pan used? This can prevent the cookies from spreading.
- ✓ Was the dough at a cool room temperature? Sometimes if the dough is too cold the cookies won't spread.

My cookies are hard and tough.

- ✓ Was the dough over mixed? Remember to mix in the dry ingredients until just incorporated, then stop mixing.
- ✓ Measure accurately the amount of flour called for. Try using all purpose flour.
- ✓ Were the cookies over-baked? Check the times to cook, and monitor each batch in the oven..

My cookies didn't bake evenly.

- ✓ Try baking only one sheet at a time in the center of your oven.
- ✓ Make sure you are scooping balls of dough that are as similar in shape and thickness as possible. Using a cookie scoop will help do so.

The bottoms of my cookies are burnt.

- ✓ Avoid using dark nonstick baking sheets, which promote browning and can lead to burning.
- ✓ Only use the middle oven-rack, anything too close to the heat source may cause burning.
- ✓ Start checking on your cookies at the minimum baking time.
- ✓ Remove the cookies from the cookie sheet and onto a wire rack 2 minutes after baking, the cookies will continue to cook on the hot pan.

Tips and techniques

- Remove cookies from baking sheets immediately because they will continue to cook on a hot sheet for a short time.
- Dark brown sugar has more flavor than light brown sugar, and is preferred in baking.
- To avoid damage to icings for toppings, especially on soft cookies which you wish to stack for storage, place a tray of cookies in freezer for a short while. Let harden. Then pack in plastic bags or containers, and return to freezer.
- Be sure to measure your flour correctly. This is the most important tip for any good baker. Adding too much flour will make your baked goods tough and dry. Be sure to not overwork the dough; mix just until the flour disappears.
- Chill your cookie dough before baking. Chilling the dough helps softer dough's keep their shape, and makes the dough easier to work with.
- Freeze your dough. Making and freezing dough ahead of time not only is a great time saver, but it also improves the texture of the cookies. Icebox cookies are shaped into a log, wrapped, and chilled or frozen until it's time to bake. You can form drop cookie dough into balls and freeze. Then bake from the frozen state, adding a few minutes to the baking time.
- Be sure to soften your butter beforehand. It's difficult to soften butter properly in a microwave oven; too often part of the butter melts, this will change the structure of the cookies. Butter and sugar form the basic structure of the cookies. The sugar cuts small air pockets into the butter, which are stabilized by the flour and filled with CO₂ from the baking powder. Soften butter by letting it stand at room temperature for a couple of hours. You can also grate the butter into a bowl, then it will soften in a few minutes.
- Unless specifically stated otherwise, ingredients are best when used at room temperature. This is true except in very hot kitchens.
- To prevent the motor on your portable hand mixer from burning out, pay attention to how hard it is working. Cookie dough tend to be stiff. You can almost always stir in your final dry ingredients by hand if necessary.

- Always preheat the oven. Putting an item into a cold oven will alter the baking time and the consistency of the finished product.
- Use a timer to help keep track of cooking time. It's easy to get distracted - and, if you do, your cookies can be overdone before you know it.
- Clean up as you go along so that your time in the kitchen can be enjoyable and kept to a minimum

Hands on skill---baking cookies

This week, you will try your hand at baking cookies. Take all that you learned about cookie baking and complete it by making some. Choose one of the following recipes.

Chocolate chip cookies

2 1/4 c all-purpose flour
1 tsp baking soda
1 tsp salt
1 c unsalted butter
3/4 c granulated sugar
3/4 c packed brown sugar
1 tsp vanilla extract
2 large eggs
2 c (12-oz. pkg.) semi sweet chocolate chips
PREHEAT oven to 375° F.
COMBINE flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.
BAKE for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

Oatmeal raisin cookies

3/4 c unsalted butter
3/4 c white sugar
3/4 c brown sugar, packed
2 eggs
1 tsp vanilla
1 1/4 c all purpose flour
1/2 tsp salt
1 tsp baking soda
3/4 tsp cinnamon
2 3/4 c rolled oats
1 c raisins
Preheat oven to 375 degrees.
In large bowl, cream together butter, white sugar, and brown sugar until smooth. Beat in the eggs and vanilla until fluffy. Stir together flour, baking soda, cinnamon, and salt. Gradually beat into butter mixture. Stir in oats and raisins. Drop by teaspoonfuls onto ungreased cookie sheets. Bake 8 to 10 minutes in the preheated oven, or until golden brown. Cool slightly, remove from sheet to wire rack. Cool completely.

Easy peanut butter cookies

1 c white sugar
1 c peanut butter
1 egg
Preheat oven to 350 degrees.
Combine the peanut butter, white sugar and egg. Mix until smooth.
Drop spoonfuls of dough onto the prepared baking sheet. Bake at 350 degrees for 6 to 8 minutes. Do not over bake! These cookies are best when they are still soft and just barely brown on the bottoms.

Sugar cookies

1 1/4 c white sugar
1 c butter
3 egg yolks
1 tsp vanilla
2 1/2 c all purpose flour
1 tsp baking soda
1/2 tsp cream of tartar
Preheat oven to 350 degrees. Lightly grease 2 cookie sheets.
Cream together sugar and butter. Beat in egg yolks and vanilla.
Add flour, baking soda, and cream of tartar. Stir. Form dough into walnut size balls and place 2 inches apart on cookie sheet. Don't flatten. Bake 10 to 11 minutes, until tops are cracked and just turning color.

Brownies

Cream thoroughly:
1 c butter, softened
1 3/4 c sugar
Add, beating until fluffy:
2-1 oz squares unsweetened chocolate, melted
Blend in:
1 c flour
Add
1/2 c chopped nuts
Fold in and then pour into greased 9 x13 pan and bake 350 for 35 minutes.

Chocolate Whoopie pies

cream together thoroughly

1 1/2 c soft butter

3 cups sugar

Add, beating until fluffy

3 eggs

2 tsp vanilla

Sift together dry ingredients

5 1/2 c flour

1 1/2 tsp baking soda

1 1/2 tsp salt

2/3 c cocoa powder

Make sour milk

2 1/4 c thick sour milk or buttermilk—how do you make sour milk? In a measuring cup add 2 and almost 1/4 c milk. Add 2 T of vinegar to the milk and then stir, instant sour milk.

Add sifted dry ingredients alternately with milk.

Chill dough at least 1 hour. Drop onto greased baking sheet. Bake at 350 for 8-10 minutes.

Filling:

5 T flour

1 c milk

Mix together in a saucepan and cook until thickened, stirring constantly. Mixture will be very thick. Cool thoroughly.

1 c shortening

1 c sugar

1/2 tsp vanilla

Beat together. Then add flour mixture and beat until very fluffy about 5 minutes.

Spread on cooled cookie and press two together.

You can wrap these individually and freeze them.

Vanilla butter cutout cookies

1 1/2 cups sugar

1 1/2 c butter, softened

2 eggs

2 tsp vanilla

4 c all purpose flour

1 1/2 tsp salt

1 tsp baking soda

1 tsp cream of tartar

Beat together sugar and butter until creamy. Add eggs and vanilla. Beat well. Stir together dry ingredients. Gradually add to creamed mixture until blended. Chill 30 minutes.

On lightly floured surface, roll dough to 1/4 inch thick, and then cut with cookie cutters. Using a floured spatula, transfer cookies to ungreased cookie sheets. Bake 350 for 10 minutes.

Frosting:

1 1/2 c powdered sugar

3 T butter, softened

1 T vanilla

1 T milk

food coloring, optional

colored sugar or sprinkles

Combine sugar, butter, vanilla and milk. Beat until creamy. Thin with more milk to desired

consistency. Add food coloring, if desired. Spread frosting over cooled cookies and decorate.

Chocolate no bake cookies

2 c sugar

1/2 c milk

1/2 c margarine

3 T cocoa

Combine in a saucepan. Heat until boiling, stirring until dissolved. Boil for 2 minutes. Remove from heat. Add:

1/2 c peanut butter

1 tsp vanilla

3 c oatmeal

1/4 c chopped peanuts, optional

Stir in until well blended.

Drop onto waxed paper. Let cool until firm.

Fruit filled oatmeal bars

1/2 c butter
1 1/4 c flour
1 c brown sugar
1 1/2 c oatmeal

Mix together until crumbly. Press 2/3 crumbs in a 9 inch square pan. Reserve other 1/3 crumbs. Spread with 1-21 oz can fruit pie filling (cherry, blueberry, or apple) Sprinkle with reserved crumbs.

Bake at 325 for approximately 20 minutes. Cool and cut into squares

Molasses cookies

1 c butter, melted
2 c brown sugar
2 eggs
6 T molasses
4 c flour
4 tsp ginger
4 tsp baking soda
4 tsp cinnamon
2 tsp nutmeg
1/2 cup sugar, for rolling

Cream brown sugar, butter, and eggs. Add molasses; mix thoroughly. In a bowl, put all dry ingredients and mix. Add to creamed mixture.

Put sugar into a separate bowl. Take about 2 Tablespoons of dough and roll into a ball. Drop into sugar and evenly coat. Place on cookie sheet. Bake 350 for 8-10 minutes

Double chocolate crumble bars

1/2 c margarine
3/4 c sugar
2 eggs
1 tsp vanilla
3/4 c flour
1/2 c chopped pecans
2 T cocoa
1/4 tsp salt
2 1/2 c to 3 c mini marshmallows
1 c chocolate chips
1 c peanut butter
1 1/2 c crispy rice cereal

Mix the first 8 ingredients: spread on a sheet cake pan. Bake for 15 minutes at 350. Remove from oven and sprinkle marshmallows across the top evenly; return to bake for 3 minutes more.

Cool. When completely cooled, melt chocolate chips and peanut butter; add crispy cereal to mixture. Spread on top of the baked mixture.

Refrigerate, then cut into squares.

When cookies are completely cooled you can place them in a plastic container to store on your countertop or put some in the freezer for another time.

Remember that cleaning up your workspace is important. Washing the dishes in between batches of cookies will ensure that they all get washed.

When you are all finished baking, clean up all your pans and utensils. Wipe down the counter tops and check the walls for dough that may have "flung" out while mixing. Sweep the floor to remove any food that may have dropped. Enjoy your baked goods with a glass of milk. You deserve it! Baking is hard work!

Great job! If you accidentally left some in the oven too long and burned them, that is okay too. Just try and be more persistent and attentive to your duties.

The following is a checklist to do for your own personal self while cooking

- Did I wash my hands and pull my hair back before starting to cook?
- Did I follow all the directions?
- Was I kind and friendly to the people around me? (for ex. inquiring little brothers and sisters.)
- Did I keep my work area clean and neat?
- Did I practice good safety habits?
- Did I complete my project on time?
- Did I leave the kitchen clean and neat after I was finished?

Teacher evaluation week 22

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 23 Becoming a daughter of hope

Devotional

Definition of hope: Feeling that my deepest desire will be realized and that events will turn out for the best..

Look at how your toxic thinking has shaped in your own life. You can filter through them by asking these questions:

- Has this thought always been this way?
- Has it grown, as you continually add fuel to the fire by agreeing with it?
- Has your thought started out one thing and now has grown into something different and much larger?
- Is it leading to other toxic thoughts?

Answer some of these questions when focusing on your individual toxic thoughts. Just by writing down and answering them, will help you deal with your toxic thinking. You will be able to recognize your negative behavior and learn from it to be able to change.

Deuteronomy 28 talks about the blessings that flow by living in obedience to God's word. You have a choice....you can choose blessings or curses in your life. It is up to you. We need to think on good things even if you don't feel like it. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Take your toxic thought list and start by asking the questions in the above, to what you wrote down. Start to filter through them to understand and determine where they stand in your life.

Thoughts to remember:

How to chop vegetables

A big factor in the quality of your meal is how small or large your chopped vegetables will be. Mind you, onions for example, are fine even if they are cut larger in your meals. However, if you can dice them up into smaller pieces, it makes all the difference. My daughter really enjoys cutting things up small, so I give this task to her quite frequently. For myself, I prefer to use the food processor, and get it done quickly.

When you have vegetables to prepare for a meal, like you will this week for making soup, you are going to have to take time to chop them up. If you have a food processor, use that to chop them up safely and efficiently. Some may prefer to do them with a knife.

How to chop an onion

There are very few recipes which don't call for a chopped or minced onion. Most everyone has onions on hand. If you do not, you can use dried, minced, chopped, or powdered onions when you are in a pinch. Remember, when a recipe calls for 1 whole chopped onion, don't put the equivalent of dried in the recipe. It is dried and compacted, thus you don't need as much.

When a recipe calls for 1 medium onion use the following:

- 1 Tablespoon of onion powder
- 4 Tablespoon of dried chopped onions

Instructions for chopping an onion:

Get out your cutting board to prevent damage to your counter tops. If you don't own a cutting board do this on a plate, baking pan, or something so that your counters do not get ruined.

1. To slice an onion, cut it in half, through the root. Peel off the papery skin .
2. Place each half cut side down and slice the onion lengthwise in parallel cuts. The smaller the cuts, the finer your onions will be. Be extremely careful when cutting as the knife can slip

and nick your fingers. Try and hold the onion so that it stays in place instead of falling apart after cutting it. This will make it easier to make the cuts the other direction.

3. Now cut the onion in the other direction, making a cross cut on the onion to make small little dices. If your onion has already falling apart, it is okay this takes practice. Just let them fall and individually use your knife to chop across the strips of onion.

Chopping onions can make me cry?

If you have never experience "crying" while chopping onions before, you might be in for a surprise. When you cut an onion, you break cells, releasing their contents. Amino acid sulfoxides form sulfenic acids. Enzymes that were kept separate now are free to mix with the sulfenic acids to produce propanethiol S-oxide, a volatile sulfur compound that wafts upward toward your eyes. This gas reacts with the water in your tears to form sulfuric acid. The sulfuric acid burns, stimulating your eyes to release more tears to wash the irritant away. The same is true for garlic, and hot peppers. In order to avoid this, you can wear goggles or turn on a fan while cutting, but this is not usually convenient. You can put them into the refrigerator, or cut them under cool water as this slows down the chemical reaction.

How to chop celery

Celery can wilt within a matter of days, after purchasing fresh celery at the store. It is best to keep it in a slightly opened bag to give it room to breathe. Use your vegetable crisper drawer if you have one. Properly stored, celery should last up to a week and a half in the fridge. Stalks that have started to go limp can be revived by cutting them off, and standing them cut-end-down in a cup of water in the fridge.

1. Separate the individual stalks from the bunch by gently prying them out from the bottom until they snap off.
2. Wash the individual stalks under cold running water to remove any dirt and debris. Then trim off the large white section off of the bottom of each stalk.
3. For slices to use in salads or soups, cut into 1/8th to 1/4-inch half-moons crosswise.

How to chop a carrot

1. Since carrots are a root vegetable and grow in the ground, they have a dirty outer layer that needs to be removed. Use a vegetable peeler, and remove the outer edges of the carrot sticks.

2. Then use a knife to chop off each end of the carrot and discard. Now, you have something to work with.
3. Place one vegetable on the cutting board. With your non-dominant hand, hold the vegetable firmly in place with the surface of your nails pointing toward and parallel to the blade. Ensure that your nails are closer to the blade than the skin of your fingers. For soups, you can usually just slice these into thin coin shapes. Carefully hold onto the carrot, as it will roll if you don't hold it firmly.
4. With your cutting hand, firmly grasp the knife at the handle keeping your index finger and thumb at either side of the upper part of the blade, or your index finger on top of the blade in order to ensure stability. Make sure your fingers cannot slide under the blade.
5. Your cutting motion will be similar to that of a paper cutter. Where the front part of your knife touches the board at the top and then slices through the carrot. It should be a smooth cutting experience, not a forceful "chop."

How to cut a potato

This week you will be making a soup for your family. You might want to leave the skins on the potatoes. Some prefer to peel them off. Whichever way your family enjoys, you can do.

If you are going to leave the skins on the potatoes, scrub them under cool running water to remove dirt.

If you are going to remove the skins, use a vegetable peeler and remove all outside skin. You can do this into a large bowl that has been placed in the sink, to prevent your potato peelings from flying around.

1. To start the dice, cut the potato into planks lengthwise. Try and hold the potato together when cutting, as you did with the onion.
2. After you've cut the potato into planks, roll it a quarter turn, and cut the planks into rectangular strips lengthwise. Again try holding the potato together to cut down on your chopping time.
3. Holding the strips together, turn them and cut across the them crosswise to make cubes.

Now that you know how to chop up some basic vegetables, let's get to cooking!

Hands on skill---making soup

Women have been making soups since the beginning of time. If you watch old fashioned shows, you usually see the mom stirring up a pot of stew over the fire to feed the family. For most, this was all that they ate each day. Soups were made typically with water, meat, and a vegetable, if available. Most were watered down and didn't contain any spices. Today we have many more resources available to make a heartier tasting soup. With the cooler weather, nothing is better than a pot of soup simmering on the back burner of your stove. Soup is typically inexpensive to make. You can make a big pot of it early in the morning, and let it simmer on low all day long. A big pot of it will usually last for a few meals. It is a very economical thing to know how to do.

This week choose one of the following soups to prepare for your family. Check through the recipes first to make sure you have all the ingredients that you need to begin cooking. Many a wives have begun making a meal only to realize half way through that they were out of an ingredient. Gather them all to your workstation before beginning to avoid this.

Hearty chicken and rice soup

1 13 3/4 oz can of chicken broth
2 c cold water
2/3 c uncooked rice
1/2 c chopped celery
1/2 c carrot slices
3/4 lb processed American cheese
1 1/2 c chopped chicken

Add all the ingredients except the cheese, into a stock pot. Cover and simmer for 20 minutes or until vegetables are soft. Add the cheese and stir until it melts. Serve.

Tomato soup

In a large stock pot over medium heat combine the following

1 can of tomato juice
1 tsp of onion powder
1/2 tsp of baking soda
2 tsp of salt
4 tsp of sugar

While that is heating, in a saucepan, melt 5 Tablespoons of butter. After the butter has melted, add 4 Tablespoons of flour.

Continue stirring over medium high heat until you get a thick paste. Be careful to stay with this as it will burn quickly.

After the tomato juice mixture has reached the boiling point, you can add your butter/flour mixture and stir continuously to thicken and remove any lumps. A whisk is a good tool for this job.

Turn down the temperature to a simmer. Now you will add your milk. Slowly pour in 6 cups of milk and heat until warm.

Cheeseburger soup

½ lb ground beef
¾ c chopped onion
¾ c shredded carrots
¾ c diced celery
1 tsp dried basil
1 tsp dried parsley flakes
4 T butter, divided
3 c chicken broth
4 large baking potatoes, chopped
¼ c sour cream
2 cups shredded cheddar cheese

In a 3-qt. saucepan, brown beef; drain and set aside. In the same saucepan, sauté the onion, carrots, celery, basil and parsley in 1 tablespoon butter until vegetables are tender, about 10 minutes. Add the broth, potatoes and beef; bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until potatoes are tender.

Meanwhile, in a small skillet, melt remaining butter. Add flour; cook and stir for 3-5 minutes or until bubbly. Add to soup; bring to a boil. Cook and stir for 2 minutes. Reduce heat to low. Stir in the cheese, milk, salt and pepper; cook and stir until cheese melts. Remove from the heat; blend in sour cream.

Potato bacon chowder

2 potatoes, peeled and cubed
1 c water
1 medium onion, chopped
1 stalk of celery, chopped
1 can cream of chicken soup (10 ¾ oz)
1 ¾ c milk
1 c sour cream
½ tsp salt
Dash pepper

1 bag of bacon bits—the soft kind not hard ones. Place potatoes, onions, celery, and bacon in a medium pot and cover with water. Bring to a boil. Reduce heat: cover and cook for 10-15 minutes or until tender. Stir in the soup, milk, sour cream, and salt and pepper. Cook over low heat for 10 minutes until heated through. Do not boil, as the sour cream will separate resulting in clumpy looking soup.

To serve you can sprinkle with shredded cheese and chopped slices of green onion.

Chicken noodle soup

1 package(s) (32-ounce) chicken broth
4 c water
1 T olive oil
1 small onion, chopped
2 stalk(s) celery, thinly sliced
2 medium carrots, thinly sliced
Pepper
1 lb skinless, boneless chicken-breast halves, cooked
3 c -(6 ounces) uncooked medium egg noodles
1 c frozen peas

In 5- to 6-quart sauce-pot, heat oil over medium heat. Add onion and cook 5 minutes or until lightly browned, stirring occasionally. Add celery, carrots, broth, water, and 1/8 tsp ground black pepper; cover saucepot and heat to boiling over high heat.

While vegetables are cooking, cut chicken into 3/4-inch pieces.

Uncover saucepot and stir in noodles; cover and cook 3 minutes. Stir in peas and chicken; cover and heat to boiling, 3 to 4 minutes.

In these soup recipes you can substitute a few things depending upon what your family buys. For chicken broth, you can mix up your own by stirring together water and chicken bouillon. This is a ratio of 1 tsp to 1 cup of water. You will have to pull out your math skills to figure out how much in comparison to ounces 😊

For chopped chicken—you can use some from dinner leftovers that you have saved and put into the freezer for a later time. You can purchase a can of chunked chicken for the ease of it.

Soups are one of those meals that you don't have to worry about being exact on things. You can substitute items that you don't have on hand to save money and just improvise. If you don't have frozen peas, but do have canned, than use those. Gather up the fragments that you do have as to not waste the resources that God has given to you.

When making soup, be careful not to have your burners up too high. You want to avoid accidentally "burning" your dinner.

The following is a checklist to do for your own personal self while cooking

- Did I wash my hands and pull my hair back before starting to cook?
- Did I follow all the directions?
- Was I kind and friendly to the people around me? (for ex. inquiring little brothers and sisters.)
- Did I keep my work area clean and neat?
- Did I practice good safety habits?
- Did I complete my project on time?
- Did I leave the kitchen clean and neat after I was finished?

This week's wrap up on HOPE:

- Devotional
- How to chop vegetables
- Hands on skill---making soup
- Personal evaluation---write down things needing improvement

Definition of hope: _____

Notes to remember: _____

Teacher evaluation week 23

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 24 Becoming a daughter of understanding

Devotional

Definition of understanding: Exhibiting strong intelligence and a sound mind in comprehending and discerning matters.

And let the peace of Christ rule in your hearts, to which indeed you were called in one body.

Colossians 3:15

God wants us to have a peaceful heart. We are told to cast all worries and anxieties to Him. He wants us to live a life of peace and happiness. In Matthew 12:34 it says that what we speak is from the overflow of our hearts. If we are speaking negative and harsh words then our hearts are not lined up where they should be. We need to be cleansing our hearts and purifying our minds to line up with God.

Let's get started....

We have our list that we compiled of our negative thoughts, we sifted and analyzed through them to see where they were coming from and why they were forming negatives in our brains, this week and next we plan to take action on them and cut them out!

I gave you some examples of toxic thoughts in the last few weeks, but do you have more? What are some toxic thoughts that we hold onto? Here are some toxic thoughts and how to remove them from our minds.

Believing that our past determines our future

Just because you came from a poor background or had a rough upbringing it does not self-fulfill who you become. When you became a new person in Christ you left the old you behind. We are now walking with God and He walks within us! Think about that, if God is "perfect and whole" why can't we be part of that? We just need to change our mode of thinking and stop believing the lies from Satan. Stop speaking words about your past that you think will define your future. Start speaking the word of God instead!

Worrying about what other people think of you

We can't sit around and worry about what other people think. If we are lined up with God and ask Him to direct us, then what you do, you do. You leave the rest up to God. Let Him deal with people. Most people probably aren't judging you as much as you judge yourself. They are doing exactly what you are—so stop! Do what makes you happy and ignore others.

Feeling you always need to prove you are right

I always wonder why people feel like they need to fight to prove their point to things? Maybe it's their own feelings of inadequacy to not feel weak or dumb. Sometimes they don't want to appear vulnerable. But I think it is much better just to be quiet. Everyone has opinions to things, I say to "each his own." Hold onto what is truth and leave the rest alone.

Having expectations of others

We all like to "think" people should respond a certain way, but in essence, people are people. They will say and do things that are hurtful, negative, and wrong. We cannot expect everyone to respond well. It would be nice, but it is not reality. Having expectations can be deadly to our happiness—avoid this.

Life is always greener on the other side

This is big because most everyone believes the "if only" statement. "If only I only had one sibling." "If only I had a car of my own." "If only I had_____." This could go on and on, but it is not healthy. If you believe God then you know that He has you orchestrated in your own life. If you trust and obey Him then he will direct you in paths of righteousness. If you by your own doing have made mistakes that are having a huge result on your life, know that God will make ALL things work together for good.

The "what ifs" of your life

Some things in life you can change. You can change if you are overweight. You can become better at math. You can learn skills to become better at things. But there are some things that you cannot change in your life. You can't change if your brother is not nice, but you can change how you respond. You can't change that your parents won't allow you to date, but you can stop resisting it. Resisting the unchangeable does nothing more than frustrate you and make you miserable. Change what you can, and accept what you can't.

Thinking you can change other people

No matter how much you think you motivate or inspire others, the fact remains that people need to change themselves. We cannot force someone to change. No matter how much you think talking and encouraging will do, the bottom line is, speak your peace and then leave the rest up to God to do. Once you step out of the way and let the Holy spirit do His thing that is when God can start

Quick breads and muffins

Quick breads are not typically as sweet as a cookie, but more flavorful than plain bread. They make a great addition to breakfast and work great as a quick snack. If you become proficient at making them with good results, they are excellent to give as homemade gifts---who wouldn't enjoy eating a delicious tasting homemade treat??

Quick breads require a different process than your "knead and let rise bread dough" does. For most quick bread and muffin recipes, the dry ingredients and the wet ingredients are mixed separately first. Mix your dry ingredients together thoroughly to ensure even distribution since the liquid is only mixed in for a short time. Blend beaten eggs and milk thoroughly without beating up excessive foam. The two mixtures are combined quickly, mixing only until dry ingredients are moistened. Over-mixing causes toughness and tunnels.

Tips and techniques

- The amount of flour needed for breads can vary. This is why you will see in some bread recipes 2-3 cups of flour. Well which is it? It all depends upon how much moisture the flour already contained. Also, it depends on how the flour was handled and stored both before and after it was purchased and on weather conditions. Flour keeps best in a cool dry place. We store ours in the freezer, but bring to room temperature when it is ready to bake.
- If you do not have muffin tins, use cupcake liners placed inside regular canning jar rings to hold them in place. Place these on a cookie sheet. You can also make jumbo sized muffins with these and larger mouth rings. If you need to make many muffins, this is an excellent way to get many done at one time.
- To test for doneness on a quick bread or muffin, insert a toothpick into the center and pull it out. If it is clean, than your bread is done. If it is still gooey, than cook for a few more moments and then test again.
- To lower the fat in your recipe for muffins or quick bread, you can substitute some of the oil with an equal amount of almost any fruit puree (applesauce, pumpkin puree, mashed bananas)
- Muffins and quick breads freeze well. Take a day, and make a bunch to put in your freezer for when unexpected guests stop by or you want a quick and easy treat for the day.

- Muffins will release from pans more easily without tearing if allowed to cool a few minutes in the pans before removing. For nicely shaped muffins that don't have a rim around the top, do not grease the sides of the muffin tins. Grease only the bottoms.

Troubleshooting with breads and muffins

Bread sticks to pan. Unless you're using high-quality nonstick metal or silicone baking pans, you should always grease the pans before you pour in the batter. The best thing to use for greasing the pan is shortening, because its melting point is higher than any other kind of fat, which helps maintain a "shield" between pan and batter while the bread is baking. A high-quality cooking spray--one that won't bake on to your pans and discolor them--is also a fast, easy fix. You can also prevent sticking by removing the bread from the pan sooner: let the bread cool for at least twenty minutes in order to set before inverting the pan.

There are big holes and "tunnels" in the bread, and/or the bread is tough. These problems are usually caused by over-mixing..

There's a big crack down the middle of the quick bread loaf. The crack on top happens when top of the loaf "sets" in the heat of the oven before the bread is finished rising. Don't worry--it's normal for quick breads. Drizzle the loaf with icing or dust with confectioners' sugar.

My blueberry muffins look green! By reacting with the alkaline baking soda, the blueberries' pigments can turn green. Toss the berries with the flour mixture before combining the ingredients; the coating should help. If you're using frozen berries, don't thaw them before using them.

The bread looks done on the outside, but it's still raw in the middle. This is one of the most common quick bread problems, and it can be caused by a few different factors. The oven temperature could be too high. Try lowering the oven temperature and/or putting a loose tent of foil over the top of the bread, so it won't burn before the middle has time to catch up.

Flour and fat nutrition

This section is to inform you about the different types of flour and which are best for you to choose. Most of these recipes call for all purpose flour. Here we learn what flour is made of.

Wheat grains consists of 3 parts:

1. Bran: This is the hard outer layer of the grain where the majority of the fiber lives.

2. *Germ*: This part is the tiny bit in the middle of the grain, also known as the embryo. This part contains the greatest concentration of nutrients.
3. *Endosperm*: This is what surrounds the germ. This is the largest part of the grain. It mostly consists of starch and contains almost no fiber or other nutrients.

Wheat grains are extremely nutritious in an unaltered state. There is much of a process to get from the wheat grain to the fluffy white powder we are accustomed to. There are typically 3 types of flour that are readily available:

Bleached white flour: Avoid

Bleached flour is made using only one part of the grain: the endosperm. As we know the endosperm does not have much nutritional value, but it also turns out it can actually be harmful to our health. To bleach flour, it is chemically treated with a chlorine gas. The same chemical used to clean swimming pools is treating bleached flour!! The flour is treated with chlorine because it makes it that perfect white color that we're accustomed to seeing. It also artificially "ages" the flour, which betters the taste.

Unbleached white flour: Use in moderation

Unbleached flour, just like the bleached variety, is only made from the endosperm so it contains very few nutrients. It is, however, allowed to age naturally, and isn't bleached with chlorine. It is a much better alternative to bleached flour. Typically when you buy all purpose white flour—this is it.

Whole wheat flour: Best choice

Whole wheat flour uses all three layers of the wheat grain: bran, germ and endosperm. It contains high amounts of nutrients and lots of fiber. Eating fiber-rich foods helps lower cholesterol and blood sugar levels. It also slows down digestion, which makes us feel full faster and for a longer period of time so we are less prone to overeating. There is a white whole wheat flour that tastes very similar to white flour, but with the benefit of it being whole wheat as to not lose any nutritional value. This is our choice for flour.

What should you do if you are used to eating whole wheat flour, and you can't imagine leaving your white flour behind?? Try removing bleached flour from your diet altogether. Whole wheat flour is the best choice, but if you're not used to the taste of whole wheat flour, start gradually incorporating it into your cooking.

If a recipe calls for one cup of flour, use 3/4 cup unbleached flour and 1/4 cup whole wheat flour. Once you get accustomed to the taste, gradually increase the ratio of whole wheat flour to white flour. This will take time, but little by little you can increase your level of nutrition by taking some small steps.

Oil and fats (butter):

Butter is a traditional fat. It is made from a simple process that comes from separating the cream from the milk. This is a natural process that only takes a little patience. Once it has separated, all you need to do is skim off the cream and shake it until it becomes butter. It can be made in the blender in about 2 minutes.

Now let's talk about vegetable oils and margarines:

Vegetable oils are oils that have been extracted from various seeds. The most common include rapeseed (canola oil), soybean, corn, sunflower, safflower, peanut, etc. Unlike coconut oil or olive oil that can be extracted by pressing, these new-fangled oils have to be extracted in very unnatural ways.

The process of making canola oil is overall complicated. It is made from a hybrid version of the rapeseed and is genetically modified and heavily treated with pesticides. They then heat it at an unnaturally high temperature so that it can oxidize. It is then processed with a petroleum solvent to extract the oils from it. Then it is heated some more, and acid is added to remove any nasty wax solids that formed during the process. From there it is treated with chemicals to improve the color.

Sounds yummy?!?!? Now if you want to make margarine, you take it a few steps farther and hydrogenate it until it becomes a solid. Hmmmm...maybe something we should be avoiding.

You can actually make your own coconut oil and olive oil. If something can be made at home, don't you think it would be the best choice to use? Do an internet search as to how to make it. See the difference in these oils. I don't recommend doing it,

I just want you to think about how those “vegetable oils” are made, and why it is a BETTER choice to use coconut oil and olive oil for cooking and baking.

The problem with these “bad” oils is that they are in every sort of convenience food. If you look on the back of any wrapper, you are sure to see one of them listed. This is all about choices. Try and choose the best nutritional product as possible. It won't always be possible, but for the majority of the time that you eat, let it be wholesome.

Hands on skill---making quick breads or muffins.

Try your skills this week at making either a muffin or bread out of these recipes. You can either make them in bread pans or muffin tins, your choice.

Pumpkin bread

1-15 oz can pumpkin
4 eggs
1 c oil
2/3 c water
3 c sugar

Mix the above thoroughly.

3 1/2 c flour
2 tsp baking soda
1 1/2 tsp salt
2 1/2 tsp pumpkin pie spice—mixture of cinnamon, nutmeg, ginger
Mix these ingredients until combined and then add them to the first mixture.
Place in 3 greased bread pans and cook 350 for 40 minutes.

Cinnamon quick bread

1 1/2 c butter
3 c sugar
3 eggs
Cream the above and then in a separate bowl mix:
6 c flour
3 tsp baking soda
3 tsp salt
Alternatively add the flour mixture and 3 cups buttermilk into your creamed mixture and mix until combined.
Grease 3 bread pans and pour in half the mixture evenly into the 3 pans.
In a separate bowl combine:
2/3 c sugar
2 T cinnamon
Sprinkle half the mixture evenly over top of the batter in the pans. Pour the remaining batter evenly over the cinnamon mixture. Top with the remaining cinnamon sugar on 3 breads.
Bake 350 for 40 minutes.
**Don't have buttermilk—combine 3 cups milk with 3 T vinegar and stir. This will cause the milk to curdle within a few minutes. Substitute for the buttermilk.

Donut muffins

1/2 c white sugar
1/4 c margarine, melted
3/4 tsp ground nutmeg
1/2 c milk
1 tsp baking powder
1 c all purpose flour
Preheat oven to 375 degrees. Grease 24 mini-muffin cups or 12 regular size muffin cups.
Mix 1/2 cup sugar, 1/4 cup margarine, and nutmeg in a large bowl. Stir in the milk, then mix in the baking powder and flour until just combined. Fill the prepared mini muffin cups about half full.
Bake in the preheated oven until the tops are lightly golden, 15 to 20 minutes.
While muffins are baking, place 1/4 cup of melted margarine in a bowl. In a separate bowl, mix together 1/2 cup of sugar with the cinnamon.
Remove muffins from their cups, dip each muffin in the melted margarine, and roll in the sugar-

Banana bread

1 3/4 c all purpose flour
1 1/2 c sugar
1 tsp baking soda
1/2 tsp salt
2 eggs
2 medium ripe bananas mashed
1/2 c oil
1/4 c plus 1 T buttermilk
1 tsp vanilla extract
1 c chopped walnuts—optional
In a large bowl, stir together flour, sugar, baking soda and salt. In another bowl, combine the eggs, bananas, oil, buttermilk and vanilla; add to flour mixture, stirring just until combined. Fold in nuts. Pour into a greased bread pan. Bake at 325 degrees for 1 hour 20 minutes or until a toothpick comes out clean. Cool on wire rack. Yield: 1 loaf.

This week's wrap up on becoming a daughter of UNDERSTANDING:

- Devotional
- Quick breads and muffins
- Tips and techniques
- Troubleshooting
- Flour and fat nutrition
- Hands on skill---making quick breads
- Personal evaluation---write down things needing improvement

Definition of Understanding: _____

Notes to remember: _____

Week 25 becoming a daughter of boldness

Devotional

Definition of boldness: Demonstrating the confidence and courage that doing what is right will bring ultimate victory regardless of present opposition.

The mind is a powerful thing. By the words, comments, and actions of others, we can become mentally broken. In the last few weeks we have become aware of toxic thoughts that we have come to have. We have learned to identify and filter through them so that we can make a change. It will not only make us complete, but will spark a positive change in others around us. Now we will learn how to remove them from our minds. We do this by:

Affirmation

Being aware is good, but unless we can continually push against the thought when it comes up, then it will retain a front row seat in our brains.

How each person deals with their negative thinking is going to be different for everyone. Some people like personal affirmations. I like the movie *Evan Almighty* where he says in front of the mirror each day, "I am successful, powerful, handsome, and happy." I use that many times when encouraging my children. We can smile at it because we know the movie, but the words still hold true in our minds. Whatever we are saying, we can start to think.

Our old pastor would challenge us to speak out five things that we were thankful to God for before each service. That was a good way to start speaking positiveness into our lives. We ALL have something to be thankful for—even if it is the air we breathe, the legs we walk with, or the home we can be safe in. Start speaking words of thankfulness instead of words of negativity.

Truth

Another way to deal with negative thoughts is to replace them with truth. Many of the thoughts we have held in our minds have only our own truth attached to them.

We have started out with something small and have created this gigantic thing that isn't even real in our minds. We may have concocted a whole scenario by choosing to latch onto that one negative thought and now it has grown into a full fledged war in our minds. Some people make mountains out of mole hills.

We need to take a step back and look at the situation that is bringing the thought into being. What is the truth about it from another person's perspective? What about from God's perspective? Thoughts are based on our own reality and not necessarily in truth.

Visualize

Sometimes it helps to visualize the thought being removed from our brains. I remember back when I was first learned this principle many years ago and it was a freeing experience. I pictured each thought, the negative ones that were toiling away in my mind and I pictured placing them in a balloon. I visualized letting the balloon go and watching it drift up into the heavens. I was giving my problems/thoughts over to the Lord to deal with, they were no longer mine to worry about. Sometimes those thoughts would creep back in, and I would repeat the process, bad thoughts were not something that were meant to be part of my life, but they were something that Satan knew could keep me from moving forward. He used FEAR and WORRY to keep me from experiencing what God had for me.

Darkness comes upon as an illusion. It isn't real. Once we really believe and say "I don't fear." It leaves. Once you don't accept the negativity, it goes away. When darkness goes away it turns into light. Light is God. You can activate fear or you can activate faith in your life.

Fear is twisted faith

Forgiveness

This is probably one of the major reasons that we have such big wounds in our minds. Someone has wronged us and hurt us in our past and we just let it sit and fester in our minds. Unforgiveness leads to a whole slew of toxic thoughts. Everything in our life plays on how we forgive others.

Matthew 6:15, "But if ye forgive not men their trespasses, neither will your Father forgive your trespasses."

God commands us to forgive others so that He may forgive us. Even if someone has wronged you in the past, don't let them control you in your future. You forgive and let God deal with them. When we forgive, it allows God to work freely in our lives, if we don't it blocks that door to God. We want to be open and free so that the Holy Spirit may work in our lives in EVERY aspect.

Why are we doing this??

We don't have to accept any form of negativity in our lives. But we have to get rid of it. We have to forgive and let go. Even if you have long standing unforgiveness that you "think" you have forgiven, if you are reminded of it, then it has not been dealt with. This is damaging your health. Every time you push down that old unforgiveness and anger, it grows. It grows to create stress and anxiety in your emotions which in turn affect your health. But it does not have to be this way. We have the opportunities to accept only the good information and make it a part of us, and that will help put our minds back into a normal state.

Just as germs and bad bacteria cause our body to focus on protection of our cells, negativity does the same thing to our minds. Negative thoughts shift our bodies focus to protection thus it reduces the ability to process and think in wisdom. This leads to negative attitudes which produce stress and angered feelings inside our minds. But if you apply God's advice not to worry, then your brain responds by secreting chemicals that give you feelings of peace, positive thought building, and clear thinking. Even though you can't always control your circumstances, you can choose how you will react to those circumstances. This will keep toxic input from permanently living in your brain. But it starts with you. You decide which incoming thoughts will become a part of you.

Have you decided to bear all your toxic thoughts and get rid of them? Do you feel like you have "over analyzed" your brain and dissected out all of the negative toxic parts? It is like a doctor cutting out the bullet from the wound. It is good to get it out, but now you have a wound. Even though it is patched up, sometimes it can

Salad and washing vegetables

This week you get to do more chopping skills. You are going to choose from one of our salads and make it for your family.

Here are some tips to help you make fantastic salads.

- When choosing your lettuce, make sure it's the freshest that you can get. There should be no blemishes, bruising, or yellow on the leaves.
- To get a head start on making the salad, clean the greens, wrap them in a clean, dry kitchen towel, and place the towel in a plastic bag. Leave the bag open and refrigerate. The leaves keep for up to one week.
- Drying salad greens can be a chore, but a salad spinner can make quick work of the job. A salad spinner is a piece of equipment that is really quite handy. If the spinner makes preparing salad more attractive to you, why not invest in this moderately priced kitchen tool? Or better yet, put it on your holiday wish list.
- Tearing greens is preferable to cutting them. It's easy and gentler on the greens, and it looks better too. If you use a metal knife when cutting your salad, your greens will "rust" sooner than if you use a plastic knife or just tear them with your fingers.
- Need an easy way to "core" a head of lettuce?----Just grab the head of lettuce firmly on either side and smack it on the countertop. Then turn it over and pull the now-separated core from the head of lettuce. You may need to wiggle it a bit, but it should give pretty easily. Takes about 3 seconds, no more trying to cut out the core of the lettuce.

Tips on Washing Fruits and Vegetables

- Bacteria such as Listeria, Salmonella, and E.coli may all be lurking on your produce whether they are organically grown or conventionally grown. These bacteria all cause food-borne illness, and need to be washed away.
- Start by keeping your kitchen countertops, refrigerator, cookware and cutlery clean.

- Always wash your hands before preparing meals and handling fruits and vegetables.
- Wait until just before you eat to prepare your fruits and vegetables to wash them. They have natural coatings that keep moisture inside, and washing them will make them spoil sooner.
- Wash all pre-packaged produce. Sometimes we think just because it is package that it is clean, that is not the case usually.
- Clean the whole thing - even the parts you don't eat. Bacteria can live on the rinds or skins of foods like bananas, potatoes or rutabagas. Though you may peel them away and toss the coverings in the trash, the bacteria can be transferred from the rind to the knife; then on to the part you are cutting.
- Gently rub vegetables and fruit under running water. Don't use any detergents or soaps. These chemicals will leave a residue of their own on your produce.
- Leafy lettuce and greens are best when submerged in a bowl of cold water to ensure all grit is removed off the leaves.
- You can buy commercial sprays to wash your fruit and vegetables but it isn't really any better than cleaning thoroughly with plain water. It is better to save your money, than waste it.
- For lettuce and cabbage heads, tear off the outer leaves and rinse the rest of the vegetable.
- Rinse berries and other small fruits thoroughly. Allow them to drain in a colander.
- Remember, when preparing your meals and using a cutting board, NEVER use the same tools to cut meat or poultry with when preparing your vegetables and fruit. You have to properly wash and rinse off all residues, because hidden bacteria can stay present. It is safest to use a different cutting board for meat and one for vegetables.

Vegetable nutrition

Eating a salad everyday is a good lifelong habit to produce. It is an easy way to get in a few servings of fresh vegetables packed full of vitamins and nutrients.

Most people do not get enough fresh fruits and vegetables into their diets. We need to be eating more dark green and orange vegetables. If you do eat more green salads, you will likely have a higher amount of antioxidants—vitamin C and E, folic acid, and alpha- and beta- carotene. Antioxidants are substances that help protect your body from damage caused by harmful disease.

Even experts agree that there is a direct link between eating lots of fruits and vegetables and lower risks of many diseases, particularly cancer.

Eating leafy salads also gives you much needed fiber in your body. Think of fiber working like sand. It grips and grinds out bad bacteria in the body.

Eating salads can also help us eat less by filling you up with good foods so that you eat less of the cooked meal. Be sure to make your own salad dressing, or use low calorie dressing.

What are the best choices for vegetables?

- **Green leafy vegetables, such as kale, chard, collard greens, spinach, parsley, and dark green and red leaf lettuce** are high in carotenoids, and best eaten raw in salads. Head lettuce is fine to eat occasionally, but it offers very little nutrition. If you need that extra "crunch" mix your salads with head lettuce and some leafy lettuce like spinach to help adjust your taste buds to new textures.
- **Broccoli**---both the green flower heads and stalks are nutritious.
- **Red and green peppers** are a good addition to salads.
- **Garlic and onions** are nutritious eaten raw. Mix up a batch of homemade salad dressing and add these ingredients into it for an easy addition to your health.
- **Tomatoes**—which are actually a fruit, are good in salads. Cherry or grape tomatoes are a great and easy addition to salads.
- **Carrots** are sweet and high in carotenoids. They are super when grated into any kind of salad.

When preparing your salad, make the majority of it vegetables, and keep it light for the extra toppings like cheese, eggs, nuts, and salad dressing.

Hands on lesson---preparing a salad

This week you will be preparing a salad. Choose from one of the following to serve with a meal.

Italian salad

2 bunches of Romaine lettuce, torn
2 c grape tomatoes
1 can sliced olives, drained
1 small red onion, thinly sliced and separated into rings
8 peperoncini
¼ c grated Parmesan cheese
1 c croutons
½ c fat free Italian dressing
This is best to make when ready to serve. Toss all vegetables first then sprinkle with parmesan and toss with salad dressing to evenly incorporate the flavors.

Spinach salad

4 slices bacon cooked and cooled, or if time does not allow, use a bag of soft bacon bits as an alternative
1 -16 oz bag fresh spinach with stems removed
2 hard cooked eggs, chopped
1 small red onion, finely chopped
For dressing:
½ c white sugar
1/3 c ketchup
¼ c oil
¼ c vinegar
2 tsp Worcestershire sauce
Place spinach into a large bowl, sprinkle with bacon, eggs, and onion. Gently toss the salad. In small bowl, whisk together the dressing ingredients. Pour the dressing over the salad and toss to combine all ingredients.

BBQ chopped chicken salad

Romaine lettuce and spinach
2 c chopped chicken, mixed with your favorite BBQ sauce
Can of corn, drained
Can of black beans, drained
Shredded Monterey jack cheese, 1 cup
1 tomato, chopped
1 avocado, chopped
Tortilla strips, or a handful of cheese flavored tortilla chips, crushed
Your choice of dressing---French or ranch is a good choice.
You can serve this in individual bowls so that guests can prepare their own salads with choice of toppings. Or you can create the salad on a platter. Place the salad down first and carefully layer the ingredient as listed. Drizzle with dressing. You can always add more dressing when eating.

Create your own salad

Choose leafy lettuce
Get vegetables that are dark green and orange in color
Green onions make a nice addition, if you don't enjoy regular onions
Make your salad have different colors—that ensures you receive a variety of vitamins.
Add cranberries and nuts to make your salad more nutritious.
Canned orange segments make a good addition
Make your own croutons—see recipe below
Make your own dressing-see recipes

Making your own croutons

It is very easy to make your own croutons. Plus it has much less fat, because they are not deep fried like commercial brands.

1. Take slices of bread, day old bread works best.
2. Spread with butter on both sides, or you can brush on olive oil
3. Sprinkle with a variety of spices—garlic salt, basil, oregano, and Parmesan cheese are good choices
4. Bake at 300 degrees until crispy -about 20 minutes
5. When cooled, cut into cubes

Making your own salad dressing

It is easy to make your own salad dressings as well. Take a look at the ingredients listed on the back of a salad dressing bottle---there are many. Try mixing up your own in the blender. Try any of the following combinations. Remember it will take some time for the flavors to blend together in homemade dressing. Be sure to mix these up, and let sit for at least an hour or two so the flavors combine together.

Italian dressing

¾ c olive oil
1/3 c vinegar
2 T finely chopped onion
1 tsp honey
1 tsp mustard
1 tsp dried basil
1 ½ tsp salt
½ tsp dried oregano
1 tsp black pepper
2 T minced garlic fresh
2 T lemon juice
2 T raw sugar
Combine all in blender and puree for few seconds until combined.

French dressing

1 c honey
1 T minced onion
2 tsp mustard
2 tsp paprika
2 tsp salt
½ c vinegar
2 c oil
Combine all in blender and puree for few seconds until combined.

This week's wrap up on becoming a daughter of ACTION:

- Devotional
- Salad and washing vegetables
- Vegetable nutrition
- Hands on skill---preparing a salad
- Personal evaluation---write down things needing improvement.

Definition of action: _____

Notes to remember: _____

Teacher evaluation week 25

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 26 Becoming a daughter of consistency

Devotional

Definition of consistency: Following constantly the same principles, course or form in all circumstances; holding together.

I like to use this visual to identify toxic thinking:

- AWARENESS, receiving a bullet attack from Satan
- ANALYZE how we are going to remove that bullet out of our bodies
- ACTION to remove that bullet out of our bodies
- ACCEPTANCE and healing it from the Word of God.

You can remove all kinds of bullets(toxic thoughts) from our bodies but if we don't take care of those wounds(hurts, negativity) and treat them properly they can grow back into something worse than we had before.

Satan is very smart when it comes to dealing with people's emotions. He knows that once you try and get rid of something that belongs to him, he will try every avenue to force it back into your life. You need to be aware of what is going on.

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

Ephesians 6:10-12

God's word says that we don't wrestle against things in the natural realm, we wrestle against spiritual forces that try and mess with our minds. When we take action to remove something, each and every time we are reminded of that toxic thought we need to soak it in God's word until that wound becomes completely immersed and healed by the Lord.

Remember.....Satan comes immediately to steal all your peace. When you are giving a revelation from God or have made a big stride or change in your walk with the Lord, Satan comes immediately to cast doubt in your minds. He isn't out to steal your car, he is out to steal the Word. If you are reading God's word, stay focused on what the Word says. Don't disregard any part of it, repeat it and memorize it.

Keep that in the forefront of your mind. Don't allow Satan to come and steal the joy that God is giving to you.

Search out scriptures that pertain to the toxic thinking you are dealing with. Write down the verses on index cards and put them in a place you will see them. I like to copy verses and put them on my kitchen windowsill, a place I am at frequently. I read the verses over and over again soaking my mind with the Word. When things come up, that are toxic, I practice reviewing those verses over and over again. Eventually each time I am reminded of my toxic hurt or thought, those verses come to mind. Eventually they become so ingrained in my brain that I don't have any room for toxic thoughts to take shape and then it is healed. I no longer think about it, no longer get offended over it, and I can say that God has delivered me from my wound.

Do an online search for bible verses pertaining to ____?_____ (unforgiveness, etc). Write them down where you will see them. Memorize those scriptures and as soon as your brain begins thinking negative, speak that scripture over and over until it is gone.

Verses to remember and copy: _____

All about bread baking

Baking bread brings a real sense of satisfaction to the creative cook. It is a skill that when greatly mastered, will be a useful resource for your entire life. There is nothing better than delicious slices of homemade bread spread with butter or jam. Making good yeast raised bread requires time and patience. Once you have mastered the technique, however, I am sure you will agree that it is well worth the effort to make this delicious smelling treat for your family. This tutorial will teach you all that you will ever need to know about bread making.

If you are in-experienced in bread baking, begin early in the day. Give yourself plenty of time to avoid rushing the dough, and not having it done by the time it needs to be served. Allow a minimum of 5 hours for the whole process.

A hard wheat flour rich in gluten makes the best bread. (White whole wheat flour is a good choice) Lighter milled and softer wheat all-purpose flours can be substituted if necessary, but are not as good for bread. Never use self rising flour in yeast breads.

If you do not bake bread regularly, keep in mind that flour deteriorates in quality with age. Flour should not be kept in a warm pantry for many months since it will lose its freshness, and will not produce the best baking results. If you bake regularly, there should be no problem. However, if you buy special flour and bake only on occasion, store the unused portion in the freezer where it can be stored indefinitely.

Flours also vary in moisture content, so the exact amount needed each time you bake can vary slightly. If dough is sticky after full amount is added, this could be the reason. Simply add a little more flour.

Yeast is available in individual serving packets, or you can buy it in bulk. Store closed yeast in the refrigerator for best results.

It is important that water for dissolving yeast is at the correct temperature. If not hot enough, it will not dissolve and activate the yeast properly. If too hot, it will kill the yeast cells. It should be 110-115 degrees---I run it straight from my hot tap water.

Any good solid shortening, butter, margarine, or oil can be used for the fat in baking bread.

Tips and techniques

- To test whether yeast is still active mix small amount of yeast in 1/4 cup of warm water in which 1/4 tsp sugar has been dissolved. Yeast should begin to foam and bubble within 5 minutes. If it doesn't, yeast should be thrown away.
- To reduce rising time of bread, the amount of yeast can be increased. One pkg yeast to 2 cups liquid will rise in approximately 1 hour. 2 pkgs yeast to 2 cups liquid will rise in approximately 35 minutes. Extra yeast does not make a yeasty taste. A yeasty taste is caused by dough being too warm during rising or by rising too long. When doubling the recipes for bread, the amount of yeast does not have to be doubled, usually 1 1/2 times is sufficient.
- Bread recipes that do not include eggs and milk will turn out better, and will dry out less quickly than those that do.
- Bread keeps best when stored in a cool dry place, but not in the refrigerator. If weather is warm, store extra bread in the freezer, and thaw when needed.
- Do not over bake breads especially rolls, muffins, and biscuits. Over baked breads are dry and crumbly. Rolls become hard.
- The use of granite or heavy black pans for baking bread causes it to burn or turn too dark on the bottom. Use shiny aluminum pans for best results.
- To cut out biscuits in a hurry, roll out dough, and cut in squares or triangles with a knife instead of a biscuit cutter.

Common ingredients and their purpose

Yeast

This basic ingredient is a living organism that breathes and eats just as we do. The breathing, which is fermentation, gives off carbon dioxide gas. Which when trapped in the gluten of the flour, causes the bread to rise.

Yeast is inactive when in its dry form, but as you add it to liquid and give it something to feed off of, it begins its work. Yeast likes to eat sugar, but it doesn't like salt. It doesn't do well in extremely hot temperatures. It is also prone to over-eating: too much sugar in a recipe can cause your yeast to slow down significantly instead of boosting it. When making your bread, it is a good practice to add the warm water, yeast, and sugar or sweetener first. Then let it sit for a few minutes to allow it to begin fermenting.

What type of yeast should you buy? The best is a good quality dry or instant yeast. If you buy it in bulk, it is usually fresher and much less expensive. You want to avoid the rapid rise yeast. It goes against good bread making. The longer the rise, the better the fermentation process resulting in better flavor.

Sweeteners

How much sweetener do you need for your breads? Typically 1-2 teaspoons is sufficient when using 1-2 Tablespoons of yeast. Even though yeast makes its own food by converting the starch in flour into sugar, a little quick fix of pure sugar right at the beginning is best to give it a kick start.

Flours

We talked about flours back on page 269.

Salt

Why do we need salt in bread recipes? You need it for flavor. If you forget to put it in your recipe, it will make your bread taste like cardboard. Salt brings out the flavor in food, just as in bread.

Liquid

The liquid activates the yeast, and they combine with gluten to form the elastic strands that help bread to rise. If you add too little liquid you will get a hard, poorly risen loaf; the gluten in flour is tough and needs to expand. Too much liquid and you will get a loaf that rises, then collapses; the gluten has expanded and thinned too much

Fat

Fat gives bread a finer softer texture and helps keep bread fresher longer. You can use coconut oil, vegetable oil, shortening or lard.

Alternative ingredients

Sometimes yeast raised breads use scalded milk or eggs added to the dough. These give more structure and strength to the loaf. It also gives added nutrition by providing whole protein.

Steps to making bread

1. Sprinkle yeast into warm water, stirring until dissolved. Add at least 1 tsp of the sweetener called for in the recipe. This helps to activate the yeast much more quickly. Stir again until the sweetener has been dissolved. Then let the mixture set while you are measuring other ingredients.

2. Combine your yeast, your liquids, and shortening mixture in mixing bowl with electric mixer or whisk.
3. Add flour, 1 cup at a time, beating well after each addition. Do this until you have about 1/2 of the flour required for the recipe. It is important to beat thoroughly at this point to obtain light tender bread.
4. Then cover and let rest for about 20 minutes. This resting time can be omitted, but will give you a lighter, nicer textured bread. It also makes the bread dough easier to knead without working in too much flour.
5. Add additional flour with a heavy spoon until very stiff. Then use your hands to work remaining flour into the dough until stiff enough to knead. Sprinkle flour over sticky surfaces as you work to keep your hands and the bowl from getting too sticky. Add the minimum amount of flour possible to obtain a workable dough.
6. The kneading process is important. It develops the gluten structure of the dough so that the gas produced by the yeast will be trapped. Kneading takes from 5-15 minutes, depending on how large a batch of dough you have, how fast you work, and your skill level. Thorough kneading gives uniform grain, fine texture, and good volume.
7. Grease your bowls generously, place dough in bowl, flip it over, and cover it with a cloth. Let it rise in a warm spot, about 80-85 degrees, until double in size. This should take about an hour. On sunny days you can set the bowl in the sunlight. You can even turn your oven on low for about 3 minutes, and then shut off and place your bowl in the oven. It is important to let the dough rise properly. Do not let dough over rise. This will greatly damage the quality of the bread. The yeast cells stretch beyond their capacity and break. Dough will not rise properly a second time and bread will have a poor volume, a coarse texture, and a yeasty taste when baked. Dough that did not rise enough tends to be heavy and soggy. To test dough, quickly press two fingers deeply into the dough. If the indentation remains, the dough is ready to be punched down.
8. To punch dough down, plunge your fists into the center of the dough. Do this several times to break up air pockets in the dough. Then turn dough over so the smooth side is up. Let rise until double again. It does not take as long the second time around. If you need to delay baking the bread because of your schedule, it may be worked down another additional time. It will not hinder the quality of the bread. It may also be placed in the refrigerator tightly covered to retard rising. Be sure to let dough rise until double after removing from the refrigerator.
9. After it has doubled again, you can shape it into loaves and placed in greased pans.
10. Let your bread rise until it starts to peek over the top of pan.
11. Preheat your oven 350. Place pans on lower oven rack so tops don't overbrown, and leave airspace around each loaf for even browning. Jarring the pan on the way to the oven could cause dough to fall slightly. Bake for 40 minutes until golden brown and it sounds hollow when crust is tapped.
12. Remove from oven immediately, and grease tops with butter or margarine. Cover loosely with a cloth, and let cool. As soon as bread has cooled, place it in plastic bags and close tightly. Store at room temperature or freeze.

How to knead bread dough

1. When you knead, you will use only the heels of your hands. Sprinkle some flour on the countertop, and plop your finished raised dough onto the flour.
2. Push down on the dough with your hand heels.
3. Fold the dough in half.
4. Turn the dough about 45 degrees, and knead with your hand heels again.
5. Turn the dough about 45 degrees and knead with your hand heels again.
6. Continue with this pattern -folding, kneading, and turning for the required length of time called for in the recipe.

Some tips to remember

- Lightly dust your hands with flour to keep the dough from sticking to you.
- Kneading can get messy, wear an apron while making bread.
- Always keep a measuring cup of flour by your work area in case you need to sprinkle some more on counter top to prevent stickiness.

How to shape into loaves

1. Forming a loaf of bread out of dough is easy. All you need is a clean counter or board and a rolling pin. Begin by using the rolling pin to roll the dough into a rectangular shape.
2. Starting along one side, roll up dough to form loaf.
3. Pinch seam closed. This holds the bread shape together. If you are having problems keeping the seam closed, wet the seam with water and pinch to make stick
4. Bring ends over seam and pinch closed. This step keeps the ends of the bread from splitting open while baking.
5. Roll loaf over so that the seam is on bottom. Finish shaping dough into a loaf by pushing on ends.
6. Place in prepared greased pans and let rise.

Clean up

The easy way to wash bread dough off your bowl and utensils is this:

1. Scrape off as much excess dough with a spatula or dish scraper.
2. Fill the bowl with COOL soapy water, toss in all utensils, and leave it for 15 minutes. By using hot water it will make the dough stickier and you will end up with a gloppy mess that sticks to everything.
3. Drain the water, grab the scraper again, and get all the loose dough off. Throw it in the kitchen scraps compost bin or the trash - it will do very bad things to your drain if you let it go down.
4. Using more cool water and a washable cloth/sponge, wash everything. Once things look clean, finish up with a bit of hot water, like you would wash your dishes regularly
5. Do the same for your counter tops. Scrape, wash in cool water, and then in hot water.

Hands on skill---basic bread making

Use this simple recipe to make a basic whole wheat dough

Basic whole wheat bread

3 cups warm water
6 T oil
2 T honey
1 1/2 T yeast
8 c white whole wheat flour
2 1/4 t salt
Follow the steps as outline in this chapter to make this bread.

You have already become familiar with regular bread baking. You have tried your hand at muffins or quick breads, now I want you to try and make something different this week along with your homemade bread. Something you aren't used to making. I want you to choose from the following:

Simple homemade granola

2 tsp ground cinnamon
1/2 tsp ground ginger
1/4 tsp salt
3 T honey
2 T oil
2 T maple syrup
2 T water
1 tsp vanilla
2 c whole oats (not instant)
1/2 c chopped pecans
1/2 c crisped rice cereal
1/4 c wheat germ

Preheat the oven to 300 degrees.

In a large bowl, whisk together the cinnamon, ginger, 1/4 teaspoon salt, honey, oil, maple syrup, water, and vanilla together. Add in the oats, pecans, rice cereal, and wheat germ. Toss to coat completely. Spread the granola out on a greased baking sheet. Bake until dry and crisp, but not yet browned, 30 to 35 minutes, stirring once or twice. Allow to cool completely before storing in an airtight container.

Angel biscuits

1 pkg active dry yeast
1/4 c warm water
2 c buttermilk
5 c all purpose flour
1 T baking powder
1 tsp baking soda
2 tsp salt
3 T white sugar
3/4 c shortening

In a small bowl, dissolve yeast in warm water. Let stand for 5 minutes until bubbly. Add buttermilk to yeast mixture, and set aside.

In a large bowl, combine flour, sugar, baking powder, baking soda, and salt. Cut in shortening until mixture resembles coarse meal.

**How do I "cut" in shortening??? Use two knives and a criss-crossing cutting motion to distribute shortening throughout the mixture. Continue until mixture breaks up into blueberry-sized pieces. Stir in yeast mixture until dry ingredients are moistened. Turn dough out onto a floured surface, and knead 4 or 5 times.

On a lightly floured surface, roll dough to 1/2 inch thickness. Cut out biscuits with a 2 1/2 inch round cutter. **If you don't have a round cutter, use a drinking glass dipped in flour. Place on lightly greased baking sheets, barely touching each other. Cover, and let rise in a warm place until almost doubled in size. Bake in preheated 425 degree oven for 10 to 12 minutes, or until browned.

Dinner rolls

1 T active-dry yeast
1/2 c warm water
1/2 c milk
1 large egg
2 T oil
2 T sugar
1 tsp salt
3 c all-purpose flour
1 T butter

In a large bowl, stir the yeast into the warm water and let it sit until dissolved. In a separate bowl, whisk together the milk, egg, oil, sugar, and salt. Add this to the yeast mixture and stir until combined. Add all the flour and stir until it forms a shaggy dough. Knead the dough for 8-10 minutes, until smooth but slightly tacky. It should spring back when poked. Let the dough rise: Cover the mixing bowl and let the dough rise in a warm spot until doubled in size, about an hour. Dust your work space with a little flour and turn the dough out. Divide the dough into 12 pieces. To shape the rolls, tuck the edges underneath to form a plump little package.

**Tip on shaping

As you shape the rolls, you want to stretch the top of the dough ball while simultaneously sealing the bottom. The stretching helps the dough hold up to the expansion that occurs in the oven, while the sealing prevents the roll from opening up while baking and becoming wrinkled and doughy on the bottom. You don't want to roll the dough into a ball like you would with clay.

Grease a 9x13 pan with nonstick coating. Arrange the rolls inside the pan spaced a little apart. Let the rolls rise until they fill the pan about 30-40 minutes. When almost done rising, preheat oven to 375 degrees. Melt the butter and brush it over the risen dinner rolls. This helps the tops to brown and keeps the crust soft. Bake the rolls until golden, 15-18 minutes.

Crescent rolls

3 1/2 c flour
2 tsp dry yeast
1/3 c water, warm
3/4 c milk, warm
1 1/2 T sugar
2 eggs
1 tsp salt
4 T butter, softened
Filling
4 or 5 T butter, softened
Topping
1 1/2 T butter, melted

In a large bowl, mix flour with sugar and salt. Dissolve the yeast in the warm water and add to the flour mixture. Add eggs and milk, mix everything together. Add the butter and knead until the dough is smooth and soft. Cover with a clean dish towel and let it rise for about 1 hour in a warm area, until doubled in size. Punch dough down and divide into 2 equal parts. Form them into balls. On a floured surface roll each part into a 16 inch round, using a rolling pin. It will look like a round pizza crust. With the back of a spoon, spread about 2 tbsp of very soft butter onto the dough round. Cut the round into 16 triangles like slicing a pizza. Start rolling each triangle into crescents, starting from the longest side to the smallest point. Once rolled, curve the edges and place on a greased baking tray with the tip tucked down and under the roll. Repeat rolling with the rest of the triangles. Let them rise for about 20 minutes. Melt additional 1 1/2 tbsp butter and brush the tops of the rolls with melted butter. Bake in a preheated oven at 400 degrees for 14-18 minutes until puffed and golden brown.

Pita bread

1 pkg of yeast
1/2 c warm water
3 c all purpose flour
1 1/4 tsp salt
1 tsp granulated sugar
1 c lukewarm warm water

Dissolve yeast in 1/2 cup of warm water. Add sugar and stir until dissolved. Let sit for 10-15 minutes until water is frothy. Combine flour and salt in large bowl. Make a small depression in the middle of flour and pour yeast water in depression. Slowly add 1 cup of warm water, and stir with wooden spoon. Place dough on floured surface and knead for 10-15 minutes until smooth and no longer sticky. Spray large bowl with cooking spray and place dough in bowl. Turn dough upside down so all of the dough is coated. Allow to sit in a warm place for about 3 hours, or until it has doubled in size. Once doubled, roll out in a rope, and pinch off 10-12 small pieces. Place balls on a floured surface. Let sit covered 10 minutes. Preheat oven to 500 degrees and make sure rack is at very bottom of oven. Roll out each ball of dough with a rolling pin into circles. Each should be 5-6 inches across and 1/4 inch thick. Bake each circle 4 minutes until bread puffs up. Turn over and bake additional 2 minutes. Remove each pita with a spatula from the baking sheet and add additional pitas for baking. Take spatula and gently push down puff.

Cinnamon rolls

Dough:

- 1 package yeast
- 1/2 cup warm water
- 1/2 cup scalded milk
- **What is scalded milk? Milk that has been heated to 180 °F. At this temperature, bacteria are killed, enzymes in the milk are destroyed, and many of the proteins are denatured. Bring it nearly to a boil and then remove from heat if you don't have a thermometer.
- 1/4 cup sugar
- 1/3 cup butter or shortening
- 1 teaspoon salt
- 1 egg
- 3 1/2 to 4 cups all-purpose flour

Filling:

- 1/2 cup melted butter, plus more for pan
- 3/4 cup sugar, plus more for pan
- 2 tablespoons ground cinnamon
- 3/4 cup raisins, walnuts, or pecans, optional

Glaze:

- 4 tablespoons butter
 - 2 cups powdered sugar
 - 1 teaspoon vanilla extract
 - 3 to 6 tablespoons hot water
- Heat oven to 350 degrees F.

In a small bowl, dissolve yeast in warm water and set aside. In a large bowl mix milk, sugar, melted butter, salt and egg. Add 2 cups of flour and mix until smooth. Add yeast mixture. Mix in remaining flour until dough is easy to handle. Knead dough on lightly floured surface for 5 to 10 minutes. Place in well-greased bowl, cover and let rise until doubled in size, usually 1 to 1 1/2 hours.

When doubled in size, punch down dough. Roll out on a floured surface into a 15 by 9-inch rectangle. Spread melted butter all over dough. Mix sugar and cinnamon and sprinkle over buttered dough. Sprinkle with walnuts, pecans, or raisins if desired. Beginning at the 15-inch side, roll up dough and pinch edge together to seal. Cut into 12 to 15 slices. Coat the bottom of baking pan with butter and sprinkle with sugar. Place cinnamon roll slices close together in the pan and let rise until dough is double in size.. Bake for about 30 minutes or until nicely browned.

Meanwhile, mix butter, powdered sugar, and vanilla. Add hot water 1 tablespoon at a time until the glaze reaches desired consistency. Spread over slightly cooled rolls.

Crepes

**serve these with jam, maple syrup, or applesauce

- 1 c flour
- 2 eggs
- 1/2 c milk
- 1/2 c water
- 1/4 tsp salt
- 2 T butter, melted

In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.

Grape nuts--cereal

- 3 1/2 c whole wheat flour
- 1 c brown sugar
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp cinnamon
- 2 c buttermilk
- 2 tsp vanilla or maple extract

Preheat oven to 350 degrees. Line a baking sheet with waxed paper. Combine flour, brown sugar, salt, baking soda, and cinnamon in a large bowl. Stir in buttermilk and vanilla extract; mix well. Pour mixture into prepared baking sheet and spread evenly with a spatula. Bake in the preheated oven until browned and firm, 20 to 25 minutes. Cool patty in the baking sheet for 10 minutes before removing to cool completely on a wire rack. Preheat oven to 275 degrees. Break cooked patty into chunks and crumble them. You want them to resemble broken up cookie crumbs. Divide crumbs over two baking sheets. Bake in the oven until dry, stirring every 10 minutes, about 30 minutes. Allow crumbs to cool completely and store in an airtight container.

Tortillas

- 2 c all purpose flour
- 1/2 tsp salt
- 3/4 c water
- 3 T olive oil

In a large bowl, combine flour and salt. Stir in water and oil. Turn onto a floured surface; knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough. Let rest for 10 minutes. Divide dough into eight portions. On a lightly floured surface, roll each portion into a 7-in. circle. In a large nonstick skillet coated with cooking spray, cook tortillas over medium heat for 1 minute on each side or until lightly browned. Keep warm until serving time.

This week's wrap up on becoming a daughter of CONSISTENCY:

- Devotional
- All about bread baking
- Tips and techniques
- Ingredients
- Steps to making bread
- Clean up
- Hands on skill---making bread
- Personal evaluation---write down things needing improvement

Definition of consistency: _____

Notes to remember: _____

Teacher evaluation week 26

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 27 Becoming a daughter of perseverance

Devotional

Definition of Perseverance: A continuing effort to do or achieve something despite difficulties, failure and opposition

As soon as our minds gives way to toxic thought our minds go dark immediately. You have to dump that thought instantly, otherwise it will grow and become part of you. Psalm 112:7-8 says:

He is not afraid of bad news; his heart is firm, trusting in the Lord. His heart is steady; he will not be afraid.

Sometimes we don't even think that we have toxic thoughts, because we feel like we have already dealt with them. When you hear something, if your thoughts are turned right away to taking offense or anger towards it, then you haven't really given that area over to God in your mind. Satan loves to prey on our past and hurts and emotions, we need to recognize that he is a part of that and get rid of it!!

How are toxic thoughts formed in our minds:

1. They begin as thoughts formed by Satan.
2. We then entertain these thoughts and they form emotions.
3. Giving into these emotions eventually leads to taking some sort of action.
4. When you continual participate in this behavior it causes you to develop a habit.
5. Once a habit is developed, a strong-hold from Satan is built by that spirit.

Whenever you go through or experience an uncomfortable feeling, either from an old memory or a new thing, it is crucial that you do not suppress it or do not bottle up your feelings. Acknowledge it and take ownership over it. Do not aim it at anyone or cast blame. That will breed seeds of unforgiveness. When you bury negative feelings, particularly offenses, they will eventually spew forth and explode. I know this from firsthand experience. I would just keep things bottled up inside and over and over it would build up and then one day I would just explode with anger. Usually fights don't begin over something big, it is usually over nothing. But because we suppress our feelings, by stuffing them down, until eventually the

pressure is too much and we explode over anything. This is not healthy or Godly ways. John 14:1 he says to not let our hearts be troubled. We are supposed to follow the word of God—there are reasons why!

Don't let your hearts be troubled. Trust in God, and trust also in me.

It's our choice what we store in our hearts. Sometimes we don't consider ourselves "evil" and I would like to think I was not. But I know that when I spew forth anger, gossip, or hatred I am speaking out of the abundance in my heart. We need to be cleansing our hearts and purifying our minds so that we can do what God's word says.

The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

Luke 6:45

We want to keep working at removing toxic thoughts from our minds. Most are ones that we have suppressed and don't think about anymore. But when an instance occurs, it brings up hurt, then we get angered or take offense. We need to search out scripture that pertains to our particular hurt and apply it to our "wounds." By doing this we will be cleansing our wounds and letting them heal by the word of God. Do this over and over again until it is no longer an issue. I repeat a verse over and over, especially when going through a particularly bad time. Eventually it becomes a habit and then when that offense comes up, it doesn't bother me. Then I know that my wound has healed.

Be consistent at memorizing and repeating the verses that you wrote down last week to avoid those toxic thoughts from creeping in. This might be a daily, weekly, or monthly process until you have "reprogrammed" your brain. It is well worth the effort for a healthy brain.

Thoughts to remember: _____

Meal manners

It takes much time and effort to have an attractive table and a tasty meal. When a cook prepares a meal, you should respect the time and effort by coming to the meal with a decent appearance, a grateful attitude, and careful consideration for the others dining. Slouching in your chair, displaying a grumpy, negative spirit, and being thoughtless or selfish can ruin an otherwise wonderful meal.

No one enjoys eating with someone who wolfs his food down, slurps his soup, talks with his mouth full, or who burps loudly. Manners are common courtesy shown to others so that everyone can enjoy delicious food in a pleasant atmosphere. If you practice using good manners at every meal, you won't be embarrassed on special occasions by not knowing what to do. Or you won't be viewed as acting rude out of a daily habit that you should not be doing.

When we are at home, it has been said that we act the worst with those we love. That is a sad thing to say. The opposite should be true. We may wolf our food down because we are in a hurry: or we reach across the table, because we are getting impatient. We may unknowingly come from outside all dirty and not wash up to make ourselves presentable.

Our family mealtime should be one of the most pleasant times of our day. We should engage in good conversation, instead of monotone answers.

Here are some things to remember when eating a meal with family

- Sit up and remember to bring the food to your mouth
- Wait for a lull in the conversation to ask politely to pass food
- Answer questions pleasantly
- Be alert to requests from other family members
- Use your napkin
- If you are missing something, like a fork, get up and get it yourself

Using appropriate humor is also good at the table. It creates a happy mood. Avoid teasing and joke telling at this time. Don't use it to beg for requests of your parents. It is a good time to discuss current events, things that are important at your church, and maybe some interesting things that happened during the day.

Whoever is responsible for making the meal, be sure to THANK THEM. Even if you did not enjoy something, thank them for taking the time to make the food for you

to eat. Always help CLEAN UP AFTERWARDS. Don't view your Mom, or whoever is making your meals, as a slave who cooks and cleans for you. Ask BEFORE they have to tell you what you can do.

Rules for when you are a guest in someone else's home, many will apply to home life as well:

- Leave your personal problems at home, don't use this time to discuss negative things going on in your life.
- Stand behind your chair and wait to sit down until the hostess sits down.
- If you are a boy, you should help the girl sit in her chair
- Keep your hand in your lap when not using it, instead of on the table
- When food is passed, take a moderate helping, keeping in mind there are others eating.
- Lay your utensils on your plate when taking a drink
- Cut your food into small pieces. Place your knife across the top of your plate in between cutting
- Use your napkin frequently, which should be in your lap
- Chew slowly and quietly with your mouth closed. Swallow your food before you begin to talk.
- Wait to begin eating until the hostess begins passing the food. Pass it to your left. Pass all the food before you begin eating.
- Bread or rolls should be torn apart, and butter should be placed on it as you eat it.
- When eating soup, spoon should be brought up away from you then into your mouth.
- When you are finished eating you should place your knife and fork across the middle of your plate. Place your napkin to the left of your plate.
- If an accidental spill occurs, instantly offer to help clean it up
- Engage in lively conversations with your hostess, try and get others to talk about things. Do not talk much about yourself. Avoid topics of controversy. Make things pleasant.
- Do not leave the table before your hostess does. Always ask to be excused before leaving the table.
- If all else fails, and you are not sure what to do during a meal, follow your hostess's lead.
- You can follow up with a thank you card or a quick phone call of thanks.

Conversation table starters

Family meal time is an important time for everyone in the family. Families who eat dinner together regularly are more likely to have stronger, happier family relationships. As families struggle to find amounts of quantity and quality time together, family dinnertime provides the opportunity for both.

I would encourage you to print this list of questions off, and cut them into individual questions. Roll them up, place them in a mason jar, and set them on your table. Take a few out at meals, and ask everyone what their answers are. I am sure you will get a good quality conversation going.

Are you comfortable as a leader or as a follower?
Have you ever stood up for something you thought was right?
How are you different from everyone else?
How does a person become courageous?
How will you know when you're "grown-up"?
If you could be a famous person for a week, who would you be and why?
If you could be animal, what would you be and why?
If you could eat just one food everyday for a month and nothing else, what would it be?
If you could have 50 pounds of anything other than money, what would you want?
If you could have any pet, what would you choose and why?
If you could have any superpower, which would you choose?
If you could have any view from your bedroom window, what would it be?
If you could have dinner with anyone (past or present), who would it be and why?
If you could have one dream come true, what would it be?
If you could only eat three foods the rest of your life, what would they be?
If you could open your own retail store, what type of merchandise would you sell?
If you could pick your own name, what would it be?
If you could play any instrument, what would it be and why?
If you could see your future, where will you be in ten years?
If you could trade places with your parents for a day, what would you do differently?
If you could travel anywhere in the world, where would it be?

If you could travel back in time, where would you go?
If you had one wish (and you can't wish for more wishes),
what would you wish for and why?
If you had the attention of the world for just 10 seconds,
what would you say?
If you had the time and money and could go on any month-long
summer vacation where would you go?
If you had to write your own personal definition of the word
"Success", what would it say?
If you were a multimillionaire, where would you be and what do
you believe you would be doing at this moment?
If you were to write a book, what would you choose as the
topic?
If you were writing an autobiography, what would be the
book's title—besides your name?
In your opinion, what is the best piece of music ever written?
What are the qualities that make you a good friend?
What do children know more about than adults?
What do you think is the hardest part about being a kid?
What do you think is the hardest part about being a parent?
What has been the happiest day of your life so far and why?
What is one piece of advice that you wish you could pass along
to everyone?
What is one thing you are grateful for today?
What is one thing you could have done better today?
What is one thing you couldn't live without?
What is one way you helped another person today?
What is something you want to learn how to do and why?
What is the craziest thing you've ever eaten?

What is the most beautiful place you have ever seen?
What is the nicest thing a friend has ever done for you?
What is your favorite book and why?
What is your favorite childhood memory?
What is your favorite holiday and why?
What is your favorite movie and why?
What is your favorite sport to play?
What is your favorite time of the day?
What is your greatest talent or ability?
What one special talent would you like to have?
What three things would you like to change in the world?
What three words would you use to describe yourself?
What two items would you grab if your house was on fire?
What was the best part of your day?
What would you like to be doing in 10 years?
What would you most like to do for someone else if you had the money and time?
What's the first thing you'd do if you were president?
What's the nicest thing you've ever done for someone?
What's the scariest thing that ever happened to you?
What's the ultimate ice cream sundae?
What's your favorite family tradition?
When you're having a bad day, what do you do to feel better?
Where would you like to go on our next family vacation?
Which household chores do you like to do and which do you try to avoid?
Which is more important, intelligence or common sense?
Who is one of your heroes and why do they inspire you?
Who is one person in your life you are thankful for and why?

Would you give up junk food to live 10 years longer?

Would you rather be a great musician, athlete, scientist, artist, politician, or writer?

What is the most vivid dream you can remember? What do you think it means?

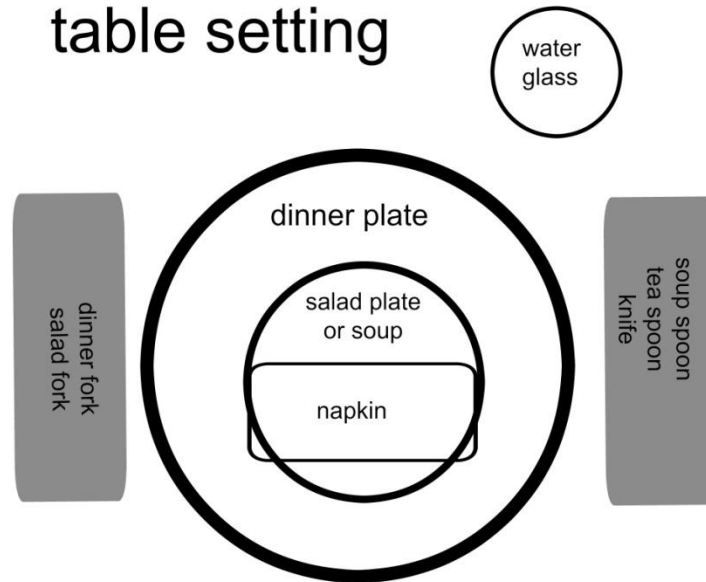
What do you think is the biggest problem in our country?

Does it matter if a person makes a moral or immoral choice even if nobody knows?

How to set a table

In your life, most of the meals you serve and eat will probably be in an informal setting. For special occasions, you might get to eat at a fancy restaurant or a nice event for a formal meal. Here you will learn of both of them.

Less formal table setting



This is a basic everyday table setting. One that you might already set each night for dinner in your own home. This is the easiest of the two, involving the least amount of tableware as there are less courses involved.

The longer tined forks are the dinner forks and the shorter ones are for salad.

Soup spoons are fatter and larger.

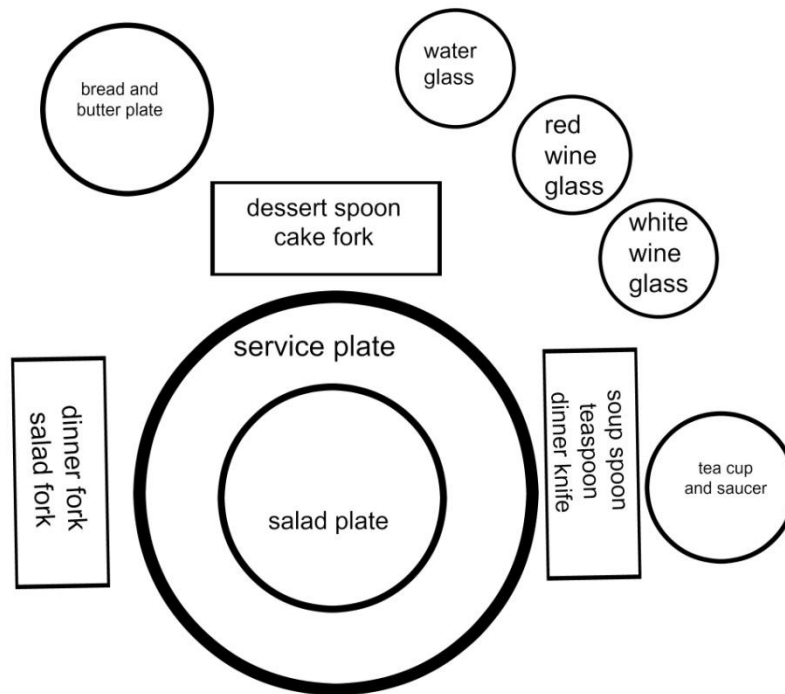
The sharp side of the knife is facing inward towards your plate.

Make sure everything is balanced and even when setting the table.

Most of us won't see a formal table setting very much in our life. It requires a lot of dishwashing!!! A good rule to remember when eating at a formal place setting is

start from the outside and work your way in. That way you will be able to know which utensils to use.

Formal table setting



On your bread and butter plate is placed a butter knife on an angle pointing towards the upper left.

The tea cup and saucer is generally not placed on the table until dessert time.

If soup is served, the waiter will bring that out separately to stack on top of your plate position.

Napkin etiquette

- Depending upon where you dine, a napkin may be folded neatly on the center of your plate or off to the left.
- When seated, immediately take the napkin and place it in your lap. There is no need to open the napkin fully. Fold it in half, and place it on your lap.
- Carefully blot your mouth when eating, to remove crumbs and food. Do not wipe.

- If you need to leave the table to use the restroom, place the napkin loosely to the left side of your plate.
- When you are finished eating, place your napkin loosely to the left of your plate.
- It is acceptable to place your fork and knife lengthwise at the top of your plate, signaling that you are finished with your meal
- NEVER blow your nose, use it as a bib , or throw it on the plate when you are finished..
- If you bite into something difficult to chew (like a piece of meat or gristle), you don't spit it into your cloth napkin. When no one is looking, you discreetly take it out with your two fingers and put it on the edge of your plate. You do this in case your napkin drops accidentally and the server picks it up. You don't want food to roll out of it.

Hands on skill---practicing manners

This week print off the conversation starters and put them to use in your family. Set the table properly as outlined in this lesson. Continue each day with choosing a few questions to help get the conversation flowing at your dinner table. Use all the manners outlined in this week's lesson from this day forward.

This week's wrap up on becoming a daughter of PERSEVERANCE

- Devotional
- Meal manners
- Conversation table starters
- How to set a table
- Hands on skill---putting it into practice
- Personal evaluation---write down things needing improvement

Definition of perseverance: _____

Notes to remember: _____

Teacher evaluation week 27

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 28 Becoming a daughter of courage

Devotional

Definition of courage: Fulfilling my responsibilities and standing up for convictions in spite of being afraid.

This week we are working on being ABLE. Able to trust God enough to remove the toxic thoughts from our memories.

I know that facing your toxic memories will require courage. It will require that you trust that God can and will heal your forgiving heart. For myself, that meant forgiving others who had wronged me in the past even though they weren't deserving. Through my teen age years, I was rebellious and angered. I did things my way, and was always "looking" for that love that I didn't have. For years it affected me through bouts of depression. I wouldn't be able to explain it, but a few times a year, it would replay over in my mind again and again. Usually it happened because someone offended me and I took it to heart. This in turn relayed back to when I was a child and the hurt I experienced. My toxic thinking was triggered from memories as a child.

When I became a believer in the Lord Jesus, I just wanted to grab onto the love that He was offering. So I did. I was thankful to have someone explain to me about forgiving others and how past hurts would put wounds in my soul and that would deter my ability to do the Lords work effectively. So I worked on it. I would confront each and every wound that I had. It was hard. It is hard forgiving others who I think didn't deserve forgiveness.

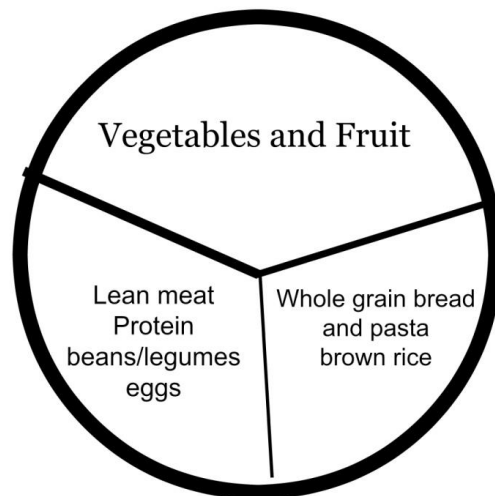
Often a toxic memory is exposed when you are faced in a situation and your brain immediately reminds you of a memory when something negatively was spoken or done to you. As soon as you are reminded of that "wound" you need to speak repentance and forgiveness for those situations. I know it is hard and seems not fair, but it must be done. If you want to truly live your lives free from Satan, you cannot let him have any part of your life.

As you are working and allowing God to replace your toxic memories of your past with something good and redemptive in your mind, Satan will try to keep bringing it up over and over again. But the more that you are ABLE to push through and keep

Making Lunch

Good nutrition doesn't just happen. You must plan for it. The concerned homemaker does not wait until meal time to start thinking about what food she will prepare for her family. She takes the time beforehand and learns all that she can about nutrition. She applies that information to her preparation of food for her family. She delights in planning meals that are nutritious and tasty. By beginning now, while you are young at practicing making well balanced meals, will enable you to be proficient as you get older.

How do you go about planning a balanced meal? You need to choose foods that give your family the proper number of servings of the various food groups each day. At the same time don't overload fats and sugars.



This gives you a generalized idea of what you should serve your family. The majority of the plate is to be vegetables or fruit. The rest of the plate is split between your protein and whole grains. Keep sauces, condiments, and extras to a minimum.

The government sets recommendations as to how much we should be eating of each different food group. That changes often as new nutrition information is discovered. We can get a generalized guideline of how much portion sizes of each food we are to have as young woman. This is for an adult woman not a child

Vegetables	4 servings per day	1 cup raw leafy vegetables (about the size of a small fist) 1/2 cup cut-up raw or cooked vegetables 1/2 cup vegetable juice 1 medium fruit (about the size of a baseball)
Fruit	4 servings per day	1/4 cup dried fruit 1/2 cup fresh, frozen, or canned fruit 1/2 cup fruit juice 1 slice bread
Whole grains	6 servings per day	1 oz dry cereal (check nutrition label for cup measurements of different products) 1/2 cup cooked rice, pasta, or cereal (about the size of a baseball)
Protein	3 servings per day	3 oz cooked meat (about the size of a computer mouse) 3 oz grilled fish (about the size of a checkbook) 1 cup fat-free or low-fat milk 1 cup fat-free or low-fat yogurt
Dairy	2.5 servings per day	1 and 1/2 oz fat-free or low- fat cheese (about the size of 6 stacked dice)

An activity to try this week.....

Make a list of all your meals and what you eat on a piece of paper for a week.
Evaluate it at the end of the week and see where you come up short.

1. How many desserts did I eat this week? _____
2. How many times did I eat fried foods? _____
3. Did I eat a variety of fruits and vegetables to get necessary vitamins and nutrients? _____
4. Did I eat more protein-rich food that I needed? _____
5. Am I eating whole grains vs. white flours? _____

Tips for planning meals

1. Use seasonal foods in your meal plan. Since foods are generally cheaper in season, it will help save money. Strawberry shortcake with fresh strawberries may look good in winter, but if you are paying \$5 a quart for them, that is not a frugal choice.
2. Use variety in your meal planning. Just because you cooked a big pot roast, doesn't mean you should eat it for the next 4 days. Freeze some of the leftovers for another time.
3. Use your creativity to make meals appealing.
4. Your food textures should vary. You don't want a whole meal full of just crunchy items.
5. You want a variety of tastes. If your meal contains all hot and spicy Mexican items, it would be good to offset that with something mild in your meal.
6. You want your meal to look good. You don't want to serve all of the same colored foods in one meal. Use some garnishes to make things presentable.

Tips for organizing a meal plan

1. Begin with a basic menu. A good cook doesn't usually make it up as they go along. They might deviate a little with a side dish, but their main food stays the same. Having a menu saves time and money.
2. You need to think ahead. While preparing your meal, you should be constantly thinking, "what is it that I can do next to complete my meal?" When your meat is browning and you are waiting, peel some vegetables to be used in the meal. You also have to think about what foods you have to prep before cooking. Does your meat need to be thawed? Do I need to mix up my bread dough early enough to have it be done for dinner time?
3. Think about how long it takes to cook something. That way you can be prepared to start the meal on time.
4. You should plan some "make ahead foods." If you have all last minute items for your menu, you are going to be running around trying to get them done. Plan some food that you can make and do ahead of time, that is a key.
5. Read the entire recipe before beginning to make sure you have all the ingredients.
6. Ask other good cooks what it is they do, or how they made something. Learn from the best.

How to make hardboiled eggs

Hardboiled eggs are an easy way to get quick protein for the day. You can make some of these up, and leave in the refrigerator for a quick grab and go snack or make some into sandwiches. There are 2 ways to make them, try both.

Making in the oven

1. Preheat oven to 350 degrees.
2. Put 1 egg in each of 12 muffin cups.
3. Bake in preheated oven for 30 minutes.
4. Plunge baked eggs in a large bowl filled with ice water until cooled completely, about 10 minutes.
5. Carefully pierce egg on side of pan and begin peeling off the shells.

Making on the stove

1. Place eggs in saucepan large enough to hold them in a single layer.
2. Add cold water to cover eggs by 1 inch.
3. Heat over high heat just to boiling.
4. Remove from heat and cover pan.
5. Let eggs stand in hot water for 10 minutes.
6. Drain immediately and place in bowl of ice water.
7. Pierce shells and peel off.

Tips for hardboiled eggs

- Piercing shells before cooking is not recommended. If not sterile, the piercer or needle can introduce bacteria into the egg. Also, piercing creates hairline cracks in the shell through which bacteria can enter after cooking.
- Never microwave eggs in shells. Steam builds up too quickly inside and eggs are likely to explode.
- Very fresh eggs can be difficult to peel. To ensure easily peeled eggs, buy and refrigerate them a week to 10 days in advance of cooking. This brief "breather" allows the eggs time to take in air, which helps separate the membranes from the shell.
- Hard-boiled eggs are easiest to peel right after cooling. Cooling causes the egg to contract slightly in the shell.
- To peel a hard-boiled egg: Gently tap egg on countertop until shell is finely crackled all over. Roll egg between hands to loosen shell. Starting peeling at large end, holding egg under cold running water to help ease the shell off.
- Storage time: In the shell, hard-boiled eggs can be refrigerated safely for up to one week. Refrigerate in their original carton to prevent odor absorption. Once peeled, eggs should be eaten that day.
- Sometimes your egg yolks will appear greenish. This is a harmless but unsightly discoloration that can be unappealing. This happens when eggs have been cooked for too long or too high of a temperature because of a reaction between sulfur in the egg white and iron in the yolk.

Hands on skill-- making lunch

This meal of the day will vary depending upon who you are cooking for. Most of us can get by with a small salad, sandwich, or soup. Others working more labor intense jobs will need a hearty meal. Make sure you plan accordingly when deciding which recipes to make.

- ✓ Choose a sandwich from the list below.
- ✓ Choose some fresh vegetables and fruit to cut up and enjoy.
- ✓ Choose a side to compliment your meal, hard-boiled eggs, crackers, cheese slices, dill pickles, cottage cheese, yogurt, depending upon your sandwich choice.
- ✓ If you are making this as a special treat, why not make a light dessert?

Sandwich choices

Club sandwich—layer toasted bread spread with mayo, lettuce, tomato slices, 2 slices of bacon, turkey lunchmeat, slice of cheese, and top with toasted bread spread with mayo. If you are making these for a "heartier" group, you can make a double layer by repeating the ingredients and having 3 slices of bread in a sandwich. Poke some toothpicks into the tops of the sandwich to hold it together.

Egg salad—this is made with all mayo. You can substitute half of it for plain nonfat yogurt for a healthier approach.

Prepare hardboiled eggs. Slice the eggs into quarters, chop them into pieces, and place in a medium bowl.

Combine and mix ingredients. Add celery, onion, mayo, chopped pickles or relish, a pinch of salt and several grinds of pepper.

Taste and adjust seasonings. Taste the egg salad and add more salt and pepper, onion, or mayonnaise if needed. Spread on bread and serve.

Chicken salad

1 ½ lbs cooked leftover chicken breast—from a meal, or buy a can of chunk chicken

¾ cup of sliced green onion

¾ cup of small chopped celery

¼ cup fine chopped parsley

½ cup of mayonnaise

½ cup of plain yogurt

3/4 cup of sliced almonds and dried cranberries or sliced grapes optional
Salt and pepper
Serve on croissants, pita, or regular sandwich bread.

Grilled ham and cheese

Butter slices of bread and place butter side down in frying pan. Top with few slices of ham lunchmeat and Swiss cheese. Spread a thin squirt of mustard on, then top with other slice of bread, buttered on outside. Cook over medium heat until browned and then flip to brown the other side.

Grilled cheese

Butter a slice of bread and place butter side down in frying pan. Top with slices of cheese and another piece of bread. Fry over medium heat until browned and then flip to do other side.

Wraps

You can make a variety of wraps by using tortillas and place things like spinach leaves, lettuce leaves, lunchmeat, grilled chicken chunks, hummus, cheese, shredded carrots, cucumbers, green onions, alfalfa sprouts, and a squirt of dressing if desired. You can use your imagination and what you enjoy.

Peanut butter sandwiches

Another easy sandwich is a peanut butter sandwich. You can top this with jam, honey, or thin slices of apples or bananas.

BLT

You can make this on toasted bread or in a tortilla wrapped up. Fry slices of bacon and layer it with tomato slices and lettuce leaves. You can use mayonnaise or your favorite dressing for these.

Use this as an evaluation for yourself

- Did you remember to follow all safety rules when preparing food in the kitchen?
- Did you serve lunch on time?
- Did you remember to completely clean up your work area leaving it better than when you started?
- Did you set your table according to the informal table setting?
- After lunch be sure to wash all dishes and put them away.
- Store leftovers in the refrigerator for another meal.

This week's wrap up on COURAGE:

- Devotional
- Making lunch
- Hardboiled eggs
- Hands on skill---making lunch
- Did you make a list of what you eat this week and evaluate it?
- Personal evaluation---write down things needing improvement

Definition of courage: _____

Notes to remember: _____

Teacher evaluation week 28

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 29 Becoming a daughter who overcomes

Devotional

Definition of overcomes: to successfully deal with and gain control over something difficult.

If you don't allow yourself to confront your past pain and then turn your heart for right judgment, you will not be able to get rid of the negativity in your brain. You have to face the reality of your emotional pain so that you can forgive those who brought it on you. When you do those things, you will receive the healing from the Lord.

This was something that really helped me realize the magnitude of forgiveness. If you insist on holding on to your toxic memory, then you will not be able to fully experience what you have been forgiven of. By allowing yourself to remain imprisoned of your toxic memories you are rejecting the sacrifice that Jesus died on the cross for. He has paid the penalty of our sins. For myself, it was scary to think that if I didn't forgive others, how could God forgive me??

And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.

Mark 11:25

Don't shut the door!!

You may grow up thinking you got the short end of the stick. Maybe you are impoverished, or at a disadvantage than others around you due to circumstances. As you grow into adulthood, these toxic memories may compel you to do whatever it takes to never experience that again. You will intentionally align yourself with others of similar worldly goals and avoid anyone who questions your motives in light of God's word. If you do not deal with, and remove that toxic memory from your past you will find it very difficult, if not impossible, to trust God for anything. Especially provisions. As a parent, you will dote on your children and give into their every demand. Through your life your toxic memories will cause you to hang around people that will not confront you. You will never have any real relationships with people that want to help you overcome past hurts so that you can be free. You will feel very judged if anyone offers help and grow offensive towards them, because

you need no help. You will close the door on God's blessing because you will constantly feel like the world is judging you. This all stems from past hurts. We need to let them go.

Jesus is the only source for your determination to not let your thoughts become fear-based as they enter your brain. Each and every thought must be taken captive as it enters your brain.

If you feel like you have worked on your unforgiveness and offenses in your brain, then when a situation comes up and you start to feel that anger, immediately dump that thought. Turn to the scriptures that you have worked at memorizing to get rid of that thought. Don't allow Satan any part of your life. He will try, but we do not have to allow him.

We want to live a life of freedom in Him. That all begins with aligning EVERY part of our being with Him. Our minds are connected with our hearts. We speak what is in our hearts. Our hearts need to be filled with love. That love can only come from the Lord. Remove the toxic thinking and put in Gods' word which is love.

Thoughts to remember:

Chicken tips

- When you are preparing fresh meat products such as chicken, beef, and fish you need to take special precautions to ensure that you do not transfer bacteria that could make you sick. Pay attention to these instructions to avoid spreading possible bacteria in your kitchen.
- Raw chicken can harbor harmful salmonella bacteria. If bacteria are transferred to work surfaces, utensils, or hands, they could contaminate other foods, as well as the cooked chicken, and cause food poisoning. With careful handling and proper cooking, this is easily prevented.
- Wash hands and kitchen work areas such as cutting boards and utensils thoroughly with hot soapy water IMMEDIATELY after they have been in contact with raw meat or poultry. This includes ALL fresh or frozen products. Your hands should be washed before handling food and between handling different food items.
- Think as soon as you touch the raw meat, "I have bacteria on my hands," Whatever you touch, you spread it. If you touch the faucet to turn on the water, then the next person can touch it and continue spreading it. If you drip it on the floor, it can be tracked somewhere else. Whatever comes in contact with raw meat you should wash immediately.
- Even if you use several types of meat for a recipe, wash cutting boards and knives thoroughly to prevent cross contamination.
- To avoid cross-contaminating other foods, separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, bags, and in your refrigerator.
- Use separate cutting boards for raw meats, poultry, seafood, and your vegetables.
- Do not rinse your poultry in your sink; it does not remove bacteria. It only spreads raw juices around your sink and onto your countertops. Bacteria in raw meat and poultry can only be killed when cooked to a safe internal temperature.
- Cook poultry thoroughly. Use a thermometer and cook it to at least 165 degrees internally. Pierce the poultry in multiple places. Be sure to pierce through the thickest part, making sure you don't pierce all the way through the meat. Go to about the middle to test the temperature. This is a fairly inexpensive tool to use, but I recommend it highly for new cooks. Leftovers should be refrigerated no more than 2 hours after cooking. Do not leave food out as bacteria will start to form.
- The color of cooked poultry is not a sign of its safety. Only by using a food thermometer can you accurately determine that it has reached its safe internal temperature.
- When purchasing poultry products be careful when touching the packaging. It could have been handled improperly. Keep a small bottle of hand sanitizer in your purse, and use it after touching the package. Place underneath your shopping cart or in the provided plastic bags.
- Keep a cooler in your vehicle for warmer weather to ensure products stay cold. Immediately put in the refrigerator or freezer when you return home.
- You can store leftovers in the refrigerator safely for up to 3 days.

- Thaw poultry in the refrigerator not on the countertop or in cold water. Plan ahead and do this overnight.
- If you barbeque poultry, place cooked poultry on a separate plate when finished. DO NOT place it on the same one that transported the raw meat to the grill.
- If you marinate your chicken in sauces such as Italian dressing---which makes for a tender, delicious tasting chicken---throw away the marinade. Do not reuse for a later time.

Cuts of chicken

Whole chickens

Are exactly what it says---the WHOLE chicken. You can buy these either fresh or frozen. This makes for a nice meal when roasted or baked in the oven.

Breast

This is the white part of the chicken, and it is skinless. It is used in most recipes as it is the easiest, because it contains no bones. Sometimes it contains part of the veins of the chicken. They are white, and you can easily cut those off before serving. It might contain some extra fat pieces as well that can be removed. Sometimes you can find skinless tenderloins. This part is usually more expensive, but is a perfected part of the breast. It does not contain any veins or fat that need to be cut out. I know this is the gross section, but you need to be aware of what you are eating.

Chicken wings

This is also a white meat portion and contains 3 sections the drumettes, wing mid section and wing tip. This is sometimes made into hot wings.

Chicken leg

This is the drumstick- thigh portion of the chicken. You can also buy this part separated into drumsticks and thigh portions. These both usually contain bones.

How to make rice

For most rice, use a 1:2 ratio of one cup of rice to two cups of water .

Measure a half cup of uncooked rice per person and scale this ratio up or down depending on how much you're making. Check packages for correct water/rice ratio.

Determine how much rice you will be cooking based on recommendations above.

Fill a large pot—rice expands make sure it has room to grow—with amount of water needed. Turn on high and bring to a full boil.

Stir in rice, with a sprinkling of salt and pepper and 1 tsp butter per 1 cup of rice—if desired. You don't have to add salt, pepper, or butter we make it all the time without these additives. Stir, and bring back to a full boil.

Place lid on rice and turn heat down to a low simmer. You want it to still be gently bubbling---called simmering—DO NOT take the lid off. Rice is cooked by steaming.

Brown rice takes about 30-40 minutes. Start checking the rice around 15 minutes for white rice and 30 minutes for brown rice. When done, the rice will be firm but tender, and no longer crunchy. It is fine if it's slightly sticky but shouldn't be gummy. If there is still water left in the pan when the rice is done, tilt the pan to drain it off.

Turn off the heat and remove the lid. Fluff the rice with a fork and let it sit for a few moments to lose that wet-just steamed texture.

How to cook pasta

Fill a large pot 2/3 the way with hot water. If you use cold, it takes your stove that much more energy to heat it. Make sure that you don't under fill the pot, this will make your pasta sticky.

Turn the stove to high and heat water to a full boil stage. Keep a lid on the pot to conserve energy and to boil quicker. Some cooks add 1 T olive oil to prevent sticking of noodles and others add 1 teaspoon of salt to bring out the flavor. Neither are required.

After the water is boiling, add your box of pasta and stir. Make sure to scrap the bottom so that the pasta does not stick.

After water returns to a full boil, set the timer to the recommended cooking time from your box of pasta. You can turn down the stove just a little to prevent it from boiling over. Do not cover the pasta as the water will boil over. You can stir it during this cooking time.

When it nears time, use a slotted spoon and remove one noodle from the water. Be careful as this is hot!! Take a bite to taste doneness. If it is chewy, let it boil for a few more minutes.

When done, turn stove off and have your colander in the sink to drain. Pour the pot out away from you to prevent being burned by steam and dump noodles into colander. Use extra caution, because this is extremely hot and WILL burn you.

Shake out the extra water from the colander, and then return noodles to the pot. Do not put back on hot burner, or it will burn your noodles to the pan.

Do not rinse your noodles unless you are making a cold salad dish.

Immediately serve or cover with sauce. If the noodles are left to sit, they will get sticky. You can prevent this by lightly tossing in olive oil.

Hands on skill--making a chicken meal

This week you will choose to make a meal with chicken as its main part. Be sure to use ALL of the safety precautions when preparing and handling the meat.

Baked Italian chicken

6 chicken breast halves

½ c flour

2 eggs, beaten

¾ c bread crumbs

½ c parmesan cheese

Sauce

2 T butter

2 T flour

1 1/4 c milk

1 tsp salt

1/2 t basil

1/4 t pepper

1 c mozzarella cheese shredded

1 small can tomato sauce

Roll chicken breasts in flour, dip in eggs. Combine crumbs and 1/4 c parmesan cheese, pat onto chicken. Bake uncovered in a greased 9x13 baking pan at 400 for 30 minutes. Pour sauce over chicken and bake 15 minutes more.

SAUCE: melt butter in pan, stir in flour until smooth. Add milk, bring to a boil. Cook 2 minutes. Stir in remaining seasonings and cheese. Serve with spaghetti noodles and jarred spaghetti sauce Green beans and homemade bread.

Creamy chicken breast

4 boneless, skinless chicken breast

8 slices Swiss cheese

1 can cream of chicken soup

¾ c sour cream

1 c stove top stuffing

¼ c butter

salt and pepper

Arrange chicken breast in 9 x13 baking pan. Sprinkle with salt and pepper. Layer cheese on top of chicken. Mix soup and sour cream together. Pour over the cheese. Melt butter and combine with stuffing mix. Sprinkle on top, bake uncovered 350 for 1 hour. Serve with a plain pasta and a vegetable.

Honey mustard chicken

3 Lbs chicken pieces-- you can use breast, thighs, or drumsticks

½ c honey

¼ c whipped salad dressing

4 T mustard

Pinch cayenne pepper

2 tsp chicken seasoning or an all purpose seasoning

Place chicken pieces in greased baking dish, sprinkle with chicken seasoning. Combine honey, miracle whip, mustard, and cayenne and pour over chicken. Bake, uncovered, at 350 for 20 minutes. Turn pieces over and coat with sauce, bake for another 20 minutes or until chicken is no longer pink inside. Serve over rice or couscous--a lighter alternative to rice, it comes in a box like the packaged rice. Choose a vegetable too.

Slow cooker chicken and dumplings

2 T butter
4 boneless skinless chicken breast
1 onion finely diced
2 T chicken bouillon or 2 cubes
2 cans cream of chicken soup
2 cans of mixed vegetables or your family favorites--diced carrots, corn, peas
2 cans of biscuits--the small size
flour

Place the chicken, butter, soup, mixed vegetables, chicken bouillon, and onion in a greased slow cooker, and fill with enough water to cover. Secure lid and cook for 5 to 6 hours on High. About 30 minutes before serving, roll each torn biscuit piece in flour (to prevent them from sticking together), then drop into the slow cooker. Replace lid and cook remaining 45 minutes.

Chicken fajitas

4 boneless skinless chicken breast
2 bell peppers--green, yellow, orange, or red cut into strips
2 onions cut into strips
1 bottle of Italian dressing
tortillas
toppings lettuce, sour cream, shredded cheese

This is an easy meal to start preparing the night before. In a large plastic bag, place your chicken breast and 2/3 bottle of Italian dressing. Let marinate overnight. In a separate bag place the remaining dressing and your sliced onion and peppers. Let these marinate overnight as well. The next day around dinner time, place the chicken into a skillet with some of the liquid. Cook over medium heat until cooked through. You want to use a thermometer to test the internal temperature of the chicken. If you do not have a thermometer, cut in the center of the chicken and see if it is still pink. When it is cooked, remove from pan and cut into strips. Place the chicken strips and peppers and onions into the pan again and cook over medium high heat. You want to blacken the food just a tad to give it that "grilled" effect. Serve on tortillas with various toppings. Serve with a side of boxed Mexican rice. Choose corn as your vegetable

Hot wings

½ c soy sauce
½ c Italian dressing
½ c bottled hot sauce
3 lbs frozen chicken wings

Place the above ingredients into a large plastic bag. Refrigerate overnight.

Cover a large cookie sheet with foil and spray with nonstick cooking spray. Place drained chicken wings on the foil lined cookie sheet. Bake at 400 for 45 minutes. Flip the chicken and cook 30 minutes more. Be sure to check the internal temperature of the chicken with a thermometer or pierce the meatiest part of the chicken wing to see if the meat is cooked and not pink.

Suggestions to serve with: baked oven fries and a salad

An easy way to make baked oven fries, is to wash and slice potatoes into wedge sections. Toss in a bowl with some olive oil, salt, pepper, and garlic powder. Spread in a single layer on a cookie sheet lined with foil. Bake 400 degrees about 30 minutes until potatoes are cooked. You can do this with sweet potatoes as well. A healthier alternative to French fries and cheaper!!

Chicken Divan

2 c rice
3 c water
1 bag of frozen broccoli florets
2-3 c cooked chicken, cubed. Cook over medium heat, in a skillet with a little water until no longer pink.
1 can cream of chicken soup
1 can cream of mushroom soup
1/2 c whipped salad dressing
1 tsp lemon juice
1 c shredded cheddar cheese

Combine soup, water, whipped salad dressing, and lemon juice. Grease a 13x9 pan. Layer rice, followed by broccoli and then the chicken. Pour creamed soup mixture over the broccoli. Sprinkle cheese on top. Bake at 350 for 30-60 minutes.

Country chicken and biscuits

1 bag of real bacon bits
2 cups cooked chopped chicken
1-10 oz pkg frozen mixed vegetables or peas and carrots
1 can diced tomatoes
1 cup shredded cheddar cheese
2 cans cream of chicken soup
1 ½ c of milk

Combine all the ingredients and place in a greased 9x13 baking pan.

For the biscuits

1 ½ c biscuit mix
2/3 c milk

Combine together until just mixed. Drop by spoonfuls to form 6 biscuits around casserole. Bake uncovered 20 minutes until biscuits are golden brown.

A complete meal. You can serve with some fruit as a side

Oven barbecued chicken

8-10 pieces of chicken --whatever your family will eat, breasts, tenderloins, drumsticks, thighs, wings

1 bottle of favorite barbecue sauce

Place chicken in a 9x13 baking dish. Top with barbecue sauce. Bake covered for 45-60 minutes. Uncover and bake additional 20 minutes until chicken is done. Check with a thermometer for doneness. Serve with a starchy side--potatoes, rice, or pasta
Choose a vegetable that your family will enjoy.

Chicken etti

1 -8oz pkg spaghetti cooked and drained
1 T butter or oil for sautéing
½ c chopped onion
1/3 c chopped green pepper
1/3 c diced celery
2 T chicken bouillon dissolved in 1 cup hot water
1 can cream of mushroom soup
2 c diced cooked chicken
¼ tsp pepper
1 c processed American cheese, cubed

In large pot sauté onion, green pepper, and celery in 1 T of butter or oil until tender. Add all the other ingredients except the spaghetti and mix thoroughly. Cook about 3 minutes over low heat. Add spaghetti and combine thoroughly. Serve with a vegetable.

This week's wrap up on being a daughter who OVERCOMES:

- Devotional
- All about chicken
- How to cook rice
- How to cook pasta
- Hands on skill---making a chicken meal
- Personal evaluation---write down things needing improvement

Definition of overcomes: _____

Notes to remember: _____

Teacher evaluation week 29

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 30 Becoming a daughter who is easy going

Devotional

Definition of easy going: to be relaxed and tolerant when approached with opposing matters

Just as we can get moody and often times "hard to work with," especially after a long vacation or time away from the normal. How many times do we get moody and give God something "hard to work with?" Do we complain when things start to go wrong, or do we immediately go to prayer on issues out of our control? When the doctor gives us a "concern" do we immediately think the worst, or do we immediately go to God with that? When we struggle with things in our own lives, do we just blame others and blame our "lot in life" on where we are at, or do we turn to God for answers and help?

The only way you are going to see changes in your life is by giving God something to work with. It all begins with a hunger. A hunger to want more out of life.

It is easy to talk with friends and spread some "prayer requests" for ourselves. But what we need to do is stop finding fault with all of the things that go wrong in life and start bringing FAITH to the situations. Isn't that what our walk with God is supposed to be about? Trusting the Lord in all areas of our life. Stop being critical and judgmental and start bringing love to the situations around us by being more easy going about things..

Expect things to happen for the good in your life. Walk with a positive outlook on things. Don't you think God would rather work with someone that "expects" great things? Or would it be the person who mopes around and complains about this and that? If we did a role reversal you know the type of person you would rather work with.

We must become hungrier to see the glory of God in our lives. Begin today. Stop complaining about things and start finding FAITH in what God can do.

Thoughts to remember: _____

Cakes and cupcakes

Cake baking can be as simple these days as opening up a box and making it, or it can be made elaborate by mixing up something wonderful from scratch.

To make a good cake, you must do the following:

- use good ingredients -you want to make sure that all of your ingredients are not passed expiration
- all ingredients should be at room temperature when using, unless noted differently in a recipe
- measure ingredients exactly-no "about" measurements for cakes
- use a good quality margarine or solid shortening, do not use oil when recipe calls for margarine or shortening.
- use clean shiny pans so a dark crust does not form on the cake.
- glass or dark metal pans will result in excessive browning. If you have no other choice, turn the temperature down 15 degrees to prevent browning.
- important to use the correct pan size. Batter should be at least 1 inch deep in the pan.
- prepare your pans before mixing the cakes. Use shortening and you can lightly dust with flour after greasing.
- read the recipe carefully before you begin to make sure you understand the procedure.

Typically when making a cake you are to cream the shortening until soft, then add sugar, and continue beating until light and fluffy. Add the eggs and the flavoring. Beat very well until fluffy. Add sifted ingredients in three portions alternatively with liquid ingredients in two portions beginning and ending with dry ingredients. Do not over mix. Mix only until blended. Be sure to scrape your bowl thoroughly while mixing.

Sometimes eggs are called to be separated, and the beaten whites to be added later. If this is the case, beat egg whites in separate bowl until soft peaks form.

How to separate eggs

It is best to do this when eggs are chilled. It helps the yolk to stick together better.

1. Carefully crack the egg, in the middle of the shell against a side of the bowl.

2. Hold the egg so that the cracked part is facing up. Pry open the egg gently, catching the yolk in half of the shell. Do this above a bowl, making sure no part of the yolk or the shell falls in.
3. Let the white slide into the bowl. Take the eggshell half with the yolk sitting in it and switch the yolk to the other half, making sure it doesn't fall into the bowl or "melt". Repeat this about three times, switching from side to side as the white continues to drip into the bowl.
4. It is best to do these one at a time in a separate bowl, then transfer to the mixing bowl. That way if you mess up on your last egg, you won't have to re do all of the eggs.

This takes practice. Know that if you accidentally get any yolk into your egg whites, they will not beat up into white fluffy peaks.

If this method is difficult you can also use your hands.

1. Wash your hands thoroughly.
2. Have someone crack an egg into your hand cupped slightly.
3. Carefully let the white part slide from your fingers into the bowl. Carefully keep the yolk cupped inside your hand.

This is just an easier way, with practice you will get skilled doing it with the shell.

Tips and techniques for cake baking

- Always preheat your oven to correct temperature before placing the cake in the oven. Do not let pans touch each other or the sides of the oven to obtain even baking.
- Cakes should not be disturbed. Do not open the oven door until it is time to check out whether it is done. Otherwise, this could cause the cake to fall.
- Cake is done when the top springs back when lightly touched with a finger, or when a wooden toothpick inserted into the center comes out clean.
- Cakes should be cooled for about 5-10 minutes before turning out of the pan in order to avoid breaking the cake apart. Cake is difficult to remove when it is too cool. An easy way to avoid cakes sticking to the pan is to line it with waxed paper. Just cut a piece to fit the bottom of the pan.
- When greasing your pans for baking, some will need nonstick cooking spray. If you do not have any on hand you can use shortening. Just place your hand inside of a plastic baggie, and grease your pan with it. Then throw away your baggie.
- To soften margarine for baking, place it for a short time under the broiler in the oven, watch this carefully! Shortening should not be melted for cakes or cookies.

- For a throwaway cake plate, cover a circle of cardboard with foil.
- In many cakes, the egg whites can be beaten separately and folded in last to obtain a lighter cake
- For an extra moist cake, cover the cake tightly about 5 minutes after removing it from the oven. Keep it covered until cool.
- Place 4 narrow strips of waxed paper on a plate under the cake before icing it. These can be easily pulled out after cake is iced to remove any mess and leave clean edge around cake on plate.
- If a layer cake sticks to pan, return to a warm oven briefly. It should come out easily.
- Dip knife into hot water to heat it in order to help smooth icing that is difficult to spread.
- To slice cake easily, dip knife in hot water first, then wipe with a towel.
- If you do not have enough muffin tins for making cupcakes, use a cookie sheet and regular canning jar rings to hold the papers in place.
- To make heart shaped cupcakes, place small balls of foil between a muffin pan and paper cup to indent them into the shape of a heart.
- To make black frosting for decorating cookies or cakes, add blue color to chocolate frosting.
- Set a cake on a turntable for easy mobility while icing.
- For perfect cupcakes, make sure to measure your ingredients accurately. For perfect sized cupcakes-use an ice cream scoop for even distribution and same-sized cakes.
- Testing of cupcakes: when touching the tops they should spring back gently.
- Allow cupcakes to cool for a few moments before removing from pan. Allow to completely cool before frosting, or your will get melty frosting.
- To prevent cakes from getting dry when storing, cover them with frosting to lock in moisture.
- Frostings made with puddings or whipped topping need to be stored in the refrigerator to ensure freshness.

Icing the cake

Ice the cake as soon as it is cool to seal in moisture and freshness. Do not try and ice a warm cake it will just slide right off.

1. If you are making a layer cake, place the bottom layer upside down on cake plate so the smooth flat side is up.
2. Spread with filling or frosting.
3. Add top layer, top side up, so the smooth straight sides are together. If your cake is too rounded on top, a thin slice can be removed to level it off. In this case, raw edge should be put down because it would be difficult to spread icing onto it without pulling up the cake.

4. Brush off loose crumbs. Spread icing on sides of cake first. Depending upon the thickness of the icing, it sometimes helps to go around the entire sides of the cake with a thin layer of icing first to seal in crumbs.
5. Add a second coat of desired thickness.
6. Bring icing up high on the sides of the cake to make a good sharp edge at the top of the cake. Pile remaining icing on top. Spread lightly then make swirls or ridges with a knife to look attractive. Place the spatula on the top of the frosted cake. Tilt it slightly and lift up to get an icing peak. Continue onto another spot until the entire cake has small peaks on top.
7. A smooth top is perfectly acceptable. If you let the cake sit iced for a couple of hours, it'll form a slight crust. Once it has that crust, place a large piece of waxed or parchment paper loosely over the top of the cake. Gently, rub your hands over the top of the cake to smooth any rough areas. You can do the same thing on the sides.

Troubleshooting

My cake didn't rise and is as flat as a pancake

- You may have forgotten to put in baking powder or didn't use all purpose flour, which is self-rising.
- Check for the freshness of your baking powder.
- Don't over mix your ingredients. Once your ingredients are combined, stop whisking and start baking.
- If the cake is soft and spongy, you can put on a thin layer of icing, and cut it into mini cakes to serve.

My cake is stuck in the tin

- Run a knife around the edge of the cake, between the cake and the baking tin. Give it a little pat around the edges and on the bottom.
- Don't attempt to get it out of the tin when it is hot. Let it sit for 15 minutes or more. As it cools it will shrink a bit and stick together better.
- When ready to flip the cake out, place a serving platter or plate on top of the cake tin and flip them simultaneously. Your cake should pop out onto the plate if you properly greased the pans.
- If it comes out broken and in pieces, crumble up the cake, and layer it with some prepared pudding and cool whip to make a trifle. It all tastes the same.

My cake is burnt

- If it is completely burnt---like black beyond saving, throw it away.
- If it is a little crispy around the edges, but soft on the inside, then cut off the edges.
Frost as usual.
- If your cake starts to brown before the inside is cooked, place a piece of tin foil on top to stop browning and allow the inside to cook.

My cake is too dry

- Make sure to add the correct amounts of flour. If you put in too much flour, the wet ingredients will absorb the flour leaving your cake dry and crumbly.
- Turn them into cake pops by adding some frosting, mixing, and forming them into balls. Place on waxed paper and freeze. Dip in melted chocolate.

My cake has sunk in the middle

- Don't open the door when baking a cake. Only check it when it is in the last few minutes of baking.
- If the cake is sunk in the middle, but cooked all the way through, just cover the top of the cake with frosting or pudding to disguise the concave.

My cake has risen unevenly

- Make sure to spread it evenly into the baking pan when preparing.
- If you need to fix it, slice off the uneven piece with a bread knife. Cover with frosting to hide the imperfection.

Hands on skill--- making cakes/cupcakes

Choose a cake or cupcake recipe to make this week.

Apple dapple cake

Beat 3 eggs

Then add:

1 $\frac{1}{4}$ c oil

2 tsp vanilla

2 c sugar

In separate bowl mix the following:

2 $\frac{3}{4}$ c flour

1 tsp baking soda

1 tsp salt

1 tsp cinnamon

$\frac{1}{4}$ tsp nutmeg

Add the two mixtures together

Combine $\frac{1}{4}$ c flour and 3 c apples, chopped then fold in. Pour into a greased 9 x13 pan or a Bundt pan. Bake at 350 for 50 minutes.

Topping

$\frac{1}{3}$ c margarine

1 c brown sugar

$\frac{1}{4}$ c milk

1 tsp vanilla

mix in saucepan and boil for 3 minutes. Pour hot topping over cake about 5 minutes after removing from oven.

Black forest cake

1 pkg chocolate cake mix—prepare as box states and bake in 2 round cake pans

To layer cake, place one cake layer on bottom, fill with half can of cherry pie filling and top with half carton of whipped topping. Top with additional cake piece, spread with remaining pie filling and top with cool whip.

You can add chopped, shaved chocolate on top for decoration—Take a plain chocolate candy bar and carefully shave off thin slices and place on top of cake

Jell-O poke cake

1- 3 oz pkg raspberry or strawberry jello dissolved in $\frac{3}{4}$ c boiling water, stir until completely dissolved then add $\frac{1}{2}$ c cold water.

Bake 1 white cake mix, per box directions and place in a 9x13 inch pan.

Cool cake 25 minutes. Then pierce holes in cake at $\frac{1}{2}$ inch intervals with sharp fork. Pour Jell-O over cake so that it soaks into holes. Refrigerate.

Topping:

1 envelope Dream Whip

1 pkg instant vanilla pudding

1 $\frac{1}{2}$ c cold milk

Whip until stiff, about 5 minutes, and spread over cake

Pineapple upside down cake

Melt $\frac{1}{3}$ cup butter or margarine in 9x13 baking pan. Stir into butter $\frac{2}{3}$ c brown sugar. Arrange in pan 8 slices pineapple and put 8 maraschino cherries in the center of the pineapple. Then prepare a yellow cake mix from a box and pour over top of your pineapple. Bake at 350 for 30-35 minutes. Cool for 5 minutes and then invert pan and serve warm.

Carrot cake

1 $\frac{1}{2}$ c oil

2 c sugar

2 c flour

2 tsp baking soda

1 tsp cinnamon

1 tsp salt

4 eggs

3 c shredded carrot

1 c nuts, chopped

Beat the first 6 ingredients together for 2 minutes. Add eggs, one at a time, continuing to beat. Add carrots and nuts; fold in. Pour into greased 9 x13 pan. Bake at 350 for 40 minutes, or until tested done with a toothpick. Cool and frost with cream cheese frosting.

Cream cheese frosting:

Beat together: 8 oz cream cheese and $\frac{1}{2}$ c butter. When mixed add 3-4 cups powdered sugar and 1 tsp vanilla. Beat until smooth.

Peanut butter chocolate cake

2 c flour
2 c sugar
2/3 c cocoa
2 tsp baking soda
1 tsp baking powder
½ tsp salt
2 eggs
1 c milk
2/3 c oil
2 tsp vanilla
2 c brewed coffee, room temp

In bowl combine dry ingredients, add eggs, milk, oil and vanilla. Beat for 2 minutes. Stir in coffee. Pour into greased 9×13 pan. Bake at 350 for 35-40 minutes, or until tested done. Cool completely on a wire rack.

For the frosting:

Beat 1 pkg cream cheese and ¼ c creamy peanut butter in mixing bowl until smooth. Beat in 2 c powdered sugar, 2T milk, 1/2 tsp vanilla. Spread over cake and sprinkle with chopped peanut butter cups.

Cupcake recipe

Basic white cupcakes

1 c butter, softened
1 ½ c sugar
1 T baking powder
½ tsp salt
4 large eggs
1 c milk
2 tsp vanilla extract
2 2/3 c all-purpose flour

Directions

Heat oven to 350°F. Line 12 regular-size muffin cups with paper liners.

Beat butter, sugar, baking powder and salt in a large bowl with mixer on high speed 1 minute or until well blended. Add eggs; beat 2 minutes or until fluffy. On low speed beat in milk and vanilla (batter may look curdled), then flour just until blended. Spoon scant 1/4 cup into each muffin cup, filling each about 2/3 full.

Bake 20 to 25 minutes until a wooden pick inserted in centers of cupcakes comes out clean. Cool in pan on a wire rack 5 minutes before removing from pan to rack.

Basic chocolate cupcakes

1 c butter, softened
1 ½ sugar
½ c unsweetened cocoa powder
1 tsp baking powder
½ tsp baking soda
¼ tsp salt
2 large eggs
1 c milk

2 tsp vanilla extract

2 ½ c all-purpose flour

Directions

Heat oven to 350°F. Line 12 regular-size muffin cups with paper liners.

Beat butter, sugar, cocoa, baking powder, baking soda and salt in a large bowl with mixer on low speed 1 minute or until well blended. Add eggs; beat 2 minutes or until fluffy. Beat in milk and vanilla (batter may look curdled), then flour just until blended.

Spoon scant 1/4 cup batter into each muffin cup, filling each about 2/3 full.

Bake 20 to 25 minutes until a wooden pick inserted in centers of cupcakes comes out clean. Cool in pan on a wire rack 5 minutes before removing from pan to rack.

Easy frosting

2 cups confectioner –powdered sugar
2 T butter, softened
2 T milk
½ teaspoon vanilla extract

In bowl combine all ingredients and beat on medium speed until smooth. If it is too thick add a few more drops of milk, too thin—add a sprinkling more of powdered sugar.

Want chocolate frosting? Melt the butter and add in ½ cup cocoa powder. Add remainder ingredients.

This week's wrap up on being easy going:

- Devotional
- Cakes and cupcakes
- Tips and techniques
- Troubleshooting
- Hands on skill—making cakes/cupcakes
- Personal evaluation---write down things needing improvement

Definition of easy going: _____

Notes to remember: _____

Teacher evaluation week 30

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 31 Becoming a daughter who surrenders to God

Devotional

Definition of **surrender**: Yielding to the authority, guidance and direction of God in my life.

*I did not create you with batteries.
I designed you to be directly plugged into ME.
I did not create you to hold a charge.
I designed you to stay plugged into ME.
A part from ME, you can do nothing because you have no power.
Stay connected to ME, your Source of everything through prayer and awareness of MY Presence.
You will find a drastic difference when you live plugged into ME verses coming to ME for a quick charge.*

John 15:5

Being plugged into the Lord directly helps with communication errors. Many people question what the Lord has spoke to them. They feel like they do not have clear direction. God does not promise us a static like response, but we choose to rely on that battery power ourselves. When we are directly plugged into Him we can be sure to get clear, concise answers. When I have been plugged in directly, when I ask of Him things that I need in my day, He answers them when I need them—right then and there. This has helped hugely from me wasting unnecessary time thinking through things in my day.

No matter how many things we THINK we need to do today, nothing is more important than spending time with our Lord. Take time to get into the Word of God today to become "plugged in." Apart from the Lord we can do nothing. Life is hard, how much easier it becomes when we stay connected directly to the one who can supply us with constant life instead of running on that battery power that has been charged up.

Thoughts to remember: _____

All about ground beef and pies

Food safety-ground beef

This section is just as important as the "chicken" section. Make sure that you read and understand all about safety when handling raw meat. This information is taken from the USDA website and is free for public use.

Can bacteria spread from one surface to another?

Yes. It is called cross-contamination. Bacteria in raw meat juices can contaminate foods that have been cooked safely or raw foods that won't be cooked, such as salad ingredients. Bacteria also can be present on equipment, hands, and even in the air.

To avoid cross-contamination, wash your hands with soap and warm water for at least 20 seconds before and after handling ground beef to make sure you don't spread bacteria. Don't reuse any packaging materials. Use soap and hot water to wash utensils and surfaces which have come into contact with the raw meat. Utensils and surfaces can be sanitized with a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Don't put cooked hamburgers on the same platter that held the raw patties or use utensils that touched the raw meat unless you wash the platter or utensils first.

What's the best way to handle raw ground beef when shopping?

At the store, choose a package that feels cold and is not torn. If possible, place the package in a plastic bag so leaking juices won't drip on other foods. Make ground beef one of the last items to go into your shopping cart. Separate raw meat from ready-cooked items in your cart. Have the clerk place the raw ground beef in a separate bag.

Use some hand cleaner while finishing up your shopping.

Plan to drive directly home from the grocery store. You may want to bring a cooler with ice for perishables.

How should raw ground beef be stored at home?

Refrigerate or freeze ground beef as soon as possible after purchase. This preserves freshness and slows the growth of bacteria. It can be refrigerated or frozen in its original packaging if the meat will be used soon.

If refrigerated, keep at 40 °F (4.4 °C) or below and use within 1 or 2 days.

For longer freezer storage, wrap in heavy duty plastic wrap, aluminum foil, freezer paper, or plastic bags made for freezing. Ground beef is safe indefinitely if kept frozen, but will lose quality over

time. It is best if used within 4 months. Mark your packages with the date they were placed in the freezer so you can keep track of storage times.

What is the best way to thaw ground beef?

The best way to safely thaw ground beef is in the refrigerator. Keeping meat cold while it is defrosting is essential to prevent the growth of bacteria. Cook or refreeze within 1 or 2 days.

To defrost ground beef more rapidly, you can defrost in the microwave oven or in cold water. If using the microwave, cook the ground beef immediately because some areas may begin to cook during the defrosting. To defrost in cold water, put the meat in a watertight plastic bag and submerge. Change the water every 30 minutes. Cook immediately. Do not refreeze raw ground meat thawed in cold water or in the microwave oven unless you cook it first.

Never leave ground beef or any perishable food out at room temperature for more than 2 hours (1 hour at 90 °F and above).

Is it dangerous to eat raw or undercooked ground beef?

Yes. Raw and undercooked meat may contain harmful bacteria. USDA recommends not eating or tasting raw or undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meatballs, and hamburgers to a safe minimum internal temperature of 160 °F (71.1 °C). Use a food thermometer to check that they have reached a safe internal temperature.

Are there people who are more at risk from eating ground beef that is undercooked or mishandled?

The very young, the very old, and those with immune systems that have been weakened by cancer, kidney disease, and other illnesses are most at risk and vulnerable to illnesses associated with contaminated food. The symptoms of food borne illness — such as diarrhea or vomiting, which can cause dehydration — can be very serious. Safe food handling practices at home or anywhere food is served is especially important for those in the "at-risk" group.

Is it safe to partially cook ground beef to use later?

No. The partial cooking of food ahead of time allows harmful bacteria to survive and multiply to the point that subsequent cooking cannot destroy them.

Can I refrigerate or freeze leftover cooked hamburgers? How should they be reheated?

If ground beef is refrigerated promptly after cooking (within 2 hours; 1 hour if the temperature is above 90 °F), it can be safely refrigerated for about 3 or 4 days. If frozen, it should keep its quality for about 4 months.

When reheating fully cooked patties or casseroles containing ground beef, be sure the internal temperature reaches 165 °F (73.9 °C).

Why is pre-packaged ground beef red on the outside and sometimes dull, grayish-brown inside?

Oxygen from the air reacts with meat pigments to form a bright red color which is usually seen on the surface of meat purchased in the supermarket. The pigment responsible for the red color in meat is oxymyoglobin, a substance found in all warm-blooded animals. Fresh cut meat is purplish in color. The interior of the meat may be grayish brown due to lack of oxygen; however, if all the meat in the package has turned gray or brown, it may be beginning to spoil.

Why does ground beef release a lot of “juice” while cooking?

In making ground beef, some retail stores grind the meat while it is still frozen. Ice crystals in the frozen meat break down the cell walls, permitting the release of meat juices during cooking. The same thing happens after ground meat is frozen at home.

What causes ground beef patties to shrink while cooking?

All meat will shrink in size and weight during cooking. The amount of shrinkage will depend on its fat and moisture content, the temperature at which the meat is cooked, and how long it is cooked. Basically, the higher the cooking temperature, the greater the shrinkage. Cooking ground beef at moderate temperatures will reduce shrinkage and help retain juices and flavor. Overcooking draws out more fat and juices from ground beef, resulting in a dry, less tasty product.

How can consumers handle ground beef safely in their homes?

When meat is ground, more of the meat is exposed to the harmful bacteria. Bacteria multiply rapidly in the “Danger Zone” — the temperatures between 40 and 140 °F (4.4 and 60 °C). Refrigerate or freeze ground beef as soon as possible after purchase. This preserves its freshness and slows the growth of bacteria. It can be refrigerated or frozen in its original packaging if the meat will be used soon. To keep bacterial levels low, store ground beef at 40 °F (4.4 °C) or below and use within 2 days, or freeze. Never leave ground beef or any perishable food out at room temperature for more than 2 hours — 1 hour at 90 °F (32.2 °C) and above.

Follow these tips when handling and preparing meat:

CLEAN. Wash hands and surfaces often. Unless you wash your hands, utensils, and surfaces the right way, you could spread bacteria to your food, and your family. Wash your hands with soap and warm water for 20 seconds before and after handling ground beef to make sure you don't spread bacteria. Use soap and hot water to wash utensils and surfaces which have come into contact with the raw meat. Utensils and surfaces can be sanitized with a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water.

SEPARATE. Don't cross-contaminate. Even after you've cleaned your hands and surfaces thoroughly, raw ground meat can still spread illness-causing bacteria to ready-to-eat foods-unless you keep them separate.

Bacteria in raw meat juices can contaminate foods that have been cooked safely or raw foods that won't be cooked, such as salad ingredients. Bacteria also can be present on equipment, hands, and even in the air. To avoid cross-contamination, keep everything clean. Don't reuse any packaging materials. Don't put cooked hamburgers on the same platter that held the raw patties unless you wash the platter again.

COOK. Cook to the right temperature. Did you know that the bacteria that cause food poisoning multiply quickest in the "Danger Zone," the temperatures between 40 and 140 °F (4.4 and 60 °C)? To destroy harmful bacteria, cook ground beef to a safe minimum internal temperature of 160 °F (71.1 °C) as measured with a food thermometer.

CHILL. Refrigerate promptly. Illness-causing bacteria can grow in perishable foods within 2 hours unless you refrigerate them.

Some tips and techniques

- When you go to the grocery store, you will notice that there are lots of different kinds of ground meat. There is hamburger meat, ground beef, ground round, ground chuck, and ground sirloin. Which do you buy?? It depends upon what your family prefers. Some will look at the pricing, as it is directly related to the different levels of fat in beef. Usually the lower the fat content, the higher the cost will be per pound. Ground sirloin is the leanest kind of ground beef that you can purchase and will taste the best---but it is usually at a significantly higher price. Most can buy ground round or chuck and then drain off the remainder of fat after cooking.
- Place a colander and drain out the beef after it has been cooked. DO NOT let this go down your drain. As it cools it will solidify in your pipes and ruin them. Pour outdoors out of the way, or let cool and put in the trash.
- When buying ground beef, you should use it fresh within 2 days of buying it. If you want to use it for a later time you can put it in the freezer.
- One of the BEST things you can do when you buy ground beef is to immediately place it in a pan and cook it. Drain and let cool. Place in freezer bags or containers and place in your freezer. When your recipe calls for ground beef, you won't have to take the time to cook it. You can just thaw your meat and continue on with the recipe. This is a HUGE timesaver in food preparation.

All about making pies

Pie, along with ice cream, reportedly ranks as one of the favorite desserts in the United States. For most people they prefer apple, then cherry. Of course, there is a staple pumpkin pie for Thanksgiving as well. Unfortunately, making good pies is an art that has plagued many beginners and some others to the point of despair. They have concluded that "pies are something I cannot make!" This doesn't necessarily have to be true. Most people fail because of the lack of knowledge and experience. As with all worth-while accomplishments in life, a few failures should not cause one to conclude that a good job is impossible. We can usually accomplish anything that we set our minds to. If you take a little extra time now in your teens to learn how to make a good pie crust, you will be able to make great pies for the rest of your lifetime.

Let's get started.....

- Two important items that are needed: the flour and the fat you use. Different brands of flour and fat can give quite different baking results. Choose an all purpose flour like Gold Medal.
- Using butter is the easiest option to obtain a flaky crust. Shortening can also be an excellent substitute for butter.
- Glass or dull metal pie pans give the best results with a pastry. You want the pie crust to turn out crispy and lightly browned. The dull metal pans absorb the heat and cause it to brown. This helps to avoid having soggy crusts.
- The correct proportion of flour, water, and fat are of prime importance. Too much fat will make a greasy dough that will tend to cling together before you add the water. It will be difficult to roll out and will probably fall apart when you try to put it in the pie plate. If too much water is added, the dough will become soggy and sticky. It will take up too much flour as you roll it out. This will cause it to become tough.
- The amount of water may vary slightly with brands of flour. Water should be ice cold for good mixing results. If too much flour is added, the crust will be tough.
- The dough must also be mixed correctly. The flakiness in pastry is obtained by the proper amount of mixing. The tiny particles of fat throughout the dough cause it to flake apart. Over mixing the dough when combining flour and fat causes the fat areas to dissolve and makes for less flakiness. Mix only until the texture resembles coarse crumbs about the size of peas. The tenderness of the crust depends a lot on how much the dough is worked when mixing in the liquid and rolling out the crust. Working the dough excessively develops the gluten structure in the flour and toughens the dough. This is why you should not add flour after mixing in the liquid.
- For best results the ingredients for making pastry should be cold. This is opposite for most baking, where ingredients should be room temperature.

Easy pie crust

Makes one crust

1¼ c all-purpose flour

1 stick cold unsalted butter, cut into small pieces

½ tsp salt

3 to 4 T ice water

In a food processor, pulse the flour, butter, sugar, and salt until the mixture resembles coarse meal with a few pea-size clumps of butter remaining.

Add 2 tablespoons of the water at a time down the chute until mixture forms a ball.

Put into a floured container and cover. Set in freezer to chill for ½ hour or 1 hour in refrigerator. Roll out on a well-floured board into a circle, rolling from the center to the edge, turning and flouring the dough to make sure it doesn't stick to the board. Fold the dough in half, place in a greased pie pan, and unfold to fit the pan. Pinch the edges along the rim to seal to edge. Bake as recipe calls for

Tips and techniques

- If you have problems with the crusts browning too much on the edge before the center of the pie is done, cut a 1 1/2 inch wide circle of foil, and lay on top of edge while baking. Remove the foil about 10 minutes before the pie is done so the edge will be slightly browned.
- To measure sizes for top and bottom crusts while rolling out dough, hold inverted pie plate over rolled dough.
- Crumb crusts do not need to be baked before being filled. If using unbaked, they should be chilled first to set the melted margarine. Otherwise the filling will immediately begin to soak into the crust. They will be crisper if baked a short time. Cool the filling before pouring into crust.
- Use glass pie plates for custard pies or fruit pies when the crust and filling are baked together.
- Place the pan on the lower rack in the oven nearer the heating element.
- When making a crumb crust, save some of the crumbs to sprinkle on top of the pie for garnish.
- If you like a shiny top crusts on pies, brush lightly with slightly beaten egg whites. Be careful not to let excessive egg whites settle on low parts of the pie. For a special touch sprinkle the top with granulated sugar or cinnamon.
- Use a pizza cutter for quick cutting of strips of a lattice pie top.
- Do not place pies against the edge of the oven when baking as the edges will tend to burn. Leave a little space around each pie for even baking and browning.
- Place the pie on a metal baking sheet during baking.

Choosing your pie

You will be putting your pie making skills into effect next week when you prepare a dinner meal.

Pumpkin pie

$\frac{3}{4}$ c granulated sugar
1 can -15 oz pumpkin
2 eggs
1-12 oz can evaporated milk
1 tsp cinnamon
1 tsp nutmeg
In mixing bowl, beat the above ingredients until well combined. Pour into an uncooked pie shell. Bake in preheated 425 oven for 15 minutes. Reduce temperature to 350; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.

Apple pie

6 apples, peeled and sliced
 $\frac{2}{3}$ cup sugar
2 T cornstarch
1 tsp cinnamon
2 T butter
1 tsp lemon juice (adds extra flavor)
You will need 2 pie crusts for this for a top and a bottom.
Mix apples, sugar, cornstarch, lemon juice, and cinnamon, pour into unbaked crust. Dot with butter. Place other pastry on top. Slit top, trim and pinch edge to seal. Bake at 400 for 30 minutes.

Canned fruit filling pie Cherry or Blueberry

This is an easy way to make a fruit filled pie. You make your pie crust and pour in 2 -21 oz cans of canned pie filling. You need to make 2 crusts for the pie. The top layer you can roll it out and cut out with little cookie cutters---star or heart shapes and then place them on top of your filling for something different. Bake 400 for 30 minutes.

Coconut cream pie

2 -3.4 oz each instant vanilla pudding mix
2 c cold milk
1 -8 oz container of whipped topping
1 cup coconut
Beat pudding mixes and milk in a large bowl with a whisk for 2 minutes. Stir in 1 cup of whipped topping and $\frac{3}{4}$ cup coconut. Immediately pour into crust. Refrigerate for 4 hours until set. Meanwhile toast remaining coconut. Top pie with remaining whipped topping and coconut.
How to toast coconut
Oven method:
spread 1 cup on a cookie sheet and bake 325 until browned. This will take 5-10 minutes, stir a few times while toasting.

Chocolate pudding pie

For this pie you will need to bake your pie crust beforehand. Bake at 350 for 20 minutes until slightly browned. Make sure you preheat the oven first. If you put your crust to the oven before it is preheated, it may shrink down into your pan. Let the crust cool completely before filling.
2 pkg (3.9 oz) instant chocolate pudding
3 c cold milk
1 -8oz pkg whipped topping
Whisk the pudding and the milk until thoroughly combined. Pour immediately into pie crust. Chill.
Before serving, spread on whipped topping.

Hands on skill---making a ground beef meal

Mexican straw hats

4 c of cooked rice
1 lb hamburger, seasoned with 1 pkg taco seasoning
1 small onion, chopped
1 small green pepper chopped
1 can refried beans, heated
1 tomato diced
corn chips
salsa
sour cream
shredded cheese
ranch dressing
Begin by putting a scoop of rice on your plate. Continue to build your "hat" with the toppings of your choice.

Mashed potatoes

Peel and cut in quarters as many potatoes as you have guests. Typically 1 large or 2 smaller potatoes per person. Place in a large pot and fill with water half way covering the potatoes. With lid on, heat over medium high heat until boiling. Turn down to low medium, you want it to continue to boil but not to the point that it boils over your pot. Continue cooking for about 20 minutes. Test the potatoes by poking with a fork, if soft—then done. With lid on drain out liquid from pot, being careful not to burn yourself from the steam. After liquid is drained out, put in 1-16 oz container of sour cream for 10 lbs of potatoes. Use an electric mixer on high and beat potatoes until smooth. Make sure to get down in all of the corners of the pot when you are mixing.

Easy shepherd's pie

1 lb ground beef
2 c. mashed potatoes
4 oz cream cheese, cubed
1 c cheddar cheese
2 cloves garlic
4 c mixed vegetables, canned or frozen—peas, corn, carrots, and green beans are good choices.
1 c beef gravy—jarred or made from a packet

Brown your ground beef. While that is cooking mix the potatoes, cream cheese, and garlic in a medium sized bowl. Place the meat, vegetables, and beef gravy in a greased square baking dish. Top with potatoes mixture and then sprinkle cheese on top. Bake uncovered 20 minutes.

Cheeseburger Meatloaf

½ c ketchup, divided
1 egg
¼ c bread crumbs
1 tsp onion powder, or 1/2 small onion, diced finely
1 lb uncooked ground beef
2 tsp mustard
2 tsp pickle relish---or dill pickles finely cut up
6 slices American cheese
Combine 1/4 cup ketchup, egg, bread crumbs, and onion powder. Crumble ground beef into the mixture. On a large piece of waxed paper, pat mixture into a 10x6 rectangle. Spread remaining ketchup onto meat to within 1/2 inch from long sides, and 1 1/2 inch from ends. Top with mustard and relish. Place 4 cheese slices on top. Roll up in a jelly roll style, starting with a short side. ---think rolling a cinnamon roll. Pull the waxed paper off as you roll it up. Place roll on a 7x11 inch greased pan. Bake at 350 for 45 minutes. Put remaining cheese slices on top, diagonally. Return to oven for additional 5 minutes. Let stand 10 minutes before serving.

Hamburger gravy

2 lbs ground beef cooked with 1 small onion, diced
2 T beef bouillon
1/4 c flour
1 quart milk
salt and pepper to taste
Sprinkle flour over your cooked ground beef and onion. Stir until evenly coated and all fat is absorbed. Place skillet over medium heat, add 1/2 of milk and 2 T beef bouillon. Stir until gravy begins to thicken. Add remaining milk until desired consistency has been reached and gravy comes to a boil. Season with salt, pepper. Serve over mashed potatoes and with peas

Chili topped baked potatoes

1 lb ground beef
1 onion, chopped
1 -16 oz can of pinto beans, drained
1 -14.5 can diced tomatoes
1 -10 oz can diced tomatoes and green chilies
1 envelope ranch style dressing mix
2 cups water
4 large baking potatoes, cooked with skins on.
toppings: shredded cheddar cheese, bag bacon, sour cream, ranch, green onions, etc
Cook ground beef and onion in a large skillet. When completely cooked, stir in Pinto beans, tomatoes, ranch powder, and water. Bring to a boil and then turn down, simmer 20 minutes.

Beef stroganoff

1 1/2 lbs ground beef
1 small onion diced
1/2 bag of bacon bits
1 garlic clove minced
2 T flour
1/2 t salt and pepper
1/2 t paprika
1/8 t nutmeg
1 can cream of mushroom soup
1 cup sour cream
Cook hamburger with onion, until browned. Stir in bacon bits, garlic, flour, salt and pepper, paprika, and nutmeg. Stir in 1 can of cream of mushroom soup. Bring to a boil and simmer for 5 minutes. Before serving stir in 1 cup sour cream. Serve on hamburger buns or if you want you can boil up some egg noodles and serve over that.

Spaghetti casserole

1 lb hamburger
½ onion, chopped
1 tsp salt
dash of pepper
1 can cream of mushroom soup
1-10 oz can tomato sauce
1 soup can of water
2 c mozzarella cheese shredded
1/2 lb spaghetti cooked and drained
Brown hamburger, add onion, seasonings, can of tomato sauce. Cook over medium heat 5 minutes. Mix in spaghetti. In a 9x13 casserole dish, layer half of the spaghetti mixture. Top with 1 can of cream of mushroom soup mix with 1 soup can of water. Sprinkle 1/2 the cheese on. Top with remaining spaghetti. Sprinkle remaining cheese on top. Bake 350 until bubbly hot, 20 minutes.

How to make baked potatoes

Pre-heat the oven to 425°F. Rub the potatoes with olive oil, sprinkle them with salt and pepper, and prick them with the tines of a fork. You can lay them directly on the oven rack or place them on a baking sheet. Cook the potatoes for 45 to 60 minutes, until their skin is crispy and sticking one with a fork meets no resistance. For softer skins, you can wrap them in foil before baking. If you are going to be gone for awhile, you can wrap the potatoes in foil and place in a Crockpot and cook on low for 8-10 hours.

Bubble pizza

2 tubes of refrigerated biscuits cut in fourths
1 jar of pizza sauce
1 1/2 lb ground beef, cooked
your favorite pizza toppings
pepperoni
bacon bits
green peppers
onion
mushroom
olives
shredded mozzarella cheese
Mix together quartered biscuits, pizza sauce, meats and your choice of toppings. Pour into a 9x13 greased baking pan. Sprinkle with more cheese. Bake 350 for 40 minutes, or until biscuits are no longer doughy.

Beefy rice casserole

1 lb ground beef
½ tsp salt
¼ tsp garlic powder
3 c beef broth or use 3 cups warm water mixed with 2 beef bouillon cubes
1 can (14.5 oz each) diced Tomatoes, undrained
2 c frozen mixed vegetables
1-1/2 c brown rice, uncooked
Cook beef with salt and garlic powder in deep 12-inch skillet over medium-high heat until crumbled and no longer pink. Add all remaining ingredients to skillet. Stir to combine. Bring to a boil. Cover and reduce heat to medium-low. Cook 30 minutes or until rice is tender and mixture is of desired consistency.

Cowboy casserole with corn bread

1 lb ground beef
½ onion, chopped
2 red bell peppers, cut into 2 inch pieces
1 (15 ounce) can baked beans
1 T dry fajita seasoning
1 (8.5 ounce) package corn bread mix
1 egg
1/3 cup milk
Preheat the oven to 350 degrees. Cook the ground beef into a large skillet over medium-high heat. Cook, stirring frequently, until beef is evenly brown. Add the onion, cook and stir until the onion is translucent. Add the red peppers, beans, and fajita seasoning; cook and stir until heated through. Spread out in an even layer on the bottom of a baking dish. Mix the package of cornbread mix according to the directions using the egg and milk. Spoon over the ground beef mixture, and spread evenly. Place in the oven and bake for 20 minutes, or until a toothpick inserted into the cornbread layer comes out clean.

This week's wrap up on SURRENDERING:

- Devotional
- All about ground beef
- Tips and techniques
- All about making pies
- Tips and techniques
- Hands on skill—making a ground beef meal
- Personal evaluation---write down things needing improvement

Definition of surrender: _____

Notes to remember: _____

Teacher evaluation week 31

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 32 Becoming a daughter of bravery

Devotional

Definition of bravery: having the ability to be courageous and stand firm even when frightened or in danger

We do what we can do to avoid "pain" in our lives. Most of us would naturally shy away from it. We dread the sound of having to endure it at any time. Some of us may even take extra measures to ensure an easy way: pain free and as carefree as possible.

The Bible seems to take on a different view on pain:

For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

Romans 8:18

The trials of our life are meant to bring us closer to God. The pain that you may be faced with and maybe even dreading may be just the thing that God is going to use to draw you nearer to Him.

Even though, we cannot see more than the pain that is before us at times, we should rest in the fact the God has a plan and that will lead us to a greater glory. To endure for the present will be worth it all.

Sometimes our fears keep us from experiencing all that God has planned for us. But if we walk by faith and go through the present pain, we can rest assured that God is going to use it to help us grow in our life.

This is one of the greatest things about God, that He even when going through our trials, he will be there holding our hand the whole time. It is the joys of our walk with an intimate God.

Then when our trial is over, we can see and understand what we went through and why, then we can say with all confidence that by the grace of God, He brought me through it. Sometimes looking back, we can think, "Well, that wasn't nearly as bad as I thought it would be." That is confidence and faith in a God we can trust.

Then what are we to do with our experiences? Share, testify, and encourage others who may be going through the same trials that we once went through. It does us know good to be prideful, holds our heads high, and pretend that everything is fine. We need to talk about the struggles we went through, share how we felt, share how God helped us and be a light to others.

God has spoken the light of Jesus into our hearts. That light shines so powerfully through us that we are like the stars in the universe that point the human race toward real life.

That is a picture of discipleship with Jesus. He is the light of the world. If we have fellowship and faith in Him, we because we are in a supernatural union with Him, will have light. We cannot do it ourselves, it is only through our relationship with Him. Jesus said in John 8:12:

I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life.

Our focus must always be on the light, humbly trusting Jesus to reveal the light through us.

When sharing, encouraging, or ministering to someone prayerfully remember :

- The influence and visibility is a result of who lives in you, not because of what you do.
- It is God only that put you in a place of influence and visibility.
- You are a steward of influence and visibility, remember to get out of the way and let the Holy Spirit do the work.
- Only God can measure the significance of your influence and visibility. It is not our job to force things upon people, we do what God would have us do and leave the other person to free will it with the Lord.

Thoughts to remember:

Making dinner

Dinner is one meal of the day where most families come and spend quality time together. For most of us, this is the largest meal of our day. Since dinner is a larger meal, it requires more planning to prepare and serve. You will need to be better organized and commit more time to prepare the many different foods and have them all ready at the same time.

A complete dinner menu typically includes:

- an appetizer or soup
- salad
- entree or main dish
- starchy vegetable
- green or yellow vegetable
- bread and butter
- dessert

Not all families serve a meal this way all of the time, but if you want to serve a nice meal try and include all of the above items.

Some tips to help you plan your meal:

- **Plan for variety.** It shouldn't be the same routine every evening. A good cook will try and spruce things up and serve things differently each time. If you have carrots with pot roast, next time serve it with peas.
- **Include foods from all 5 food groups.**
- **Dinner should include a variety** of tastes, colors, textures, and shapes.
- **Plan to prepare some in the oven or crock pot.** These can be prepared ahead of time and cooked without your full attention. While they cook, you can prepare other things.
- **Make casseroles.** These include items from many of the food groups. While it is cooking you can easily make a salad and dessert.
- **Make fruit special.** Include it in a pie or bars. You can even use it as a topping on simple cakes.
- **Try not to get in a rut.** Constantly look up new recipe ideas to bring variety to your family meals.

Your goal is going to prepare a complete meal for your family. Maybe you can invite a neighbor or some friends over to enjoy the "fruits of your labor."

You are going to need to do the following to prepare:

- **The menu**—you must consider cost and availability of foods as you compose your menu.

- **Get the food**-you will have to carefully study your recipes and decide what you have in your pantry, and what you need to purchase at the store. Plan carefully so that you are not frustrated when you start preparing and realize that you are out of ingredients.
- **Organize the preparation**--You need to read through the recipes again. Which takes the longest to bake or cook? Which needs to be refrigerated or frozen and for how long? Which can be made ahead of time and refrigerated? Allow for adequate time for preparation for each recipe.
- **Planning the table.** Remember from week 17

Hands on skill--making a dinner

Choosing a menu for dinner

Today you are going to plan your complete dinner menu. I have given you many suggestions on this page, but feel free to use any of your families resources for cookbooks or other meal ideas.

You will be including the following in your menu:

- soup or salad
- bread
- casserole or main dish
- vegetable
- dessert-pie

Decide.....Soup or salad?

You are going to choose a soup or a salad as the first course of your dinner.

Tips for soups

- Instant potato flakes make an excellent thickener for stews and soups
- Use bouillon cubes for extra flavor when adding liquid to homemade or canned soups.
- For a special touch in your soup choose a garnish. Choose one that best suits your soup: snipped parsley or chives, croutons, shredded cheese, crumbled bacon, crushed corn chips, or a dab of sour cream.

Choose a soup recipes from week 23.

Here is a quick and easy vegetable soup recipe to try.

Easy vegetable soup

1 can of tomato soup and 1 can of milk or water

Your choice of vegetables---onions, mixed vegetables, green beans, garlic, potatoes---anything you enjoy.

Salt and pepper

Combine all in a pot and heat to serving

Tips for salads

- Use a minimal amount of dressing for a tossed salad to avoid undue wilting. Do not add dressing until just before serving.
- Place your greens in the refrigerator before serving.
- For crisper salads, dry green completely until absolutely water free and chill thoroughly.
- To prolong the life of cucumbers, peppers, zucchini, and other fresh vegetables in refrigerator, wrap in paper towel to absorb moisture and place in a plastic bag with a few holes punched in it for air.
- Use a potato peeler to peel a long, continuous strip from a nice red ripe tomato. Wind strip round and round into a tomato rose to garnish salads.
- To make fringed cucumbers slices, trim ends of cucumber, but do not peel. Pull sharp fork prongs firmly down length of cucumber on each side all around making indentations the entire length of cucumber. Then slice thinly and chill.

Or you can choose a salad to make for your meal.

Seven layer lettuce salad

1 head of lettuce, broken in pieces
½ c celery, finely chopped
¾ c frozen peas, thawed
½ c onion, chopped
¼ c green pepper, chopped
1 large tomato chopped
3 hard boiled eggs, diced
Layer these ingredients in a tall glass bowl in the order given. If you do not have a tall glass bowl, you can layer it in a 9 x 13 baking dish.
For the dressing. You can either use a bottle of ranch dressing or make the following:
1 c whipped dressing
1 T sugar
2 T milk
combine the above and spread over top of your salad.
Top with 1 c grated cheddar cheese
Sprinkle with crumbled bacon bits.
Refrigerate several hours or overnight before serving.

Choose your own vegetable salad

Torn bite sized pieces of lettuce, choose a variety
Diced tomatoes
Chopped onions
Boiled diced eggs
Sliced cucumbers
Sliced radishes
Shredded carrots
Shredded cheese
Croutons
Cranberries
Almonds
Chopped meats—lunch meats or cooked chicken chunks
Top with your favorite bottled dressing

Spinach salad

You will need 2 lb of fresh spinach leaves. Chop or break into bite sized pieces. Drain well and dry thoroughly.
Add the following to your spinach leaves:
1 med onion chopped
4 hard cooked eggs sliced
6 slices bacon, fried and crumbled or 1 pkg bacon bits
1/2 lb fresh mushrooms sliced (optional)
For the dressing, pour the following into the blender and mix:
¾ c vegetable oil
2/3 cup sugar
½ c catsup
¼ c vinegar
2 tsp Worcestershire sauce
Pour the dressing over the top and serve immediately.

Taco salad

cook 1 lb hamburger until browned and drain the liquid off. Let cool
Mix the following in a large serving bowl
1 head of lettuce, broken into pieces
1- 16 oz can kidney beans, drained
1 cup shredded cheddar cheese
3 tomatoes chopped
1 -6 oz pkg taco or corn chips crushed lightly
1 medium onion chopped
1-8 oz bottle of French dressing
Add the hamburger and serve immediately

Choose a main entrée

Chicken on rice made simple

2 c rice
1 chopped onion
1 1/2 c celery, chopped
1 can cream of mushroom soup
1 can cream of chicken soup
2 tsp salt
1/2 tsp pepper
1/2 tsp all purpose seasoning
2 T soy sauce
3 c water
4 chicken breast halves, 2 leg quarters—or any kind your family prefers
In a roaster pan, sprinkle uncooked rice, onion, and celery. Lay chicken pieces on dry rice, onion, and celery. Combine soups, salt, pepper, all purpose seasoning, soy sauce, and water. Stir until smooth. Pour over chicken. Bake at 350 for 2 hours.

Easy lasagna

8 oz lasagna noodles, oven ready uncooked
1 lb hamburger, browned
3/4 c chopped onion
1 large can of tomato juice 5-6 cups
2 tsp salt
1 tsp sugar
sprinkle of garlic powder
1/2 tsp oregano
2 tsp basil
CHEESE MIXTURE
1 lb mozzarella cheese
1 lb cottage cheese or ricotta
3/4 c Parmesan cheese
Mix meat, onion, juice, salt, sugar, and spices. Simmer, uncovered for 30 minutes. In a greased 9 x 13 pan, layer 1 cup sauce, and 1/2 of noodles. Then 1/2 of the sauce and 1/2 of the cheese. Repeat. Cover with foil and bake 350 for 1 hour.

Honey mustard chicken baked

1 c whipped salad dressing
4 T mustard
3 T honey
4 boneless, skinless chicken breasts
Place chicken breast in a 9x13 pan. Mix the above ingredients together and spoon over the chicken. Cover and bake 350 for 45 minutes.

Chicken pot pie

STEP ONE:

Heat oven to 425 degrees. Bake pie crusts as directed on box for Two-Crust Pie using 9-inch glass pie pan.

STEP TWO:

combine the following:

1 can cream of chicken soup

1 can mixed vegetables, drained

1 can chunk chicken breast, or 1 cup shredded chicken

STEP THREE

Spoon chicken mixture into crust-lined pan. Top with second crust; seal edge and flute. Cut slits in several places in top crust.

STEP FOUR:

Bake 30 to 40 minutes or until crust is golden brown.

Burrito casserole

1 -pkg flour tortillas

FIRST MIXTURE:

1 c cream of mushroom soup

1 c sour cream

SECOND MIXTURE:

1 lb hamburger, browned

1 pkg taco seasoning

1 -16 oz can re-fried beans

1 c salsa

2 c shredded orange cheese

Mix the first mixture and spread a thin layer in bottom of a 9 x 13 pan. Put second mixture in shells and roll up, place in pan. Pour the rest of the cream mixture over them, and top with cheese. Bake at 350 until cheese melts and is bubbly, about 30 minutes. Serve with chopped lettuce, diced tomatoes, salsa, and sour cream.

Meat lovers pizza bake

1 lb ground beef

1/2 c chopped green pepper

1 small can mushrooms

1 -15 oz jar pizza sauce

1- 3.5 oz pepperoni, chopped

2 c shredded mozzarella cheese

3/4 c biscuit/baking mix

2 eggs

3/4 c milk

In a large skillet, cook beef and green pepper over medium heat until meat is no longer pink. Stir in the pizza sauce, pepperoni, and mushrooms. Transfer to a greased 9 x 13 baking dish. Sprinkle with cheese. In a small bowl, combine the biscuit mix, eggs, and milk until blended. Pour evenly over the cheese. Bake uncovered at 400 for 30 minutes or until golden brown. Let stand for 10 minutes before serving.

Choose your vegetables /and your starch

Depending upon which main entrée you chose, you want some sides that compliment your meal. Some may require a starch-like rice, potatoes, or noodles. Others already have that incorporated into the dish and all you will need is a vegetable.

You can choose canned or frozen vegetables. I would choose a simple and plain way to prepare these, unless you have a favorite recipe picked out. I will give examples of some vegetables to choose. Do whatever you decide, these are just suggestions.

chicken on rice made simple—this already has a starch I would choose any of your favorite vegetables like corn, green beans, or peas.

easy lasagna—this already has a starch I would choose any of your favorite like corn or green beans.

burrito casserole—this would be good with a side of rice. You can purchase a box of Mexican rice and prepare it with the directions on the back. Choose a vegetable like carrots or green beans.

chicken pot pie—this is almost a complete meal with vegetables already inside. I would serve it over a plain couscous or rice.

meat lovers pizza bake—I would serve this with homemade macaroni and cheese and some peas or frozen broccoli

honey mustard chicken baked—you can serve this with any rice or noodle sides. There are many to choose from at the store for around \$1. Choose broccoli, sweet potatoes, corn, or green beans.

Choose a bread

You have learned much about baking bread. You can choose from any of the recipes you have already made. Look back and maybe choose biscuits, crescent, or dinner rolls. You can also mix up a batch of your bread dough the day before and have it ready for your meal.

I am including our favorite bread dough recipe that we make each week.

Honey whole wheat bread

3 pkg yeast
5 cups warm water
1 T plus 2/3 cups honey
2/3 cups oil
1/2 cup sugar
2 t salt
4 c flour
1 c wheat germ
6-8 cups more flour

First get your yeast mixture going. I add 1 cup warm tap water, 3 pkg yeast (or 3 T if you are using the bulk mix), and 1 T honey. While your yeast is rising, I add the rest of the ingredients into the bowl.

4 cups warm water, 2/3 cups honey, 2/3 cups oil(I use coconut), 1/2 c sugar(I use raw), 2 t salt, 4 c flour(I use white whole wheat) and 1 c wheat germ. mix it with your mixer, a whisk, or a heavy wooden spoon. After you have mixed it for about 3 minutes you can add the rest of your flour, 1-2 cups at a time. Keep on mixing in the flour, as it gets thicker you will have a nice spongy type dough. You can knead this dough right in the bowl, to avoid the mess on the countertops. After kneading for about 3 minutes. Transfer to a greased bowl and flip to cover both sides with oil.

Cover and let rise until double in size. Punch down and form into loaves. I use stainless steel pans, they cost more, but I have had these for years. It is better for your health, they clean up well, and they are very durable. Invest in a few if you can. Grease your pans before adding your dough. Let rise just until the bread is peeking over the top of the pan, bake 350 for 40 minutes. Let cool for about 15 minutes and then turn the pan on its sides to let the bread pop out.

If you want to spruce up your butter you can try making cinnamon butter for your meal. It's very easy and delicious.

With a mixer beat

- 1 stick butter, softened
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ teaspoon cinnamon

Finally a dessert

For your dessert, there are numerous ideas to choose from. We are going to use the information from last week about pie making. This pie you can make the day before, so that you will have no worries about getting it all done on time.

Purchasing ingredients and preparing

Now that you have all of your menu planned, you need to purchase the ingredients that you will use. Go back and see exactly what items that you need to make your meal. Check your pantry and see what you already have and what you need to purchase. Go and get your ingredients this week so that you can make your meal.

Place a check mark by the following if you remembered to do it:

Did I plan ahead, gathering all of my ingredients needed to make my meal? Any suggestions to improve upon? _____

Did I remember all of the tips with proper food handling skills? Any areas I need to do better with? _____

Did I remember the safety issues with keeping my hair pulled back and keeping the kitchen cleaned up as I work? Any areas I need to remember?_

Did I serve my food properly and with good presentation? Was any food cold because I did not keep it heated while other dishes cooked? Any areas to improve? _____

Did I remember tips about how to be a gracious host and setting the table properly? Any areas that I need to work on? _____

Did I have a positive attitude and demeanor throughout this process? How did I respond when things went wrong? _____

How did my food taste? Did my guests approve of it? Any areas to improve? _____

Did I return the kitchen and dining area back to a presentable way by cleaning up properly? Any areas needing improving? _____

This week's wrap up on BRAVERY:

- Devotional
- Making a dinner
- Hands on skill---making a complete dinner
- Personal evaluation—write down things needing improvement

Definition of bravery: _____

Notes to remember: _____

Teacher evaluation week 32

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 33 Becoming a daughter of accountability

Devotional

Definition of accountability: Being answerable to God and at least one other person for my behavior

Accountability is essential for any society to function. Whether it be in the workplace, in the church, in our homes, or in our personal lives. We need people around who help us achieve success in our lives. Whether you are a teen dealing with addictions or just trying to learn how to deal with growing up, it is important to have people around to encourage and lift us up.

Proverbs 27:17 says.

Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.

This verse means that we can learn from one another, be a teacher and an example to others, and help build each other up. It is important in all things in life to know that you are not alone in what you do, and somewhere in this world is another person feeling exactly like you do. It helps us to continue on, maybe remove some feelings of guilt, and help us to be better human beings in this world.

Are you fulfilling your role by being a sharpening influence to help make someone more useful and productive in life? Do you value and promote relationships with other good people to help "perfect" your own walk in life, even if that means that their corrections might be hurtful at times? I encourage you to let yourself get "sharpened" by someone today.

Pray and ask the Lord for an accountability person, someone whom you can trust that will build you up and help you to become the best that God has for you.

Thoughts to remember:

Easy cooking

It may be a great accomplishment to be able to say that we cook "everything" from scratch. Unfortunately in today's society that is not always feasible. Most people are caught with the dilemma of not having nearly enough time to do all the things they would like to do. In order to save time, they are resorting to canned and packaged products often to help speed up the cooking process.

Even though most of us would agree that homemade is better and cheaper, sometimes we do have to consider which is more important--the time or the money? If you are working out on the job all day long, need to hurry home in the evening, and have a hearty meal ready for your family as quickly as possible, you probably will need all the help you can get with quick fix ideas.

One of the most important things for efficiency is to plan ahead. It takes a small amount of time to plan your menu for dinner the night before. You can take a package of hamburger out of the freezer to thaw. Or better yet, when you purchase your hamburger bring it home and cook it all. Place it in plastic quart bags and freeze. When it comes time for dinner, just thaw your package. This will save you a lot of time in preparing the meal.

You should always have a quick fix stash on hand in your pantry. Whether it is jars of alfredo sauce and noodles, or jarred spaghetti sauce and noodles, keep something in your pantry for those days when things are just not going right and you need dinner ---FAST.

Here are some tips for quick fixes

- instead of rolling out biscuits and cutting them with cutters, make drop biscuits by simply adding additional liquid to the ingredients.
- make quick doughnuts by poking a hole in the middle of canned biscuits. Fry in hot fat and dust with powdered sugar. These are best eaten while still warm.
- dust cakes with powdered sugar instead of frosting them.
- Make bar cookies instead of drop or rolled cookies
- When chopping green onions, use a pair of scissors.
- Scissors speed up the time it takes to cut little ones foods on their plates.
- to save the amount of time it takes to make a white sauce, substitute a can of 10 oz cream soup for casseroles when time is limited

The benefits of a slow cooker

The Crockpot or slow cooker is one of the best time-saving appliances in the kitchen. It is a great appliance to learn to use because it is so easy. Just throw in the ingredients and turn it on. Hours later you have a meal waiting for you.

It is great for warm summer days, as it doesn't heat your whole kitchen up. Also, it is good for days that you are going to be out of the home, but still need a meal to come home to at dinner time. I like to use it for ease. I like to throw all my dinner materials in it early in the morning, and then go about my day knowing dinner is slowly cooking away.

Some tips for the Crockpot:

- Spray the inside of your Crockpot with nonstick cooking spray to make clean up a breeze.
- The low setting on a Crockpot is about 200 degrees, the high 300 degrees.
- One hour on high is equal to 2 hours on low.
- Foods cooked on the bottom of the slow cooker cook faster and will be moister because they are immersed in the simmering liquid.
- Only fill the Crockpot one half to two-thirds full. The foods will not cook properly if the appliance is filled to the brim. If the food and liquid level is lower, the foods will cook too quickly.
- Follow the layering instructions carefully. Vegetables do not cook as quickly as meat, so they should be placed in the bottom of the appliance.
- Don't lift the lid to stir, especially if you are cooking on the low setting. Each time you lift the lid, enough heat will escape that the cooking time should be extended by 20 minutes to half an hour.
- Most meats require 8 hours of cooking on LOW. Use cheaper cuts of meat - not only do you save money, but these meats work better in the slow cooker. Moist, long cooking times result in very tender meats.
- For best results, ground meats must be cooked in a skillet before cooking in the Crockpot.
- Dairy products should be added during the last 30 minutes of cooking time, unless the recipes states otherwise because they will curdle.

We have many great resources and tools available in this day and age to help us prepare food easily, but yet keep them nutritious.

Hands on skill---prepare a quick fix meal and Crockpot meal.

Choose one of these easy meals to make for dinner:

Menu 1

- sloppy joes or sloppy joe casserole
- homemade macaroni and cheese or boxed macaroni and cheese
- canned vegetable, peas
- canned fruit, applesauce

For the sloppy joes—cook 1 lb of ground beef and add 1 can of sloppy joe sauce to it. Serve on hamburger buns.

For sloppy joe casserole—cook 2 lbs ground beef and add 2 cans of sloppy joe sauce and mix. Pour into 9 x13 baking pan and top with bag of tater tots. Bake 350 for 30 minutes.

For macaroni and cheese---cook 1-16 oz package of macaroni until almost done. Drain and pour noodles into 9 x13 baking pan. Pour in 2 cups of milk, 2 cups shredded cheese, and 2 inch chunk of processed cheese cubed. Sprinkle on some salt and pepper. Stir gently. Cover with foil and place in oven 350 for 30 minutes.

Menu 2

- taco soup
- serve with corn chips, shredded cheese, sour cream or ranch

For the taco soup you will need the following:

- 1 lb cooked ground beef
- 1-4 oz can green chilies, chopped
- 1 pkg ranch seasoning
- 1 pkg taco seasoning
- 1 can corn
- 3 -14 1/2 oz cans of diced tomatoes
- 3 -15 oz cans of chili beans
- 2 -15 oz cans of pinto beans, drained

Mix everything in a pot and bring to a boil. Let simmer on low for 30 minutes. Serve with corn chips, shredded cheese, and sour cream or ranch on each individual bowl.

Menu 3

- chicken etti
- green beans
- Parmesan biscuits

How to make chicken etti:

- 1-8 ounce pkg of spaghetti cooked until tender, about 12 minutes
- Add to cooked, drained pasta the following:
 - 1/2 cup chopped onion
 - 4 T of chopped green peppers
 - 1 cup of chicken broth, if you don't have canned or boxed chicken broth, which we don't use, you can make your own. Measure 1 cup hot tap water into a measuring cup add 1 chicken bouillon cube or 1 T chicken bouillon powder. Stir to combine.
 - 2- 10 oz cans of cream of chicken soup
 - 2 cups of diced cooked chicken, use 1 large breast cooked or use canned chicken if needed
 - 1 cup American cheese, cubed.

Stir the above ingredients together; heat and serve.

How to make Parmesan biscuits:

- 1- 8oz container of refrigerator buttermilk biscuits
- 1 1/2 T of melted butter or margarine.

Separate the biscuits. Brush the tops and sides of each biscuit with butter. Place on cookie sheet.

Sprinkle with the following ingredients that have been mixed:

- Parmesan cheese 1/4 cup
- garlic salt or powder 1/2 tsp
- onion salt or powder 1/2 tsp

Bake at 375 for 10-12 minutes.

Menu 4

- Marinated chicken breast
- Alfredo noodles and sauce
- Broccoli

For the marinated chicken breast, this will require some preparing. Do this the night before. Place however many boneless, skinless chicken breasts that you will need in a gallon plastic bag. Add 1

bottle of Italian dressing to that bag. Zip shut and let sit in refrigerator until ready to use the next day.

Cook on grill or broil in oven for 10 minutes on each side, until no longer pink in the middle.

For the Alfredo and noodles, cook 1 pkg of fettuccine noodles as stated on back of package.

Add 1 jar of Alfredo sauce to the drained, cooked noodles.

Cook the broccoli by steaming it in a little bit of water, or use your microwave.

You can either serve it separately or add it all together in one bowl.

Menu 5

Poor man pizza

How do you make a poor man style pizza?? Use whatever pieces of bread that you have. You can use bread slices, bagels, tortillas, hamburger buns, English muffins, or pita for the bread. Spread some pizza sauce on top and then add your favorite pizza toppings. Diced deli ham, bacon bits, chopped onion, chopped peppers, pineapple, pepperoni, mushrooms, diced tomatoes, mozzarella cheese, etc.

Bake in oven 400 for about 5-10 minutes or until cheese is melted.

Serve this with green beans and applesauce.

Menu 6

Quick tuna and macaroni dinner

- 7 oz pkg of macaroni and cheese----cooked and prepared according to package directions
- Add 1-6 1/2 oz can tuna drained
- And 1 -10 oz can of peas, drained

Mix and heat thoroughly. Serve

Menu 7

- Spaghetti and sauce
- Canned green beans
- Parmesan biscuits from menu 3

Prepare spaghetti noodles as directed on box. In separate pan cook 1-lb ground beef until cooked add 1 jar of spaghetti sauce . Serve over noodles with some Parmesan cheese.

Menu 8

- Taco's hard or soft shell
- pkg of Mexican rice
- corn

Tacos are an easy meal to make, you will need the following:

- 2 lbs ground beef cooked and seasoned with packet of taco seasoning. Follow directions on back of packet.
- taco shells either hard or soft or both
- refried beans from can
- chopped shredded lettuce
- shredded cheese
- chopped tomatoes
- sour cream or ranch

Make your packaged rice according to the directions.

Menu 9

- Hamburger's helper bacon cheeseburger pasta
- Green beans
- Applesauce

Hamburger's helpers bacon cheeseburger pasta

- 8 ounces uncooked penne pasta
- 1 lb ground beef
- 1/2 pkg of bacon bits
- 1 can (10 $\frac{3}{4}$ ounces) condensed tomato soup
- 1 cup shredded cheddar

Directions how to make the mock hamburger helper:

1. Cook pasta according to package directions.
2. While pasta is cooking; cook beef over medium heat in a large skillet until no longer pink. Drain and set aside.
3. Drain pasta, add to skillet.
4. Stir in the soup, beef and bacon; heat through.
5. Sprinkle with cheese, cover and cook until the cheese is melted.

Menu 10

Sausage and red beans

Rice

Corn bread

Sausage and red beans

- 1 pkg smoked sausage
- 2 cans diced tomatoes
- 2 cans chili beans
- 2 -8oz cans of tomato sauce
- 1/2 chopped onion
- 2 stalks celery diced
- a teaspoon of each basil and oregano

Mix all in a skillet and cook until heated through. In separate pot cook 1lb rice according to package directions.

Place a check mark by the following if you remembered to do it:

Did I plan ahead, gathering all of my ingredients needed to make my meal? Any suggestions to improve upon?_____

Did I remember all of the tips with proper food handling skills? Any areas I need to do better with?_____

Did I remember the safety issues with keeping my hair pulled back and keeping the kitchen cleaned up as I work? Any areas I need to remember?_

Did I serve my food properly and with good presentation? Was any food cold because I did not keep it heated while other dishes cooked? Any areas to improve?_____

Did I remember tips about how to be a gracious host and setting the table properly? Any areas that I need to work on? _____

Did I have a positive attitude and demeanor throughout this process? How did I respond when things went wrong?_____

How did my food taste? Did my guests approve of it? Any areas to improve?_____

Did I return the kitchen and dining area back to a presentable way by cleaning up properly?
Any areas needing improving?_____

This week's wrap up on being ACCOUNTABLE:

- devotional
- easy cooking
- benefits of a slow cooker
- hands on skill-preparing a quick fix meal and Crockpot meal
- Personal evaluation—write down things needing improvement

Definition of accountability: _____

Notes to remember: _____

Teacher evaluation week 33

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 34 Becoming a daughter who is thankful

Devotional

Definition of thankful: Expressing deep gratitude and appreciation to people and to God.

We should all be thankful each and every day of our lives not just around the Thanksgiving table as we are saying what we are thankful for. We should be daily thanking our Savior for all that we do have.

But what if you say Amy, I can't really think of much I am thankful for this year.

Maybe it was a bad year, maybe your family moved, maybe you are just in a deep depressive state and can't think of anything to be thankful for, or maybe you are in a state of self pity. Whatever the reasons, you need to remember these words:

"in everything give thanks; for this is the will of God in Christ Jesus for you."

1 Thessalonians 5:18

That verse means that we give thanks in the good times and in the bad times. It is really easy to give God the glory and praise when things are going good. It's great to say, "Look what the Lord has done." But try saying that when you are going through a big struggle in your life. Maybe it's a relationship problem, maybe its personal addictions, maybe it is something even you or I cannot fathom. What about those times? In the midst of troubled times we need to still give God the glory.

What is something we gain from going through hard times??

STRENGTH

When Job was tested by the devil, he remained faithful and steadfast always thanking God. In the end, Job was doubly rewarded. In the same way, we, too, will grow stronger, and receive a great reward from God if we hold true to Him, and are thankful for the hard times.

One of the greatest rewards is being identified with Jesus Christ, and when we suffer, all the while being thankful, we are taking Christ's attitude, and people will

see it! Later, we will be able to help others because of the strength that God gave us because of the hard struggles.

Isn't that true? Isn't it great to come across another person who has gone through the same struggles as you are currently going through? Or maybe you can come across a blog that fits your circumstances in life. There are blogs for everything, we are encouraging one another on a HUGE level. I am thankful for the technology that even though you may be in a situation where you might not have a lot of social opportunities, there are many ways to interact with others via the internet.

How to make the change:

When times are tough, start stating things you are thankful for. There is ALWAYS something we can be thankful for. It is a choice, one that will decide what type of day you will have, what type of person you will become, and what type of influence you will make on the world.

Thoughts to remember: _____

Nutrition

In today's day and age, you can pick up any magazine, watch any news program, or browse through the collection of health related books and easily see that there is a HUGE fascination with diet and weight loss. There is a miracle cure for everything. God has decision our bodies for us to take care of it. We are to treat our bodies as "living temples" for the glory of the Lord. Well what does that mean as far as carbs, what fats to eat, and what's healthy and not?

Keep it simple.

God designed our earth with plenty of plant and animal life to eat from. The problem is that our society has taken the "convenience" mentality, and we buy MOST all of our food when it has already been prepared and packaged by someone else. Most convenience food has very little nutrition in it. It is made to be able to be stored on food shelves for weeks, months, and sometimes years at a time. This can't be healthy. When looking to choose foods to eat, try and pick them closest to their natural state.

Avoid overeating

When eating food, eat slowly. You can shovel in food much faster than your brain can register. Typically when feeling famished and we eat quickly, we usually eat WAY more than necessary. Keep a large glass of water and drink it with your meals. When taking a bite savor each one. Enjoy it. As soon as your stomach feels content, stop eating. AVOID going passed and making yourself feel stuffed. You will only feel tired, have an upset stomach, and later on you might feel a little guilty for over eating.

Eating for energy

Food is energy for your body. Nothing more, nothing less. Think about your food before you eat: "Why am I eating this?" "Do I really need this?" This will help you focus on eating enough to keep you moving, and choosing foods that will give you prolonged energy. Remember, sugar is one of the worst things for your body. It provides instant glucose to your system resulting in immediate energy. A short time afterward, the glucose is gone and your body is back to craving cheap sources of

energy, like more sugar. The end result is insulin release in response to that meal promoting fatigue and brain foginess.

Organic

If possible, choose organic fruits and vegetables. This means they are grown with no pesticides being sprayed on them. Sometimes this is not an option, as it is more expensive. I like to think that if it is something that I am directly eating the peel off of, like apples, carrots, green onions, etc then organic is best because then I am not directly eating pesticides. If your fruit or vegetable has a peel that you take off, like oranges, bananas, or potatoes, those are typically safer if you can't choose organic because you peel off the area being treated. If you can't get fresh produce, frozen is the next best thing. Avoid canned and packaged fruits and vegetables as the preservatives are usually going to work against you.

Avoid chemical toxins

People think that because it's lower fat, fat free, or reduced calorie than it is better to eat than the normal version, but not always. Most of the time lower fat products contain artificial sweeteners or chemically made materials. Artificial sweeteners like Splenda or Nutri Sweet. These are most often consumed in diet drinks, diet sodas, and "sugar-free" products. Think of them as toxins (because they are) that slow down your body's metabolism. Look at the labels. If you can't pronounce or understand them—avoid them.

Drink water

Our bodies are made up of mainly water. Water is what we use to wash the outside of our body to keep it clean. We should be doing the same to the inside. Drink plenty of water to keep hydrated, flush out your system, help you avoid feeling sluggish, and help you to avoid eating.

Importance of calcium

As a woman, it will be important for you to get enough calcium for your bones, teeth, and if you are carrying a baby for your unborn child.

Most people think that you can only get calcium through dairy products like milk and cheese, but that is untrue. Here are 10 foods that contain a high amount of calcium.

1. Almonds contain almost 100 mg of calcium per ounce.
2. Kale is a super food which is high in calcium, other minerals and antioxidant. Cook as a side dish or add to your salad for an extra calcium boost.
3. Broccoli can be steamed for a high calcium side dish or add it raw to salads for an extra boost.
4. Oatmeal provides a significant amount of calcium. Just one packet of instant oatmeal provides about 100 mg.
5. Black eyed peas are a good source of calcium, potassium, folate, and other nutrients.
6. Orange juice added to your breakfast will boost your calcium levels. You can even buy calcium enriched orange juice.
7. Salmon is a nutritious fish loaded with essential fatty acids, but it is also rich in calcium and other minerals.
8. Blackstrap molasses used in place of some of the sugar or syrup in recipes will help increase your calcium and iron intake. Molasses contains even more calcium than milk.
9. Figs are a great source of calcium. Four of them will provide you with more than 100 mg of calcium.
10. Sesame seeds sprinkled on cereal or salads can add higher calcium levels along with fiber and unsaturated fat.

How much sugar is in that?

From birth, we are trained to expect sugar, lots of sugar, in almost everything that we eat. It's not enough that children grow up never eating peanut butter without the accompaniment of jelly. Even peanut butter has sugar added for a double whammy of unnecessary sugar.

For most, we don't even think about the amount of sugar in our foods. The average American eats 100 pounds of sugar a year!!!! The rise of diabetes is huge. I have read that 1 in 3 children will develop diabetes in their lifetime. That is a HUGE number!! Diabetes isn't just dealing with medication, or getting shots. It is about losing limbs, your eyesight, and making you more susceptible to skin bacterial

infections, There are many resources online that do a great job of showing sugar content in foods. The best way to avoid too much sugar is to avoid processed foods as much as possible.

If you can imagine a regular sugar cube, it contains about 4 grams of sugar. We will use that visual to talk about how much hidden sugar is in foods we eat.

- 1 can of name brand soda has 39 grams of sugar that equals $9\frac{1}{2}$ sugar cubes!! Think about instead of drinking that 1 can of soda, but just eating $9\frac{1}{2}$ sugar cubes.
- Dried cranberries are sour right? One serving has 26 grams of sugar about $6\frac{1}{2}$ sugar cubes. How did they get so much sugar in them?
- Yogurt covered raisins have 17 grams of sugar per serving. $4\frac{1}{2}$ sugar cubes. It is called yogurt covered but it is basically candy-coated.
- How about dried fruit that comes in rolls? It equals out to be about a gram of sugar per inch. They can be called fruit snacks but that amount is equal in percentage as a chewy sugar candy squares.
- Sweetened yogurt is deceiving as well. In a 6 oz container it contains 27 grams of sugar about $6\frac{3}{4}$ sugar cubes it is not as healthy as you might think.

Pay attention to the sugar in foods and drinks that you choose. You want to keep this level down. Even drinking your natural sugar in such things as juice is not as healthy as eating an apple or an orange. It is better to get all the fiber from the fruit then to just drink the liquid. Instead of drinking your calories, eat them!! It will help you fill up faster.

Hands on skill---making an overnight breakfast dish

Everyone enjoys getting up on time each morning and having their day run smoothly. For most of you as teenagers, if your day is running a little late, it is easy to grab something quick and head out the door in a hurry. As wives and mothers it is sometimes harder to grab enough "quick" breakfasts for everyone to get out the door on time. That is where BEING PREPARED comes in handy.

It is so important to realize the value of being prepared. Those who fail to plan, are preparing to fail. It is ALWAYS better to lay your clothes out the night before, have your home in order for the morning, and get school work and items needed for the next day ready, all before you go to bed.

As the primary person responsible for making food in the home, it is your job to make sure that everyone is afforded the opportunity for a healthy hearty breakfast to start their mornings out right. As a Mom myself, I can tell you that MANY times over the years I have resorted to cold cereal for breakfast for my children. I failed to plan ahead. Then I learned the value of overnight breakfast dishes, and life got easier.

Before I go to bed at night, I make breakfast and put it in the refrigerator for the morning. When I wake up, before I shower, I put the casserole into the oven and let it cook. This allows me to take the time for devotions in the morning, instead of running around preparing breakfast. It allows my mornings to start out peaceful.. As the children wake up, there is a warm, hearty breakfast waiting for them to eat. Simple and easy.

You have learned how to prepare a breakfast meal, and it probably took some time. This week I want you to learn the value of preparing ahead of time. You will make a breakfast casserole the night before, and get up early enough to put in the oven before your family is awake to ensure that breakfast will be ready on time.

Choose from the following to make for your hands on lesson:

Baked brunch sandwiches

3 T mustard
12 slices bread
6 slices fully cooked ham
6 slices Swiss or provolone cheese
1 tomato thinly sliced
3 T butter softened
8 eggs
1/2 cup milk
salt and pepper
Spread mustard on one side of 6 slices of bread. Layer ham, cheese and tomato slice over mustard. Top with remaining bread that has been buttered on the top. Arrange in a greased 9x13 baking dish. Cut the sandwiches in half. Beat the eggs and milk. Add a seasoning of salt and pepper. Pour over sandwiches. Cover with tin foil and refrigerate overnight. Remove from the refrigerator in the morning and bake uncovered for 30 minutes at 375. Sandwiches will be golden brown and cheese will be melted.

Breakfast burritos

12 eggs
1/2 cup chopped onion
1 medium green pepper, chopped
1 lb pork sausage, browned and drained
4 c cooked and shredded potatoes
3 c shredded cheese
12 flour tortillas
salsa for serving
In large skillet, fry potatoes until browned. Remove and set aside. In a large bowl, beat eggs, onion, and green peppers. Pour into a skillet. Cook and stir until eggs are set. Remove from heat and add potatoes and sausage, mix gently. Place about 3/4 cup of filling on each tortilla and top with 1/4 cup of cheese. Roll up and place in a 9x13 greased baking pan or wrap individually in foil. Refrigerate overnight. Place in oven in the morning at 350 for 40 minutes or until heated through. Serve with salsa.

No turn omelet

8 eggs beaten
2 c cooked crumbled sausage, or cubed fully cooked ham, or bag of bacon bits
2 c shredded cheddar cheese
2 c milk
1 c crushed saltine crackers about 25
1/4 c chopped onion
1/4 c chopped green pepper
1 tsp salt and pepper each
IF your family prefers more ingredients you can add mushrooms, canned diced potatoes, any other item that your family likes in eggs, add it. Combine all the ingredients and pour into a greased 9x13 baking dish. Cover and refrigerate overnight. Remove from the refrigerator and bake at 350 for 45-60 minutes.

Baked French toast

1 1/2 sticks butter
1 c brown sugar
1 1/2 tsp cinnamon
12 slices of bread
10 eggs
2 cups milk
Melt butter in 9x13 baking dish. Add sugar and cinnamon, mix. Put bread, 2 slices high in pan, on top of sugar and butter. Beat eggs and milk. Pour over the top. Cover and refrigerate overnight. Bake at 350 for 30 minutes

Crockpot egg casserole

12 breakfast sausage links cooked and chopped into pieces
12 eggs
1 c milk
salt & pepper, to taste
1 pkg. (2 lbs) potatoes O'Brien (hash browns with diced onions and peppers)
1 tomato, diced or if not in season use 1 can diced tomatoes, drained
2 c. cheddar cheese, shredded
In a large bowl, beat eggs together with milk. Add salt and pepper. Stir in cut up sausage, potatoes O'Brien, tomato, and cheese. Spray crock pot with cooking spray and pour egg mixture in. Cook on low heat for 6 hours.

Overnight coffee cake

1/3 cup butter, softened
1/2 cup white sugar
1/4 cup brown sugar
1 egg
1 cup flour
1/2 t baking powder
1/4 t baking soda
1/2 t ground cinnamon
1/2 cup buttermilk
FOR THE TOPPING
1/4 cup brown sugar
1/4 cup finely chopped walnuts or pecans
1/4 t cinnamon
Grease an 8 inch square baking pan. In a large bowl, cream the butter and the sugars. Add the egg, mix until well combined. In a separate bowl, combine all of your dry ingredients. Stir the flour mixture into the creamed mixture alternately with the buttermilk. Spread evenly into baking dish. In small bowl mix the topping ingredients and sprinkle over the batter. Cover and refrigerate overnight. Bake the cake for 45 minutes at 350 or until a toothpick inserted in the center comes out clean. Serve this with a mug of hot cocoa.

Crockpot apple cinnamon oatmeal

2 apples, peeled and diced
1/3 cup brown sugar
1 tsp cinnamon
2 cups oatmeal—old fashioned
4 cups water
Place the diced apples into the bottom of the Crockpot. Sprinkle with sugar then cinnamon. Sprinkle oatmeal over the sugar and apples and slowly pour water over all. Do not stir this mixture. Turn on your Crockpot on low and cook for 3-5 hours.

Country breakfast casserole

1 roll breakfast sausage, cooked
2 cups shredded cheddar cheese
6 eggs beaten
1 cup water
1/2 cup milk
1 pkg country gravy mix
6 slices bread, cut into 1 inch cubes
Spread, cooked and drained sausage in 9x13 baking pan. Sprinkle cheese over sausage. Beat eggs, milk, water, and gravy pkt in medium bowl with wire whisk until well blended. Pour over cheese. Arrange bread cubes evenly over mixture. Cover and refrigerate unbaked casserole overnight. Bake uncovered in 325 oven for 50 minutes. Insert knife in middle of casserole to see if it comes out clean, to ensure proper cooking.

Bacon egg casserole

This recipe might seem "unappealing" to some because of the sour cream. But the sour cream gives the eggs a fluffy texture that can't be beat. Try them you will be surprised. We serve ours with ketchup.
18 eggs
1 1/2 cups milk
1 bag of real bacon bits
1-16oz container of sour cream
2 cups shredded Colby cheese
1/4 c diced onion or 2 teaspoon of dried onions
salt and pepper
In a large bowl, beat eggs; add milk, sour cream, onion, salt and pepper. Pour into a greased 9 x 13 baking pan. Sprinkle with cheese and bacon on top. Refrigerate overnight. In morning bake, uncovered 350 for 45 minutes.

Baked apple cinnamon French toast

1 tablespoon butter
3 medium apples, peeled and diced
2 tablespoons packed light brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
6 cups cubed bread
4 large eggs
1/4 cup maple syrup
1 3/4 cups whole milk
2 teaspoons vanilla extract
1/2 cup pecans, chopped
confectioners' sugar, for dusting
Place a skillet over medium heat. Add in the butter. Once melted, add in the apple and brown sugar. Cook for about 10 minutes, stirring occasionally, until tender. Turn off the heat and stir in the cinnamon and nutmeg. Set aside. Grease a 9x9 inch baking dish. Place the bread cubes evenly in the baking dish. In a medium bowl, whisk together the eggs, maple syrup, milk and vanilla. Pour the mixture evenly over the bread cubes in the dish. Sprinkle with the pecans. Spoon the apple mixture evenly on top. Cover tightly with plastic wrap and refrigerate overnight. When ready to bake, preheat the oven to 350 degrees. Remove the plastic wrap from the baking dish. Bake, uncovered, for about 50 to 60 minutes. The custard should be set and should not "wobble" if you shake the pan. Remove from the oven and let cool for about 10 minutes before serving. Dust with confectioners' sugar, if desired.

Biscuit, egg, and bacon cup

can of refrigerator biscuits
eggs
bag of bacon
shredded cheddar cheese
green onions
This is a super easy breakfast to make. Spray muffin tins with non stick cooking spray. Place 1 uncooked biscuit in the muffin tin. Smoosh it down to form the muffin tin and sides. Crack an egg on top of it. Sprinkle with bacon bits, cheese, and top with green onions. Place in refrigerator overnight and put in oven in the morning. 400 for 20 minutes. Place a piece of foil underneath the

Place a check mark by the following if you remembered to do it:

Did I plan ahead, gathering all of my ingredients needed to make my meal? Any suggestions to improve upon? _____

Did I remember all of the tips with proper food handling skills? Any areas I need to do better with? _____

Did I remember the safety issues with keeping my hair pulled back and keeping the kitchen cleaned up as I work? Any areas I need to remember?_

Did I serve my food properly and with good presentation? Was any food cold because I did not keep it heated while other dishes cooked? Any areas to improve?_____

Did I remember tips about how to be a gracious host and setting the table properly? Any areas that I need to work on? _____

Did I have a positive attitude and demeanor throughout this process? How did I respond when things went wrong?_____

How did my food taste? Did my guests approve of it? Any areas to improve?_____

Did I return the kitchen and dining area back to a presentable way by cleaning up properly? Any areas needing improving?_____

This week's wrap up on becoming a daughter who is THANKFUL:

- Devotional
- Nutrition
- Hands on skill---making an overnight breakfast casserole
- Personal evaluation---write down things needing improvement

Definition of thankful: _____

Notes to remember: _____

Teacher evaluation week 34

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 35 Becoming a daughter of gratitude

Devotional

Definition of gratitude: the condition of being thankful for the least and greatest of things

How many of us know that person who complains about everything? The person that complains about the weather, complains about their spouse, complains about the cost of things, etc. The list can go on and on. Those types of people are ones that bring us down in one full swoop if we are not careful. What about our own self? Do we ever complain about things needlessly? Do we have small talk with the cashier at the grocery store and walk away from it and realize that our conversations were not uplifting? Do we get off the phone from talking with a friend and realize that our whole conversation was about how bad of a day we were having? How much of our life is spent wishing we had this or that?

A grateful heart is one that finds the countless blessings of God in the seemingly mundane everyday life.

Gratitude is good for these reasons:

1. Having a heart of gratitude allows you to be happy and celebrate today. You aren't sitting around worrying about things. You are thankful for what you have and can anticipate what God has for you next.
2. Having a heart of gratitude blocks all negative emotions. It does not allow you to sit around and wallow in self pity. It does not let you dwell on the negatives in your life. It does not overwhelm you with all of the bad that is going on around you.
3. Having a heart of gratitude will make you stress resilient. If you resist stress, that is a reflection in your life, in your marriage, in how you treat people, and towards your health.
4. Having a heart of gratitude will strengthen the bonds of your relationships with people around you. People like to be around people who are generally happy in life. No one wants to spend time with the negative person, but they do want to be around those that are happy.
5. Having a heart of gratitude will improve your self esteem. When you are thankful for your position in life, your social situation, your job situation, and for the material goods that God has given to you, you will be accepting not wanting. When you start thanking God for what you have and stop looking at what you don't have, you will become a happier person.

If you find it hard to change your attitude from pessimism to optimism you need to train your heart to look for the good things in your life. Start when you first wake up in the morning, say five things you are thankful for. Speak them out loud.

Eventually it will convince you to believe it. Do this a few times during your day: in the morning, at lunch, in the afternoon, and before you go to bed.

When you start to feel yourself becoming negative about something immediately change it to a positive. When you realize that your little sister is constantly getting into your things, instead of getting angry, immediately be thankful that you have a little sister—one day she will grow up.

I know when I have a mountain of dishes to do, and we ALWAYS have a mountain of dishes to do, I start thanking God for the food and the ability to be able to prepare and make this food for our large family. I do know that someone, somewhere is not getting their bellies full for dinner that night.

Whenever we are faced with any type of trials or temptations, start looking for ways to be thankful for them.

Say the words, "thank you" to your parents, siblings, or whomever else you come in contact with this week. Say it more than once. Catch yourself saying it almost to the point of it being annoying to you:) Cultivate it, and the more that you say it, the more it will become part of your heart.

It's not happiness that brings us gratitude, its gratitude that brings us happiness.

Thoughts to remember:

Hospitality meal

Look not every man on his own things, but every man also on the things of others.

Philippians 2:4

Making a simple meal and presenting it to another person or family is one of the biggest day brighteners for anyone to receive. There are many situations where you can help alleviate someone else's stress.

- Someone who just had a baby
- A family where dad is working long hours and mom is home with children by herself much of the time
- An elderly friend
- Family going through a sickness
- A single mom, working trying to make ends meet

As you go through life interacting with others, if you hear of someone going through a struggle, be attentive, seeking the Lord, and asking Him what it is you can do for that person. Sometimes, it may be something like making a meal or helping with the children for a few hours while mom gets a break.

But do not forget to do good and to share, for with such sacrifices God is well pleased.

Hebrews 13:6

Even if you don't have the finances to help make an extravagant meal, it doesn't cost much to make a simple casserole dish or to make an extra loaf of bread for someone. Think in terms of basic foods. Things that people probably don't get around to making because they don't have the time to. Especially if that family is going through a loss and is not at home, they probably are eating out at fast food restaurants. They would probably appreciate something homemade, as most everyone does.

Some tips for making a comfort meal:

- easy to transport
- easy to eat
- hold well
- freeze well

By hold well, I mean they can sit a day or two in the refrigerator without getting soggy, drying out, or turning into something nasty. They should require little to no assembly, shouldn't be overly complicated to eat (think, one-handed breastfeeding mama), and at the very least, need to survive the trip over.

Some planning needs to go into your "comfort meal." You need to think about the following things when choosing which meal you want to make:

- avoid common or serious allergens (never peanuts, for example)
- foods people have strong opinions about (such as olives, fish)
- pack it in containers that don't need to be returned, and be sure to note "I don't need them back"
- make large servings of at least one thing that freezes well, in case they already have more than enough and want to save something for later
- include a detailed menu that lists ingredients (again, a nod to dietary issues) and explains how to reheat and how to store extras, if necessary. I like to write right on the tinfoil with permanent marker.
- include enough that would satisfy a somewhat fussy child so the family hopefully won't need to prepare something else for little ones
- focus on fresh, healthy food with a modest sweet for dessert.
- Include paper products to eat with making the entire meal a huge blessing

Bear ye one another's burdens, and so fulfill the law of Christ.

Galatians 6:2

Start thinking about a comfort meal that you can make for someone. Some examples include:

- lasagna, salad with dressing packet, loaf of bread, pan of brownies
- taco or nacho meal—provide all that they would need for this in individual containers, homemade cookies
- macaroni and cheese, salad with dressing, and fresh fruit for dessert
- homemade garlic chicken noodle soup, fresh bread, muffins—for a sick family

These are just examples of things we have done or received in the past. Pay attention to meals that are easy to make in your family, or ones that you know the family you are making it for enjoys. Keep it simple, not overly complicated. It isn't a blessing, if it is stressful for you to get it done and to them.

Common cooking substitutes

Sometimes when you are cooking and baking, you will come to realize halfway through mixing up your ingredients that you are out of something. It isn't good frugal practice to rush out to the store every time you need something. Here is a list of common ingredients that you can substitute when cooking. Keep this list handy. As you grow in your cooking you will come to appreciate this list.

Baking powder	1 teaspoon	1/3 teaspoon baking soda + 1/2 teaspoon cream of tartar
		1 cup crushed crackers
Bread crumbs	1 cup	1 cup crushed cornflakes
		1 cup ground oats
		1 cup crushed potato chips
Broth—beef or chicken	1 cup	1 bouillon cube dissolved in 1 cup hot water
Buttermilk (sour milk)	1 cup	1 cup milk + 1 T lemon juice—let stand 3 min
Ketchup	1 cup	1 cup tomato sauce + 1/2 cup sugar + 2 T vinegar
Chocolate unsweetened	1 square, or 1 ounce	3 Tablespoons cocoa powder
Corn syrup	1 cup	1 cup maple syrup
Cornstarch-for thickening	1 Tablespoon	2 Tablespoon flour
Cracker crumbs	1 cup	1 cup dried bread crumbs
		1 cup ground oats
		7/8 cup milk + 1/2 Tablespoon butter
Cream, half and half	1 cup	1 cup evaporated milk, undiluted
		3 Tablespoons oil + enough milk to equal 1 cup
Whipped topping		Chill a 13 ounce can of evaporated milk for 12 hours. Add 1 Tablespoon lemon juice, whip until stiff.
Cream of tartar	1 teaspoon	1 teaspoon lemon juice or vinegar
		1/8 teaspoon garlic powder
Garlic	1 clove, small	1/4 teaspoon instant minced garlic
		1/2 teaspoon granulated garlic

		$\frac{1}{2}$ teaspoon to 1 teaspoon garlic salt
Herbs	1 Tablespoon finely cut	1 teaspoon dried ground or crumbled herbs
Honey	1 cup	1 $\frac{3}{4}$ cup granulated sugar and $\frac{1}{4}$ cup liquid. Use the liquid called for in the recipe
Hot pepper sauce	1 teaspoon	$\frac{3}{4}$ teaspoon cayenne pepper plus 1 teaspoon vinegar
Italian seasoning		Combine 1 teaspoon basil + 1 Tablespoon parsley + $\frac{1}{2}$ teaspoon oregano
Lemon juice, freshly squeezed	1 Tablespoon	1 Tablespoon bottled lemon juice 1 Tablespoon fresh or bottled lime juice
Maple syrup	2 cups	Combine 2 cups sugar and 1 cup water, bring to clear boil then take off heat. Add $\frac{1}{2}$ teaspoon maple flavoring 1 cup honey
Mayonnaise for use in salads and dressings	1 cup	$\frac{1}{2}$ cup plain yogurt + $\frac{1}{2}$ cup mayonnaise 1 cup either yogurt, salad dressing, or sour cream 1 cup cottage cheese pureed in blender
Evaporated milk	1 cup	1 cup liquid whole milk
Sweetened condensed milk	1 can	Heat the following ingredients until sugar and butter are dissolved: 1/3 cup and 2 Tablespoons evaporated milk, 1 cup sugar, and 3 Tablespoons butter or margarine
Mustard, dry	1 teaspoon	1 Tablespoon prepared mustard
Oil for sautéing		Substitute melted butter or margarine $\frac{1}{4}$ cup chopped, fresh green onions 1 1/3 teaspoons onion salt
Onion	1 small	1-2 Tablespoon instant minced onion 1 teaspoon onion powder 2 Tablespoon dried minced onion
Poultry seasoning	1 teaspoon	$\frac{1}{2}$ teaspoon ground sage+ $\frac{1}{2}$ teaspoon dried thyme + 1 teaspoon dried rosemary
Pumpkin pie spice	1 teaspoon	$\frac{1}{2}$ teaspoon cinnamon + $\frac{1}{4}$ teaspoon ginger + 1/8 teaspoon allspice + 1/8 teaspoon nutmeg

Shortening, solid used in baking	1 cup	1 cup butter or margarine
Sour cream	1 cup	1 cup plain yogurt $\frac{3}{4}$ cup milk + $\frac{3}{4}$ teaspoon lemon juice + $\frac{1}{3}$ cup butter or margarine
Brown sugar	1 cup firmly packed	1 cup granulated sugar + $\frac{1}{4}$ cup molasses 1 cup raw or granulated sugar
1 cup powdered sugar	1 cup	1 cup granulated white sugar in blender will turn into powder 1 cup honey
White sugar	1 cup	1 cup brown sugar 1 cup powdered sugar
Tahini	1 Tablespoon	1 Tablespoon peanut butter
Tomatoes, fresh	2 cups	1-16 oz can diced tomatoes
Tomato juice	1 cup	$\frac{1}{2}$ cup tomato sauce + $\frac{1}{2}$ cup water
Worcestershire sauce	1 teaspoon	1 teaspoon bottled steak sauce

Hands on skill---making a frozen dessert

Walking through the frozen ice cream aisle in the grocery store will produce all sorts of ideas for yummy looking desserts. Most of these are high priced with very few servings. It is very easy to buy a plain inexpensive ice cream, and then jazz it up with ingredients to create your own ice cream dessert. If there is one that looks especially yummy at the store, take note of the ingredients and make it yourself.

The great thing about frozen desserts is that you can make them weeks in advance and just store them in the freezer. Cover with waxed paper and then tin foil to avoid freezer burn on them.

This week you will be making a frozen dessert for your family, but here are some treats that you can make for everyday snacks. You can make a lot of these inexpensively:

- **Pudding sandwiches**---Mix up a box of your favorite pudding, add one container of whipped topping. Spread in between two graham crackers and place in the freezer on a cookie sheet. After frozen, place in plastic bag for longer storage.
- **Smoothie popsicle**---Puree yogurt, frozen berries, a little liquid, and some sweetener. Pour into small plastic cups. Freeze until slightly firm, then add a popsicle stick and freeze until solid. Store in plastic bag for longer storage.
- **Pudding pops**---Mix up a box of pudding, add container of whipped topping. Pour into plastic cups and partially freeze. Add a popsicle stick and freeze solid. Store in plastic bag for longer storage.
- **Kool-Aid popsicle**---mix up batch of this drink, adding slightly less water. Pour into plastic cups that you have set on a cookie sheet. Freeze partially, then stick in a popsicle stick and freeze until firm. Store in plastic bag for longer storage.
- **Pineapple coconut pops**---Puree one can of coconut milk and one can of crushed pineapple. Pour into plastic cups. Freeze until partially firm, then add a popsicle stick. Store in plastic bag for longer storage.
- **Root beer float pops**---add a mini sized scoop of vanilla ice cream into a plastic cup. Carefully pour root beer to cover. Freeze until partially firm, then add a popsicle stick. Store in plastic bag for longer storage.
- **Orange creamsicle pop**---add a mini sized scoop of vanilla ice cream into a plastic cup. Carefully pour orange soda to cover. Freeze until partially firm, then add a popsicle stick. Store in plastic bag for longer storage.
- **Dirt cup pudding pops**---crush a package of Oreo cookie type sandwiches and add 2 T to each plastic cup. Add a gummy worm to the cup. Mix up a box of chocolate pudding and add one container of whipped topping. Pour this over top of your "dirt and worm." This is a fun treat for children.

Hands on skill---prepare a frozen treat . You can choose from the following:

Brownie dessert

1 c vegetable oil
2 c sugar
2 tsp vanilla
4 eggs
1 c flour
2/3 c cocoa
1/2 tsp baking powder
1/2 tsp salt
1/2 gal ice cream
fun toppings, like chocolate syrup, oreo cookies, crushed M&ms
Blend oil, sugar, and vanilla in mixing bowl; add eggs and beat well with spoon. Combine flour, cocoa, baking powder, and salt. Stir into egg mixture. Bake in greased 9x13 pan for 30-40 minutes. Cool brownies. Spread slightly thawed ice cream over top of brownies. Top with your fun toppings. Freeze. Remove from freezer about 15 minutes before serving.

Frozen pistachio delight

1 1/2 c graham cracker crumbs
6 T butter melted
1 1/4 c milk
2 small boxes pistachio pudding
1/2 gal vanilla ice cream
1-9oz cool whip
1/2 bag of toffee candy bits
Melt butter, mix with crumbs. Press into a 9x13 pan. Bake at 325 for 10 minutes. Mix pudding with milk. Fold pudding into softened ice cream and spread over crust. Cover with cool whip and top with candy bits. Freeze. You can use an electric mixer to mix the ice cream and pudding.

Basic frozen dessert

Bake a cake in a 9x13" pan. Top with softened ice cream. Add a layer of chopped candy bars. Top with whipped cream. Freeze. Enjoy

Snickers bar dessert

1/2 gallon soft vanilla ice cream
1 lg box instant chocolate pudding
1 lg box instant vanilla pudding
3/4 c peanut butter
12 oz cool whip
Mix all together except cool whip and put in 9x13 baking pan. Top with cool whip. Freeze.

Ice cream sandwich dessert

2 pkgs ice cream sandwiches
1 container of whipped topping
Chocolate syrup
Caramel syrup
Chocolate covered toffee candy bits—by chocolate chip section in store
Line a rectangle baking pan with 1 pkg of ice cream sandwiches
Cover with half whipped topping
Squirt chocolate and caramel topping on
Sprinkle with half the candies
Repeat layers
Freeze until firm and serve

Éclair Dessert

1 lb graham crackers
2 small boxes French vanilla pudding
3 1/2 c milk
8 oz cool whip
Fudge frosting:
1 oz unsweetened chocolate
2 T butter
1 1/2 c powdered sugar
1 tsp vanilla
2 T hot water
Line a 9x13 pan with a layer of graham crackers. Mix pudding and milk; add Cool whip. Spread 1/2 on crackers. Add another layer of crackers, then remaining pudding. Add another layer of crackers, then freeze. When frozen, top with fudge frosting. Make at least 1 day before serving time. To make frosting: melt butter and chocolate over low heat, stirring constantly. Remove from heat; stir in powdered sugar and vanilla. Blend in hot water to make almost pour-able consistency.

Place a check mark by the following if you remembered to do it:

Did I plan ahead, gathering all of my ingredients needed to make my meal? Any suggestions to improve upon?_____

Did I remember all of the tips with proper food handling skills? Any areas I need to do better with?_____

Did I remember the safety issues with keeping my hair pulled back and keeping the kitchen cleaned up as I work? Any areas I need to remember?_

Did I serve my food properly and with good presentation? Was any food cold because I did not keep it heated while other dishes cooked? Any areas to improve?_____

Did I remember tips about how to be a gracious host and setting the table properly? Any areas that I need to work on? _____

Did I have a positive attitude and demeanor throughout this process? How did I respond when things went wrong?_____

How did my food taste? Did my guests approve of it? Any areas to improve?_____

Did I return the kitchen and dining area back to a presentable way by cleaning up properly? Any areas needing improving?_____

This week's wrap up on having a heart of *GRATITUDE*:

- devotional
- hospitality meal
- common cooking substitutes
- hands on skill---making a frozen dessert
- personal evaluation—write down things needing improvement

Definition of gratitude: _____

Notes to remember: _____

Teacher evaluation week 35

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Week 36 Becoming a daughter of Authenticity

Devotional

Definition of authenticity: Being exactly who you claim to be with honesty and transparency

You have completed an entire year's worth of gaining new home economics skills. You have also worked on 36 different character qualities in your life. Improving upon your character is just as important as improving upon your outward skills.

For our last character quality it is about becoming a daughter of authenticity. To be authentic is to be real. When someone see's your life it appears to be what it is you project by your words, actions, and demeanor. Media projects a clouded life of many celebrities, people in power, and on reality television shows. It shows only a part of what people's lives are really like. That is why we have scandals and people are shocked. They can't believe that such a person could do something so wrong. It is because what they portray of people is only a half truth of what they are really like.

In your life you want to be real. To develop long lasting relationships it is best to be real from the beginning. Don't hide behind a mask or try and be someone you are not. People will eventually see behind it and will question your motives of why you are acting like that.

Take everything you have learned this year and value who you are in Christ Jesus. You are important and you are of value to everyone around you. God has placed you in your specific situation to influence those around you. If you feel like there is not much influence at the moment, then it is best to enjoy these quiet moments and prepare for what will be coming next. God has a great big plan for your life and it is one that ONLY you can complete. He needs you to be prepared.

Are there some things that you need to continue working on and have been putting off for a later time?

Thoughts to remember: _____

Planning a family night

I know this is an “early stage” in your life, but something that you can do now as a teenager in your family. Then when you are older you can carry out some of the traditions in your own family.

Having a family night is a great way to stay connected as a family. When Dad or Mom are too busy all week long, with all of the tasks that are required to run a household, sometimes “fun” family time can take a backseat. If you designate one night a week for coming together, shutting off all media devices, and having some good old fashioned fun, it will create many memories for you to remember. These sometimes have to be planned. They don't just happen. Have a plan of attack and go with it!

Here is a list of some ideas to do as a family. You will have to decide which are age appropriate. It is hard to pull out all the board games and play a normal game without having toddlers come and wreck your game night. Choose ones that will benefit all family members and save the older people things for after the little ones go to bed.

1. Have a bonfire. This is fun for everyone. Plan on roasting marshmallows over the fire. You can make a S'mores bar by putting out a large platter with different flavored marshmallows, a variety of candy bars, and graham crackers or fudge striped cookies. For little ones, make the smores inside a sugar cone and wrap it in foil. Place in the fire until melted. You can add peanut butter and bananas to this for something delicious.
2. Teach your child to star gaze. Do they know where the North star is? Show them the big and little dipper and how to identify it.
3. Family game night---if you have little ones, play simple games like duck, duck goose, and hide and seek. Keep it fun for everyone. For older ones you can choose from a multitude of board games.
4. Have a craft night—look up something fun to make and gather up all the supplies you need and get creative.
5. Go to the local playground and run around together playing tag. Bring along a football or basketball and play games.
6. Do a large family puzzle. One that you roll up and put away and only pull out on family game night. When finished, glue it and frame it.
7. Go exploring in the woods. Go hiking up paths. Visit the rivers. Look for wildlife, do something you can get a nature lesson.
8. If it snows, make a family of snowmen for each member of your family.
9. Go ice skating or sledding as a family.
10. Play “name that tune” by humming your favorite songs and having others guess them.

11. Get a large cardboard box—from an appliance store, color, and create a playhouse for your little ones. Cut in the door and windows and have everyone draw and color in details on the box.
12. Buy a couple packages of plastic cups and create a huge stacking cup tower. Your children will have fun trying to beat the clock and stacking them. You can also stack them up, take a clean sock rolled up, and try and knock them down.
13. Make paper airplanes and helicopters. Look up online how to make really cool ones. Have a paper airplane throwing contest.

Make sure and choose an appropriate meal for this night.

- Homemade individual pizzas—let everyone make their own—for a fun twist—grill them over a fire. Delicious!!
- Nacho or taco bar
- Munchie type snacks—mini hot dogs wrapped in crescent rolls, pizza rolls, etc
- Create an ice cream bar for everyone to choose their own favorites
- Have a fondue bar with melted chocolate or cheese. Have a variety of foods to dip.
- Homemade popcorn. Pop up a big bowl and sprinkle with ranch or chocolate popcorn flavorings.
- Make your own sandwich/subs
- Make up a batch of pretzel dough—let everyone mold and create their own shapes. Brush them with soda water and either sprinkle on salt or sugar/cinnamon mixture.

Scour the internet and do some research on snack ideas. I am sure you will come up with many more to make.

Document this

Document this and every future family night. Make a journal specifically for family night. Take pictures and post them in your scrapbook with writings on what you did. It will be a treasured memory in the years to come.

Hands on skill--creating a binder for future homemaking

Many of you are not near the age of venturing out on your own, but the time will come soon enough. The best way to do that is to prepare for your future. How do you go about preparing for your future? You plan, you learn, and you gain skills that will be necessary for your future "job." One of the best ways that you can do that is by collecting ideas and setting them aside for future reference. This week I want you to create a household binder.

I have always had lists of ideas and papers everywhere clogging up my counter tops and bulletin boards. I would find recipes in magazines, cute decorating ideas, or crafts and I would cut them out, only to lose them in the daily shuffle of life. I can remember countless times my "list" had gotten lost, and I didn't know how I was going to do things because I didn't know what had to be done! Then in the last few years I had read about other women creating home management binders, and I thought—yes that is a great idea.

It is very simple project. You will need:

- A binder---buy a better quality one, as you will be using this for the rest of your life. Spend more—invest one time.
- Tab dividers for dividing out your binder. You can purchase plastic ones that will erase easily each time you decide on a different section.
- Plastic clear sleeves to easily slide magazine clippings or printable recipes into it.
- Lined paper to copy recipes onto—you can print off recipes that you have typed into a Word document onto colored paper as well

There are a multitude of creative items available, one visit to the office section of the store and you will find many.

Each tab will represent something for your home. Here are some ideas:

- **Homemaking**—can include recipes, natural home cleaners, homemade beauty products, cleaning checklists, how to clean items, menu plans and to do lists
- **Finances**—can include monthly budget, personal information—phone numbers and addresses.
- **Homeschooling**—creative ideas for homeschooling, educational games
- **Personal study**—favorite bible verses, inspirational quotes, things you want to learn
- **Gift ideas**—homemade gift ideas, homemade card ideas, list of birthdays, anniversaries

All of these you will put into use in the future, but you can start collecting ideas now. Here are some ideas to look up and add to your binder:

- Recipes—try these out before making them part of your binder. Have a section for the different types of foods --breakfast, salads, soups, sandwiches, casseroles, dinners, desserts, etc.
- Inexpensive homemade gifts---make these to have on hand to give away as gifts to family and friends throughout the year.
- Book lists---look up top baby, toddler, and preschool books. Order them at your local library and see if that is something you would want to enjoy with your child one day. Create a list and when the time comes, you can ask family to help create your child's library by buying a hardcover copy of the books. This is something that you will enjoy with your child for years to come. Some of our favorites include:
 - A Pig Tale
 - Love you forever
 - Pat the bunny
 - Barney's nursery rhymes
 - Lama lama red pajamas
- Homemade beauty products—try out different recipes and experiment to see what you enjoy using. This can also double as a gift for people.
- Add your goals of things you want to continue learning for your future. Make a list of things like: (these are things you can continue learning before you leave home)
 - Chocolate candy making
 - Christmas cookie platters
 - Crocheting
 - Photography
 - Painting
 - Drawing
 - How to run a small business
 - Organic gardening

This week's wrap up on AUTHENTICITY:

- Devotional
- Planning a family night
- Hands on skill---making a binder
- Personal evaluation---write down things needing improvement

Definition of authenticity: _____

Notes to remember: _____

Teacher evaluation week 36

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____

Completion

Congratulations you have completed an entire year of home economics! You should now know your way around the home quite well. I hope you feel confident in your ability to gain new skills. As with everything in life you should continually strive to better train yourself. There is always a new skill to learn or a skill that we can perfect. Make it your goal to always strive to do your best. Search out and find new ways, new skills, new recipes, and new ways to do things.

If you feel like maybe some of these skills were too hard or maybe you didn't do as good a job as you thought, go back through and redo them. I am sure your family will be blessed by having you help out more by practicing them.. I know I have served many a blackened dinner and have ruined countless clothing by washing it wrong in my lifetime. It all takes skill and practice. It starts while you are young, so that by the time you are older, you will have perfected most of your skills and can better work on other things of importance to you.

Note for teaching and grading. Go through each teacher evaluation and add up the number that you circled of the satisfactory level. Then divide this number by 36. Use the following grades based on your number:

- | | | |
|----|----|----------------------------------------------------------------|
| 10 | A | perfect continue working on new skills not taught in this book |
| 9 | A- | great job continue working to strive for excellence |
| 8 | B | look to improve on those skills missed |
| 7 | B- | look to improve on those skills missed |
| 6 | C | passing but work through course again |
| 5 | C- | passing but needs improvement and assistance with course |
| 4 | D | complete the course again☺ |
| 3 | E | seek the help of an older person to help you with this course |