



FIREFIGHTER

INFORMATION

TUTORIAL

This test preparation guide has been assembled to help prepare you for the upcoming New York City firefighter exam, and was developed to complement the online tutorial that you'll find on the DCAS website (nyc.gov).

This booklet will provide you with valuable test and note-taking tips, along with sample math and reading comprehension exercises. In addition, based on the new exam format, it includes video exercises which will help candidates judge how well they are taking notes, retaining information and answering questions.

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IMPORTANT PHONE NUMBERS & WEBSITES

- FDNY'S OFFICE OF RECRUITMENT AND DIVERSITY
TEL. 718-999-3369
E MAIL: recruitment@fdny.nyc.gov
WEBSITE: www.nyc.gov/FDNY
Like us on Facebook: Join FDNY / Follow us on Twitter: @JoinFDNY
- NYC Dept of Citywide Administrative Services (DCAS)
TEL. 212-669-1357
WEBSITE: www.nyc.gov/DCAS,
PSI EXAM SERVICES – ADMISSION LETTERS & RESCHEDULING
TEL. 800-701-0289
E MAIL: fdnyschedule@psionline.com
WEBSITE: www.fdnypsiexams.com
- FDNY'S CANDIDATE INVESTIGATION DIVISION
TEL. 718-999-2169, 2179
- FDNY'S BUREAU OF HEALTH SERVICES
TEL. 718-999-1917, 1918
- Columbia Association – Tel. 917-337-7413 website: www.fdnycolumbia.com
- Emerald Society – Tel. 516-889-4645
- FDNY Hispanic Society – Tel. 718-482-3375
- FDNY Pulaski Association – Tel. 631-736-0048
- FDNY Vikings – Tel. 718-541-6442
- Firefighters for Christ FDNY – Tel. 914-419-6162
- Fire-Flag-EMS-NY – Tel. 917-885-0127
- Holy Name Society (Brooklyn, Queens) – Tel. 718-833-2161
- Holy Name Society (Bronx, Manhattan, Staten Island) – Tel. 516-775-5120
- Ner Tamid Society – Tel. 516-524-4221
- St George Association – Tel. 516-623-1835
- Steuben Association – Tel. 718-296-2875
- Uniformed Firefighter's Association – Tel. 212-683-4832
- United Women Firefighters Association – Tel. 718-749-7633
E Mail: unitedwomenfirefighters@gmail.com
- Vulcan Society FDNY – Tel. 718-778-7978

SUGGESTED TEST TAKING TIPS

- Review the free online tutorial at www.nyc.gov/dcas
- Review the Firefighter Informational Tutorial instructional materials, practice tests, etc.
- Eat a light meal which will give you energy and help you focus; avoid heavy foods.
- Get eight hours of sleep the night before your exam.
- Know directions to the test site in advance.
- Strive to arrive early to your scheduled exam. Allow for travel delays.
- Only bring permitted materials that are on your admissions card.
**** Don't bring electronic devices!!!****
- Be sure to read all instructions carefully.
- Be on the lookout for questions that may have more than 1 answer!!!
- Each section is timed. Pay close attention to the time left in each section.
- If you have extra time left after finishing a section, go back and check your answers.
- Make sure to utilize your scrap paper.
- Relax; don't worry if others finish before you!

SUGGESTED NOTE TAKING TIPS

- Read video guide material.
- Watch video 3 times.
- Pay close attention!!! Concentrate!!!
- Don't take any notes the 1st time you watch the video. Just listen.
*Taking notes while watching the video may cause you to miss important information.
- Take extensive notes in the 'Training Guide' the 2nd & 3rd times you watch the video.
- **Remember!!! You will not be allowed to return to the video once you move to the question section.**
- Use abbreviations.
- Review your notes.

How To Do CPR On An Infant

You have just watched the video titled “How to do CPR on an Infant” by videojuggparenting (5:34). The following multiple choice questions are based on that video. Please select the answer that best fits the Question. Good luck!

1. What does the abbreviation CPR stand for?
 - a. CIRCULATORY PRESSURE REGULATIONS
 - b. Cardio pressing restriction
 - c. Circulating Pumping resuscitation
 - d. Cardio pulmonary resuscitation

2. What functions does performing CPR do for the body?
 - a. Pumps oxygen-rich blood into the heart and brain
 - b. Assists the victims digestive system
 - c. Purifies bad blood cells and turns them into good blood cells
 - d. Regulates the victim pressure and provides blood to the heart

3. What are the first 3 steps referred to in the video?
 - a. Check , call, care
 - b. Clear, check, Circulate
 - c. Communicate, call, circulate
 - d. Check, call, transport

4. When arriving at a scene to an emergency, you should know one of the first things to check for in the correct order is..
 - a. Look around for bystanders, Check victim, then call 911, check for breathing
 - b. Call 911 for assistance, start compressions, evaluate the scene
 - c. Check the scene for safety, check number of victims, look around for bystanders, now check victim
 - d. Call the Fire Dept, now check victim, then start compressions

5. The best way to find out if the victim is conscious is to...
 - a. Ask the bystander that witnessed what happened
 - b. Tap and shout at the victim to see if they respond to you
 - c. Assume victim is unconscious and start performing CPR
 - d. Check for pulse

How To Do CPR On An Infant

6. If you find the victim unconscious, or presenting any other life threatening condition what should be your next action?
 - a. Immediately start CPR
 - b. Call 911 yourself, to make sure they respond
 - c. Have a bystander call 911 because that is preferred
 - d. The preferred method is to start CPR then Call 911

7. The ABC's of patient care were shown in which steps?
 - a. Step 5, step 6, step 7
 - b. Step A, step B, step C
 - c. Step 4, step5, step,6
 - d. Step 3, step 4, step 5

8. "Care" involves the ABCs taught in CPR in this video. What does ABC stand for?
 - a. Airflow, Breathing, Cardiac
 - b. Airway, Bypass, Circulate
 - c. Airflow, Breathing, Call
 - d. Airway, Breathing, Circulation

9. To open airway, tilt the head back, lift the chin and look, listen and feel for _____
 - a. At least 5 seconds
 - b. No more than 10 seconds
 - c. Until to you see signs of the victim moving after 10 seconds
 - d. A little more than 10 seconds

10. After you look, listen and feel and find that the infant is not breathing, what should be your next step?
 - a. Give 2 chest compressions
 - b. Give 2 rescue breaths
 - c. Give 3 rescue breaths
 - d. Give 2 chest compressions and 2 rescue breaths

How To Do CPR On An Infant

11. A barrier should be used to avoid contact with bodily fluids. What agency recommends this protection?
 - a. You do not need a barrier protection for an infant
 - b. NY State dept of Health
 - c. FDNY EMS Training Academy
 - d. Red Cross

12. Two Rescue Breaths went into the infant successfully. What should the next steps be?
 - a. Lay the infant into the recovery position and wait for EMS
 - b. Look over the body check for bleeding and begin CPR
 - c. Feel for a pulse and continue rescue breathing
 - d. Check for breathing for 12 seconds and then begin CPR

13. If the two rescue breaths did not enter the infant's body you must assume that:
 - a. That the infant is holding its breath
 - b. That the infant is choking and an obstruction is in the airway
 - c. The infant is breathing on its own
 - d. The infant has expired

14. When administering rescue breaths to an infant, according to the video, those breaths should be:
 - a. 2 Short breaths
 - b. 2 short breaths each 1 seconds long
 - c. 3 short breaths each 2 seconds long
 - d. The video did not state the length of breaths

15. In what area do you check for an infants pulse?
 - a. At the chest area along the nipple area
 - b. On outside of the arm between the elbow and the shoulder
 - c. On the inside of the wrist
 - d. On the inside of the arm between the elbow and the shoulder

How To Do CPR On An Infant

16. If you find that the infant has a pulse and is breathing on its own, the infant should be
 - a. Given to their parents and taken to the doctor for further evaluation
 - b. Placed in the Recovery Position
 - c. Placed in the fetal position, this is the natural position for an infant
 - d. Basket Position
17. The infant is not breathing but you feel a pulse, your next step to save this infant's life should be to:
 - a. Administer two Rescue Breaths
 - b. Start chest compressions
 - c. Begin Rescue breathing
 - d. Call 911
18. Infant rescue breathing requires how many breaths in 2 minutes?
 - a. 1 breath every 3 seconds, 40 breaths in 2 minutes
 - b. 2 rescue breaths every 3 seconds, 40 breaths in 2 minutes
 - c. 1 breath every 2 seconds, 40 breaths in 2 minutes
 - d. 2 rescue breaths every 3 seconds, 40 breaths in 2 minutes
19. At the end of a 2 minute cycle of Rescue Breathing what should the next step be?
 - a. Start the 2 minute cycle again
 - b. Stop and re-check the pulse and breathing again
 - c. Start chest compressions
 - d. Wait for EMS for an EMT or Paramedic to arrive
20. Infant compressions consist of _____ Breaths and _____ chest Compressions.
 - a. 20 and 4
 - b. 30 and 2
 - c. 2 and 30
 - d. 4 and 20

How To Do CPR On An Infant

21. How many cycles of infant CPR should be given within a two minute period?
 - a. 3 cycles in a two minute period
 - b. 5 cycles in a two minute period
 - c. 10 cycles in a two minute period
 - d. 4 cycles in a two minute period

22. According to the video when giving compressions to an infant you should know that
 - a. The palm of your hand should be used
 - b. 2 to 4 fingers should be used
 - c. 2 to 3 fingers should be used
 - d. The palms of both hand is the most effective

23. What is the depth used to administer chest compressions to an infant? There may be more than one answer.
 - a. 1 ½ to 2 inches
 - b. .5" to 1"
 - c. 1 inch to 1 ½ inches
 - d. ½ inch to 1 inch

24. When delivering chest compressions how many should be completed In a 60 sec time span?
 - a. 160
 - b. 100
 - c. 110
 - d. 40

25. When should you stop Administering CPR?
 - a. You see signs of life in the infant
 - b. Another trained person takes over
 - c. A defibrillator is ready to be used
 - d. Scene is unsafe
 - e. You become exhausted
 - f. All the above

26. When CPR is Stopped, what should not be confused as a sign of life?
 - a. Moaning
 - b. Vomiting
 - c. Shallow breathing
 - d. Weak pulse

SUGGESTED READING COMPREHENSION TIPS

Reading the Passage

A common mistake among reading comprehension test takers is the assumption that they do not need to read the whole passage presented to them. While it may be possible to skip to the questions and then go back and attempt to answer each question individually by finding the part of the passage that **deals** with that question, this tactic causes you to have a hazy understanding of the passage as a whole, and may lead to confusion. It is always a good idea to read though the entire passage at least once, even if that read is brief.

Time Management

Most standardized tests have time limits for each section. Time constraints can be particularly troublesome for reading comprehension sections, as the sheer amount of reading that must be done between the passages and questions can take all of the allotted time. It is important to know how many total passages you have to read and roughly how many questions there are for each passage before you begin the exam. Take your total time limit for the reading comprehension section and divide it by the total number of passages. This number is about how many minutes you should spend on each section. If you run into a particularly difficult question, consider skipping it and coming back later if time allows. Wasting too much time on one question may hurt you later in the test.

Other Considerations

There's no better way to increase reading comprehension scores than to practice doing it. Take practice tests to improve your reading comprehension skills and to determine what type of questions are normally asked and how long it takes you to complete passages. Also consider reading material like scholarly journals and newspapers to become accustomed to absorbing dense information. Practicing helps you increase your test-taking speed and allows you to pinpoint the areas that you need to work on the most.

SUGGESTED READING COMPREHENSION TIPS

- **Read the instructions carefully**

Before you can expect to answer any question correctly, you've got to make sure you know exactly what you are being asked to do. Don't rush through the instructions.

- **Don't get stuck on a word**

Difficult words become easier to comprehend when you read through the sentences surrounding them.

- **Keeping track of time**

Reading comprehension tests are timed tests, so use your time to answer first as many of the easiest questions as possible.

You don't want to run out of time before you have a chance to answer all the "easy" questions first.

- **Don't Add Any Facts**

Base your answers on the facts and information contained in the reading passage.

<http://www.examtoolkits.com/testprep/reading-comprehension-strategies.html>

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Natural Born Killers

By Kurt Loft
of The Tampa Tribune

Scientists hope to take the sting out of those dreaded killer bees. A team of researchers has isolated a gene responsible for the aggressive behavior of Africanized honey bees, which have terrorized people and animals in their slow migration into the southern United States.

Scientists located DNA markers on the chromosomes of the mean bees and compared the genes with those of nonaggressive species. Their research may lead to the origins of a trait that could help “predict the probability of queen bees having the African version of stinging genes so it will be easier for breeders to avoid using them,” says Robert E. Page, an entomologist at the University of California at Davis.

Borrowing techniques from crop genetics, the team ultimately hopes to turn killers into kinder, gentler insects. Bees are essential to honey production, and a third of the food grown in the United States comes from plants pollinated by honey bees. The U.S. Department of Agriculture in 1993 committed nearly \$1.8 million to Africanized bee research, and the current study was funded by the National Institutes of Health.

Killer bees are known to swarm in larger numbers than typical honey bees, releasing a pheromone odor that stimulates the rest of the colony. The odor comes from the stinger itself, which dislodges from the insect’s abdomen upon stinging.

Swarms of killer bees are 20 times more likely to sting than normal honey bees, and leave eight times as many stingers in a victim in the first 30 seconds, researchers say.

The first fatality attributed to killer bees in this country happened in July 1993, when 82-year-old Lino Lopez was stung at his ranch near Rio Grande City, Texas. In October of that year, a swarm of 30,000 killer bees terrorized a neighborhood in Peoria, Arizona, for nine hours, with three people injured from stings and three dogs killed. Authorities in Mexico, where killer bees concentrate, have reported roughly 20 deaths a year since 1986, mostly in areas with poor medical care.

Killer bees were imported to Brazil from Africa more than 40 years ago. The idea was to crossbreed African and South American species to produce a gentle bee with high honey production. African bee colonies can produce five times as much honey as their South American cousins. As a result, Brazil rose from 27th to fourth in the world’s honey production, according to the U.S. Department of Agriculture.

Unfortunately, a Brazilian scientist accidentally released some of the captive insects from Africa. The mean bees soon mated with indigenous colonies and their aggressive behavior spread.

They moved into Central America and were documented in Mexico in 1988. Within three years, scientists think, most wild bees in Mexico contained DNA from the African species, and killers were found in California, Texas, New Mexico and Arizona.

Bee stings aren’t so much “aggressive” behavior as defensive says Greg Hunt, an entomologist at Purdue University in Indiana. “Different insects use various methods to protect themselves from predators. Bee stings are a response to predation by mammals – bee venom is specialized for causing pain.”

Natural Born Killers

Practice Test Questions

1. The author's purpose in writing this article was to
 - a. explain what bee researchers have found.
 - b. warn people about the dangers of killer bees.
 - c. Describe the movement of bees around the world
 - d. inform people about the harmful nature of bee stings

2. An entomologist has described the stinging behavior of bees as
 - a. aggressive
 - b. defensive
 - c. speculative
 - d. destructive

3. How will scientist use DNA markers to help breeders?
 - a. to determine which question queen bees have aggressive genes
 - b. to determine which queen bees have nonaggressive genes
 - c. to determine which queen bees will produce larger colonies
 - d. to determine which queen bees will produce smaller colonies

4. Scientist hope to stop killer bees by
 - a. using poison
 - b. controlling breeding
 - c. removing their stingers
 - d. importing bees from Africa

5. What triggers the swarming behavior of killer bees?
 - a. heat
 - b. light
 - c. smell
 - d. sound

6. The release of pheromones results in
 - a. the dislodgment of the stinger.
 - b. a chain reaction of aggressiveness.
 - c. the stimulation of typical honey bees.
 - d. a larger number of stingers left in a victim.

7. Why did Brazilian scientist import African bees?
 - a. to produce a gentle bee with low honey production
 - b. to produce a gentle bee with high honey production
 - c. to produce an aggressive bee with low honey production
 - d. to produce an aggressive bee with high honey production

8. According to the article, what was the movement pattern of killer bees after Africa?
 - a. Central America, South America, United States
 - b. Central America, United States, South America
 - c. South America, United States, Central America
 - d. South America, Central America, United States

Suggested Tips For Solving Math Word Problems

There are two steps to solving math word problems:

1. Translate the wording into a numeric equation that combines smaller "expressions"
2. Solve the equation!

Suggestions:

- Read the problem entirely
Get a feel for the whole problem
- List information and the variables you identify
Attach units of measure to the variables (gallons, miles, inches, etc.)
- Define what answer you need,
as well as its units of measure
- Work in an organized manner
Working clearly will help you think clearly
 - Draw and label all graphs and pictures clearly
 - Note or explain each step of your process;
this will help you track variables and remember their meanings
- Look for the "key" words (above)
Certain words indicate certain mathematical operations:

Math expressions (examples):

after you review the keywords, [test yourself](#)

addition: $5+x$	subtraction: $5-x$
multiplication: $5*x$; $5x$	division: $5 \div x$; $5/x$
Exercise: ("mouse over" the block for answer)	
Key words for addition + <i>increased by; more than; combined together; total of; sum; added to</i>	
What is the sum of 8 and y?	$8 + y$
Express the number (x) of apples increased by two	$x + 2$
Express the total weight of Alpie the dog (x) and Cyrus the cat (y)	$x + y$

Key words for Subtraction - <i>less than, fewer than, reduced by, decreased by, difference of</i>	
What is four less than y	$y - 4$
What is nine less than a number (y)	$y - 9$
What if the number (x) of pizzas was reduced by 6?	$x - 6$
What is the difference of my weight (x) and your weight (y)	$x - y$
Key words for multiplication * x or integers next to each other (5y, xy): <i>of, times, multiplied by</i>	
What is y multiplied by 13	$13y$ or $13 * y$
Three runners averaged "y" minutes. Express their total running time:	$3y$
I drive my car at 55 miles per hour. How far will I go in "x" hours?	$55x$
Key words for division ÷ / <i>per, a; out of; ratio of, quotient of; percent (divide by 100)</i>	
What is the quotient of y and 3	$y/3$ or $y \div 3$
Three students rent an apartment for \$ "x" /month. What will each have to pay?	$x/3$ or $x \div 3$
"y" items cost a total of \$25.00. Express their average cost:	$25/y$ or $25 \div y$

More vocabulary and key words:

- **"Per" means "divided by"**
as "I drove 90 miles on three gallons of gas, so I got 30 miles per gallon."
(Also 30 miles/gallon)
- **"a" sometimes means "divided by"**
as in "When I filled up, I paid \$10.50 for three gallons of gasoline, so the gas was 3.50 a gallon, or \$3.50/gallon"
- **"less than"**
If you need to translate "1.5 less than x", the temptation is to write " $1.5 - x$ ". DON'T! Put a "real world" situation in, and you'll see how this is wrong: "He makes \$1.50 an hour less than me." You do NOT figure his wage by subtracting your wage from \$1.50. Instead, you subtract \$1.50 from your wage
- **"quotient/ratio of" constructions**
If a problems says "the ratio of x and y", it means "**x divided by y**" or x/y or $x \div y$

- **"difference between/of" constructions**

If the problem says "the difference of x and y ",
it means " $x - y$ "

What if the number (x) of children was reduced by six, and then they had to share twenty dollars? How much would each get?	$20/(x - 6)$
What is 9 more than y?	$y + 9$
What is the ratio of 9 more than y to y?	$(y + 9)/y$
What is nine less than the total of a number (y) and two	$(y + 2) - 9$ or $y - 7$
The length of a football field is 30 yards more than its width "y". Express the length of the field in terms of its width y	$y + 30$

Nutrition Facts Math Quiz

Directions: Compare the nutritional value of the four items & respond to the questions.

Item A - Vegetable Chips

Nutrition Facts	
Serving Size 1 oz (28g/about 14 chips)	
Servings Per Container about 8	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Value*	
Total Fat 9 g	14%
Saturated Fat 1 g	5%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 150 mg	6%
Total Carbohydrate 16 g	5%
Dietary Fiber 3 g	12%
Sugars 3 g	
Protein 1 g	
Vitamin A 8%	Vitamin C 8%
Calcium 2%	Iron 2%

Item B - Rice Cakes

Nutrition Facts	
Serving Size 18 Mini Cakes (30g)	
Servings Per Container about 6	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5 g	8%
Saturated Fat 0.5 g	4%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 410 mg	17%
Total Carbohydrate 21 g	7%
Dietary Fiber 1 g	4%
Sugars 1 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

Item C - Fruit & Nut Trail Mix

Nutrition Facts	
Serving Size 1/3 cup (44g)	
Servings Per Container about 21	
Amount Per Serving	
Calories 170	Calories from Fat 40
% Daily Value*	
Total Fat 4.5 g	7%
Saturated Fat 2 g	11%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 30 mg	1%
Total Carbohydrate 31 g	10%
Dietary Fiber 2 g	8%
Sugars 22 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%

Item D - Pretzel Twists

Nutrition Facts	
Serving Size 1 oz. (About 8 pretzels)	
Servings Per Container about 10	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 230 mg	10%
Total Carbohydrate 23 g	8%
Dietary Fiber 1 g	4%
Sugars 3 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

Basic Math Questions

1. Firefighter Harris ate one cup of Fruit & Nut Trail Mix. What percentage of Saturated Fat did she have (% Daily Value)
 - a. 6%
 - b. 11%
 - c. 33%
 - d. 21%
2. She also consumed 12 Pretzel Twists. How many milligrams of Sodium did she have from the Pretzel Twists?
 - a. 445 mg
 - b. 460 mg
 - c. 345 mg
 - d. 360 mg
3. How many more grams of Total Carbohydrates did she have in the Fruit & Nut Trail Mix versus the Pretzel Twists?
 - a. 23 g
 - b. 58.5 g
 - c. 34.5 g
 - d. 54 g
4. Lt. Smith tried the Rice Cakes, but could only eat $4\frac{1}{2}$. What percentage of Total Fat did he get from the Rice Cakes (% Daily Value)?
 - a. 2%
 - b. 4%
 - c. 6%
 - d. 16%
5. Lt. Smith was in a healthy mood so he had about 56 Vegetable Chips. How many grams of protein did he have after eating both the Rice Cakes and the Vegetable Chips?
 - a. 3 g
 - b. 1.5 g
 - c. 4.5 g
 - d. 9 g
6. The Vegetable Chips that Lt. Smith ate had how much more Dietary Fiber than FF Harris' Fruit & Nut Trail Mix and Pretzel Twists combined?
 - a. 6 g
 - b. 12 g
 - c. 7.5 g
 - d. 4.5 g

Basic Math Questions

7. FF Johnson was thinking about the Mini Rice Cakes on his way to work and had 36 Mini Cakes as soon as he got to the Firehouse. How many total Calories did he consume?

- a. 140
- b. 240
- c. 280
- d. 210

8. How much more Sodium did FF Johnson have than FF Harris?

- a. 385 mg
- b. 435 mg
- c. 345 mg
- d. 410 mg

9. FF Johnson bragged to FF Harris that he had eaten less Total Carbohydrates than her. How much less Total Carbs had he eaten?

- a. 34.5 g
- b. 93 g
- c. 43.5 g
- d. 85.5 g

10. FF Harris reminded FF Johnson that carbs are 'Fuel for the Fire Floor' and that in addition she had eaten more Protein than him as well which would help her build more muscle. How much more protein did she have?

- a. 4 g
- b. 3 g
- c. 5 g
- d. 6g

HELPFUL WEBSITES

THE FOLLOWING WEBSITES MAY PROVIDE ADDITIONAL HELP

MATH WEBSITES

<http://www.howtostudy.org>

<http://mathforum.org/teachers/adult.ed/>

<http://www.themathpage.com/index.html>

READING COMPREHENSION WEBSITES

<http://www.majortests.com/sat>

<http://fcit.usf.edu/fcat10r/home/practice-tests>

http://www.ets.org/toefl/pbt/prepare/sample_questions/reading_comprehension_practice_section

**ALL VIDEOS REFERENCED IN THIS BOOKLET
CAN BE FOUND @ www.youtube.com, BY
TYPING THE EXACT VIDEO NAME INTO THEIR
SEARCH ENGINE.**

How to Replace and Install a Kitchen Sink

You have just watched the video titled "HOW TO REPLACE AND INSTALL A KITCHEN SINK" by Lowes (6:01). The following multiple choice questions are based on that video. Please select the answer that best fits the Question. Good luck!

1. What is the skill level required for replacing a kitchen sink?
 - a. Beginner
 - b. Novice
 - c. Intermediate
 - d. Expert

2. What are the two most common types of kitchen sinks?
 - a. Under Mount and Cast Iron
 - b. Slop Sink and Drop-In
 - c. Under Mount and Drop-In
 - d. Slop Sink and Under Mount

3. How are Under Mount sinks installed?
 - a. Under the faucet
 - b. Above the water shut off
 - c. Beneath the counter
 - d. Beneath the water shut off

4. After watching this video you should know that under mount sinks should only be installed with.....
 - a. Under mount counters
 - b. Stainless steel counters
 - c. Formica counters
 - d. Solid surface and natural counters

5. Drop-in sinks can be installed on what type of counter surfaces
 - a. On most kinds of surfaces
 - b. Stainless steel counters only
 - c. Solid surface counters only
 - d. Formica Counters only

6. What are the measurements of most sinks?
 - a. 33"x22"x8.0" deep
 - b. 36"x22"x 20" deep
 - c. 33'x22'x18' deep
 - d. 22'x33"x8.0 deep

7. What is the easiest way to install a new faucet to a sink?
 - a. While the sink is still in the cabinet
 - b. After the new sink has been installed
 - c. When the sink is removed from the cabinet
 - d. Before the counter top is in place

How to Replace and Install a Kitchen Sink

8. What materials and Tools are needed to plumb the drain?
 - a. Drain pipe & fittings and a hacksaw
 - b. Fittings & hacksaw Plumbers glue & Drain pipe
 - c. Plumbers putty, Drain pipe, glue, hacksaw
 - d. Drain pipe, propane torch, hacksaw, fittings
9. When removing the sink, where would you locate the valves to turn off the water to the sink? (There may be more than one answer)
 - a. Under the sink
 - b. At the main valve
 - c. In the water closet
 - d. At the street shut off
10. What tool is needed to disconnect the water supply line from the faucet?
 - a. A pair of pliers
 - b. Adjustable wrench
 - c. Hacksaw
 - d. Monkey wrench
11. To remove the garbage disposal you should know the first thing to do is...
 - a. Disconnect the p-trap
 - b. Ensure the garbage disposal is clear of waste
 - c. Turn of power
 - d. Cut the power cord
12. You are instructed to Disconnect the p-trap using the following tool.
 - a. Pipe wrench
 - b. A pair of pliers
 - c. Adjustable pliers
 - d. Screw driver
13. What two steps must be completed before removal of the garbage disposal?
 - a. Disconnect dishwasher drain, & pipe that leads to the old unit
 - b. Remove sink and disconnect hoses
 - c. Disconnect dishwasher drain, & remove drain spout
 - d. Remove power to disposal unit
14. If you don't have the manufacturer's instructions for removing the disposal unit, what should be done?
 - a. Call the company for instructions
 - b. Remove power to disposal unit
 - c. Check www.Lowes.com
 - d. Check the manufactures website

How to Replace and Install a Kitchen Sink

15. Once all drains and fixtures are disconnected from the old sink, what is the next step in sink removal?
 - a. Remove the caulking from around the sink
 - b. Remove the metal clips that attach the sink to counter top
 - c. Connect the metal clips that attach the sink to counter top
 - d. Drain any excess water into a catch basin
16. If the sink has a bead of caulk around rim, what tool should be used to remove it?
 - a. Hacksaw
 - b. Putty knife
 - c. Utility knife
 - d. Caulking scrapper
17. What tool should be used to clean the counter top once the sink has been removed?
 - a. Steel wool
 - b. Caulking scrapper
 - c. Putty knife
 - d. Utility knife
18. Before you prep the new sink for installation how do you check to ensure the sink will fit in the old opening?
 - a. Measure the opening again to check its size
 - b. Place the new sink in the old opening
 - c. Cut the counter top to give more space for the new sink
 - d. Did not mention in the video
19. After pulling the new sink from the opening what is the first step in prepping it for installation?
 - a. Attach the metal clips on the underside of the sink
 - b. Attach the Faucet to sink
 - c. Connect the disposal to sink
 - d. Apply silicone to underside of sink
20. Where is the plumbers putty used?
 - a. On the underside of the sink
 - b. Under the faucet
 - c. Around the drain opening on the top of the sink
 - d. On the underside of the sink rim

How to Replace and Install a Kitchen Sink

21. When placing the gaskets & flange, you are instructed to install them at which location?
- a. Underside of the faucet
 - b. Underside of the sink
 - c. Underside of disposal unit
 - d. Inside of the sink
22. Where is the silicone applied?
- a. Around the faucet
 - b. Between the disposal and sink
 - c. The underside of the sink rim
 - d. Under the sink counter
23. What is one solution to the problem of a pipe being too long for the new sink installation?
- a. Cut the pipe with a hacksaw
 - b. Did not mention in this video
 - c. Call a plumber
 - d. Take it to Lowe's
24. When you turn the water supply back on, what should you check for?
- a. Air leaks
 - b. Pressure leaks
 - c. Water leaks
 - d. Clogs

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HOW TO INSTALL A PORCELAIN OR CERAMIC TILE FLOOR

You have just watched the video titled "HOW TO INSTALL A PORCELAIN CERAMIC TILE FLOOR" by Lowes (5:54). The following multiple choice questions are based on that video. Please select the answer that best fits the question. Good luck!

- 1. In which of the following rooms is the tile floor being laid?**
 - a. dining room**
 - b. living room**
 - c. kitchen**
 - d. family room**
- 2. What kinds of flooring are durable and easy to clean? There maybe more than 1 answer.**
 - a. porcelain tile**
 - b. petrified cork tile**
 - c. ceramic tile**
 - d. vinyl tile**
- 3. What kind of pattern will be used in installing the floor?**
 - a. diamond**
 - b. stacked**
 - c. straight**
 - d. stairstep**
- 4. What size tiles will be used?**
 - a. 12x12 inches**
 - b. 13x13 cm**
 - c. 12x12cm**
 - d. 13x13 inches**
- 5. Which of the following tools is not used to install floor tile?**
 - a. tape measure**
 - b. notched trowel**
 - c. hammer**
 - d. tile cutter**
- 6. Name two tools that can be used to cut tile.**
 - a. a tile cutter**
 - b. a tile scorer**
 - c. a carbide tip utility knife**
 - d. a saw**
- 7. What are some of the materials you need to lay a tile floor?**
 - a. tile edging metal strips, moulding, and transitions**
 - b. dividers, transitions, and moulding**
 - c. spacers, dividers, and tile edging metal strips**
 - d. transitions, dividers, and tile edging metal strips**

HOW TO INSTALL A PORCELAIN OR CERAMIC TILE FLOOR

8. Where can you find tools and materials needed to complete a tile project?
- a. homedepot.com/videos
 - b. you tube
 - c. lowes.com/howto's
 - d. lowes.com/videos
9. Who can you contact if you are not confident about installing a tile floor?
- a. your local handyman
 - b. a licensed contractor
 - c. a Lowes associate
 - d. the customer service number on the back of the tile box
10. Prior to laying down tile, the installer should make sure that the sub-floor is:
- a. uniformed, leveled, has proper thickness, and is in good condition
 - b. secured, glued down, has proper thickness, and in good condition
 - c. screwed down, uniformed, on top of linoleum, duck taped together
 - d. uniformed, glued down, on top of linoleum, and in good condition
11. The installer is instructed to use a _____ to ensure that the tile is laid square to a room.
- a. t-square
 - b. reference line
 - c. parallel line
 - d. level
12. In what direction should an installer start laying down tile?
- a. Along the most squared wall and work outward
 - b. At the entrance way of the room and work outward
 - c. In the most convenient location in the room and work outward
 - d. In the center of the room and work outward
13. What should the installer do if there is a color difference between the tiles?
- a. Examine all the boxes to ensure that they are the same color and same lot.
 - b. Remove the tiles from all the boxes and mix them up.
 - c. Return the discolored tiles to Lowes.
 - d. Contact the tile manufacturer for instructions.
14. What is the purpose of beginning a tile installation in the center of a room?
- a. Full tiles should be laid in the center of the room and cut tiles laid along the edge.
 - b. To keep the installer from making a lot of cuts.
 - c. It's just easier to start at the center of the room.
 - d. Cut tiles should be laid in the center of the room and full tiles are laid along the edge.

HOW TO INSTALL A PORCELAIN OR CERAMIC TILE FLOOR

15. The tile is secured to the floor by using what type of material?
- a. Mastic glue
 - b. Cement
 - c. Thin set mortar
 - d. Ceramic adhesive
16. When spreading thin set, the installer should work within a _____ section.
- a. 2 ft
 - b. 3 ft
 - c. 4 ft
 - d. 4 ½ ft
17. Once the thin set mortar is down, the installer should comb over the thin set with _____.
- a. a side of the grout float at a 35 degree angle
 - b. the notched end of the trowel at a 45 degree angle
 - c. the notched end of the trowel at a 35 degree angle
 - d. the side of the grout float at a 45 degree angle
18. Once the installed tiles are set, what tool would you use to ensure a floor without high spots?
- a. A level
 - b. A balancing stick
 - c. A rubber mallet
 - d. Was not mentioned in this video
19. What tool do you use to make small straight cuts in a tile?
- a. A saw
 - b. A tile Cutter
 - c. A utility knife fitted with a porcelain blade
 - d. A glass cutter fitted with a porcelain blade
20. For larger jobs, what tool allows you to cut tile faster and easier?
- a. A saw
 - b. A tile Cutter
 - c. A utility knife fitted with a porcelain blade
 - d. A glass cutter fitted with a porcelain blade
21. How much time does it take for thin set mortar to dry?
- a. At least 72 hrs
 - b. No more than 24 hrs
 - c. At least 24 hrs
 - d. No more than 72 hrs

HOW TO INSTALL A PORCELAIN OR CERAMIC TILE FLOOR

22. Pick at least 6 tools that you need to grout a floor?

- a. rubber float
- b. buckets
- c. sponges
- d. water
- e. grout sealer
- f. grout
- g. spacers
- h. haze remover
- i. grout bonder
- j. grout color dye
- k. grout smoother

23. What tool do you use to apply grout?

- a. A rubber trowel
- b. A grout sealer
- c. A rubber grout float
- d. A grout bonder

24. What consistency does the grout manufacturer usually call for?

- a. a paste like consistency of tooth paste
- b. a paste like consistency of peanut butter
- c. a paste like consistency
- d. a paste like consistency of the thin set mortar

25. How long should heavy traffic be avoided after grouting a tile? (There may be more than one answer).

- a. 24 hrs
- b. 36 hrs
- c. 3 days
- d. 72 hrs

26. What product do you use to remove grout residue from the floor after wiping it down with water?

- a. Haze remover
- b. Residue remover
- c. Paint remover
- d. Tile Shiner

27. How long does grout take to completely cure?

- a. About 3 weeks
- b. About 72hrs
- c. About 3 days
- d. About 3 months

28. What should be the last step after sealing the grout on a new tile floor?

- a. Testing to see if the tile moves by walking on the floor.
- b. Attaching trim work & transition strips.
- c. Checking to see if the floor remained level.
- d. Applying Spic-n-Span tile wax.

Replacing and Installing a Toilet

You have just watched the video titled “Replacing and Installing a Toilet” by Lowes (6:06). The following multiple choice questions are based on that video. Please select the answer that best fits the Question. Good luck!

1. Which of the following tools is not needed to replace or install a new toilet?
 - a. Silicone sealant
 - b. Mapp Gas Torch
 - c. Mini hacksaw
 - d. Level

2. What is the first thing you need to do when considering a new toilet installation?
 - a. Take measurements
 - b. Buy a new toilet
 - c. Shut off the water
 - d. Remove old toilet

3. What are most toilets made of?
 - a. Glass
 - b. Clay
 - c. Ceramic
 - d. Marble

4. In order to buy the correct size toilet you should measure the distance between which two points?
 - a. The closet bolt to the wall
 - b. The closet bolt to baseboard
 - c. The tank to wall
 - d. The tank to baseboard

5. What should you check for before you remove the existing toilet?
 - a. Reference number
 - b. What size is it
 - c. Leaks
 - d. Cracks

Replacing and Installing a Toilet

6. What is the first thing you remove from the toilet?
 - a. Toilet seat
 - b. Tank top lid
 - c. Water Supply
 - d. Toilet bowl

7. When do you shut off the water supply to toilet?
 - a. When you go to the hardware store to buy it
 - b. After you remove the toilet
 - c. After you remove the tank top lid
 - d. You don't need to shut it off

8. What tool do you use to remove any excess water from the bowl?
 - a. Garden hose
 - b. With your hands
 - c. Use a sponge or towel
 - d. Just flip the toilet upside down.

9. What should be done if the closet bolts do not loosen and just spin?
 - a. Use a drill
 - b. Use a hammer
 - c. Use a mini hacksaw
 - d. Just pull real hard.

10. When turning toilet's water supply off, which way do you turn the knob?
 - a. Pull
 - b. Left
 - c. Right
 - d. Push

11. Why does he suggest that the tank be left on the bowl, instead of removing it?
 - a. The bolts might be rusted
 - b. You don't want to crack the tank
 - c. There is no need to
 - d. There is no way of taking them apart

Replacing and Installing a Toilet

12. What height should the water tank be filled to?
- To within $\frac{1}{2}$ inch of the overflow tube
 - 2 $\frac{1}{2}$ inches below
 - It doesn't really matter
 - There is no over flow tube
13. What tool do you use to remove any excess water from the tank?
- A sponge and small cup
 - A sponge and bucket
 - A towel and bucket
 - A towel or rag
14. Why is a cloth or rag placed in sewer pipe drain?
- To cover opening and keep small toilet bowl parts from falling in
 - To block water from shooting out of opening
 - To keep the area clean
 - To block sewer gases from coming back through pipe
15. Is rubber gasket installed on outlet of holding tank or on bowl, and why?
- It's installed on outlet of holding tank, it makes it easier
 - If placed on the bowl installation would be impossible
 - If placed on the bowl the ceramic might crack
 - Installing on holding tank eliminates risk of cracking
16. Why shouldn't the bolts on the toilet bowl be over tightened?
- The bolts might break
 - The ceramic will break
 - The ceramic tile might break
 - It will be difficult to remove
17. Why should the new wax ring be allowed to warm up to room temperature?
- It will break if it is too cold
 - Its harder to work with if it is warm
 - It is easier to work with if it is warm
 - It is impossible to work with if it is too cold

Replacing and Installing a Toilet

18. Why should the wax ring be centered on the flange and not the toilet bowl?
- If centered on the toilet bowl the toilet will not function correctly
 - It will help hold and center the closet bolts
 - It will help level the float
 - It will make it easier to reach water shut-offs
19. When the toilet is placed onto the flange and wax ring, why should you push down on the toilet?
- To make sure the toilet bowl never moves again
 - To test its sturdiness
 - To seal the wax ring into place
 - To see how much weight the toilet can support
20. After placing washers and nuts onto closet bolts why should you tighten the bolts in an alternating pattern?
- This applies an uneven pressure which will prevent bowl from cracking
 - This applies no pressure which will prevent the bowl from cracking
 - This applies an even pressure at the base which will help prevent cracking
 - This applies intense pressure at the base which will prevent cracking
21. How is the newly installed toilet checked for leaks?
- Eyeball the connections
 - Give toilet a flush test
 - Attempt to rock bowl from side to side to detect movement
 - Pour a bucket of water into the toilet
22. What is the last step to do when installing a toilet bowl?
- Have a seat
 - Seal base of toilet with silicone sealant
 - Seal base of toilet with plumbers putty
 - Tighten nuts on seat

Pain Relievers Comprehension Quiz

Directions: Read the information taken from the pain reliever bottles and answer the questions.

Medicine A - Aspirin

Drug Facts	
Active ingredient (in each tablet)	Purpose
Aspirin 325 mg	Pain reliever/ fever reducer
Uses	
provides temporary relief of	
<ul style="list-style-type: none"> ■ headache ■ pain and fever of colds ■ toothache ■ menstrual pain ■ muscle pain ■ minor pain of arthritis 	
Warnings	
<p>Reye's syndrome: Children and teenagers who have or are recovering from chicken pox or flu-like symptoms should not use this product. When using this product, if changes in behavior with nausea and vomiting occur, consult a doctor because these symptoms could be an early sign of Reye's syndrome, a rare but serious illness.</p>	
<p>Alcohol warning: If you consume 3 or more alcoholic drinks every day, ask your doctor whether you should take aspirin or other pain relievers/fever reducers. Aspirin may cause stomach bleeding.</p>	
<p>Ask a doctor before use if you have</p> <ul style="list-style-type: none"> ■ asthma ■ stomach problems that persist or recur ■ ulcers ■ bleeding problems 	
<p>Stop use an ask a doctor if</p> <ul style="list-style-type: none"> ■ pain worsens or lasts more than 10 days ■ fever worsens or lasts more than 3 days ■ new symptoms occur ■ redness or swelling is presents ■ ringing in the ears or loss of hearing occurs 	
Directions	
<ul style="list-style-type: none"> ■ adults: 1 to 2 tablets with water. Dosage may be repeated every 4 hours, not to exceed 12 tablets in 24 hours. ■ children under 12: consult a doctor. 	

Medicine B – Acetaminophen

Drug Facts	
Active ingredient (in each gelcap)	Purpose
Acetaminophen 500 mg	Pain reliever/ fever reducer
Uses	
<ul style="list-style-type: none"> ■ temporarily relieves minor aches and pains due to headache, muscular aches, backache, the common cold, toothache, menstrual cramps, minor pain of arthritis ■ temporarily reduces fever 	
Warnings	
<p>Alcohol warning: If you consume 3 or more alcoholic drinks every day, ask your doctor whether you should take acetaminophen or other pain relievers/fever reducers. Aspirin may cause liver damage.</p>	
<p>Overdose warning: Taking more than the recommend dose (overdose) may cause liver damage. In case of overdose, get medical help or contact a Poison Control Center right away. Quick medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms.</p>	
Directions	
<ul style="list-style-type: none"> ■ do not take more than directed (see overdose warning) ■ adults and children 12 years and over: take 2 gelcaps every 4 to 6 hours as needed. Do not take more than 8 gelcaps in 24 hours. ■ children under 12 years: do not use this adult Extra Strength product in children under 12 years of age; this will provide more than the recommended dose (overdose) of acetaminophen and may cause liver damage. 	

Pain Relievers Comprehension Quiz

- Which medicine relieves pain from toothaches?
a. Aspirin b. Acetaminophen c. Both medicines d. Neither medicine
- Which medicine should **not** be used by children recovering from chicken pox or flu-like symptoms?
a. Aspirin b. Acetaminophen c. Both medicines d. Neither medicine
- Which medicine comes in gelcaps?
a. Aspirin b. Acetaminophen c. Both medicines d. Neither medicine
- Which medicine comes in a 400 mg single dose?
a. Aspirin b. Acetaminophen c. Both medicines d. Neither medicine
- Which medicine may cause stomach bleeding if taken with alcohol?
a. Aspirin b. Acetaminophen c. Both medicines d. Neither medicine
- What is the maximum recommended dose of medicine A, aspirin, that an adult may take in a 24 hour period?
a. 2 tablets b. 4 tablets c. 8 tablets d. 12 tablets
- Which medicine may cause liver damage if it is misused?
a. Aspirin b. Acetaminophen c. Both medicines d. Neither medicine
- Which medicine should not be taken by people who consume more than three alcoholic drinks a day without consulting a doctor?
a. Aspirin b. Acetaminophen c. Both medicines d. Neither medicine
- A person with asthma should talk to a doctor before taking which medicine?
a. Aspirin b. Acetaminophen c. Both medicines d. Neither medicine
- How often may an adult take 1 to 2 tables of medicine A, the aspirin?
a. Every 2 hours b. Every 4 hours c. Every 6 hours d. Every 24 hours
- What is the maximum recommended dose of medicine B, acetaminophen, that an adult may take in a 24 hour period?
a. 2 gelcaps b. 4 gelcaps c. 6 gelcaps d. 8 gelcaps
- Which medicine may cause liver damage in a child less than 12 years of age?
a. Aspirin b. Acetaminophen c. Both medicines d. Neither medicine
- Which medicine may be used to relieve minor pain from arthritis?
a. Aspirin b. Acetaminophen c. Both medicines d. Neither medicine
- Which medicine should a child less than 12 years of age take without speaking to a doctor?
a. Aspirin b. Acetaminophen c. Both medicines d. Neither medicine
- Which medicine can be used to temporarily relieve pain and fever?
a. Aspirin b. Acetaminophen c. Both medicines d. Neither medicine

Nutrition Facts Comprehension Quiz

Directions: Compare the nutritional value of the four items & respond to the questions.

Item A - Vegetable Chips

Nutrition Facts	
Serving Size 1 oz (28g/about 14 chips)	
Servings Per Container about 8	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Value*	
Total Fat 9 g	14%
Saturated Fat 1 g	5%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 150 mg	6%
Total Carbohydrate 16 g	5%
Dietary Fiber 3 g	12%
Sugars 3 g	
Protein 1 g	
Vitamin A 8%	Vitamin C 8%
Calcium 2%	Iron 2%

Item B - Rice Cakes

Nutrition Facts	
Serving Size 18 Mini Cakes (30g)	
Servings Per Container about 6	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5 g	8%
Saturated Fat 0.5 g	4%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 410 mg	17%
Total Carbohydrate 21 g	7%
Dietary Fiber 1 g	4%
Sugars 1 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

Item C - Fruit & Nut Trail Mix

Nutrition Facts	
Serving Size 1/3 cup (44g)	
Servings Per Container about 21	
Amount Per Serving	
Calories 170	Calories from Fat 40
% Daily Value*	
Total Fat 4.5 g	7%
Saturated Fat 2 g	11%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 30 mg	1%
Total Carbohydrate 31 g	10%
Dietary Fiber 2 g	8%
Sugars 22 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%

Item D - Pretzel Twists

Nutrition Facts	
Serving Size 1 oz. (About 8 pretzels)	
Servings Per Container about 10	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 230 mg	10%
Total Carbohydrate 23 g	8%
Dietary Fiber 1 g	4%
Sugars 3 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

Nutrition Facts Comprehension Quiz

Which item has the **most** sugars per serving?

- a. Vegetable Chips b. Rice Cakes c. Fruit & Nut Trail Mix d. Pretzel Twists

2. Which item has the **fewest** calories per serving?

- a. Vegetable Chips b. Rice Cakes c. Fruit & Nut Trail Mix d. Pretzel Twists

3. Which item has the **most** total fat per serving?

- a. Vegetable Chips b. Rice Cakes c. Fruit & Nut Trail Mix d. Pretzel Twists

4. Which item contains the **most** iron?

- a. Vegetable Chips b. Rice Cakes c. Fruit & Nut Trail Mix d. Pretzel Twists

5. Which item contains the **least** iron?

- a. Vegetable Chips b. Rice Cakes c. Fruit & Nut Trail Mix d. Pretzel Twists

6. Which item has the **most** saturated fat per serving?

- a. Vegetable Chips b. Rice Cakes c. Fruit & Nut Trail Mix d. Pretzel Twists

7. Which item has the **most** sodium per serving?

- a. Vegetable Chips b. Rice Cakes c. Fruit & Nut Trail Mix d. Pretzel Twists

8. Which item has the **most** Vitamin C per serving?

- a. Vegetable Chips b. Rice Cakes c. Fruit & Nut Trail Mix d. Pretzel Twists

9. Which item has the **most** fiber per serving?

- a. Vegetable Chips b. Rice Cakes c. Fruit & Nut Trail Mix d. Pretzel Twists

10. Which item has the greatest amount of Calories from Fat per serving?

- a. Vegetable Chips b. Rice Cakes c. Fruit & Nut Trail Mix d. Pretzel Twists

11. How many grams of carbohydrates are in a serving of item C, the Fruit & Nut Trail Mix?

- a. 30 b. 23 c. 3 d. 31

12. How many calories from fat are in a serving of item B, the Rice Cakes?

- a. 140 b. 80 c. 40 d. 45

13. What *percent* of the recommended daily allowance of total fat is in a serving of item B, Rice Cakes?

- a. 5 b. 8 c. 0.5 d. 4

14. Which item contains 230 mg of sodium in each serving?

- a. Vegetable Chips b. Rice Cakes c. Fruit & Nut Trail Mix d. Pretzel Twists

15. How many grams of carbohydrates make up 7% of the recommended daily allowance?

- a. 16 b. 7 c. 21 d. 31

Answer Key Sheet

Natural Born Killers pg 23

- | | |
|-------|-------|
| 1.) a | 5.) c |
| 2.) b | 6.) b |
| 3.) a | 7.) b |
| 4.) b | 8.) d |

Basic Math pg 29

- | | |
|-------|--------|
| 1.) c | 6.) d |
| 2.) c | 7.) c |
| 3.) b | 8.) a |
| 4.) a | 9.) d |
| 5.) c | 10.) c |

Pain Relievers pg 61

- | | |
|-------|--------|
| 1.) c | 9.) a |
| 2.) a | 10.) b |
| 3.) b | 11.) d |
| 4.) d | 12.) b |
| 5.) a | 13.) c |
| 6.) d | 14.) d |
| 7.) b | 15.) c |
| 8.) d | |

Nutrition Facts pg 65

- | | |
|-------|--------|
| 1.) c | 9.) a |
| 2.) d | 10.) a |
| 3.) a | 11.) c |
| 4.) d | 12.) d |
| 5.) b | 13.) b |
| 6.) c | 14.) d |
| 7.) b | 15.) c |
| 8.) a | |

HOW TO INSTALL A PORCELAIN OR CERAMIC TILE FLOOR pg 47

- | | | | |
|-----------------|--------------|-------------------------------|------------------|
| 1. C (0:25) | 9. C (1:55) | 17. B (2:55) | 25. C & D (5:08) |
| 2. A & C (0:15) | 10. A (2:04) | 18. A. (3:39) | 26. A (5:00) |
| 3. B (0:58) | 11. B (2:14) | 19. A & B (4:00) | 27. A (5:08) |
| 4. A (0:58) | 12. D (2:20) | 20. A (4:00) | 28. B (5:15) |
| 5. C (1:13) | 13. B (2:30) | 21. C (4:18) | |
| 6. A & D (1:34) | 14. A (2:20) | 22. A, B, C, E, F, & H (4:25) | |
| 7. A (1:42) | 15. C (2:40) | 23. C (4:47) | |
| 8. D (1:45) | 16. B (2:50) | 24. C (4:44) | |

HOW TO DO CPR ON AN INFANT pg 11

- | | | | |
|-------------|--------------|--------------|------------------|
| 1. D (0:15) | 8. D (1:54) | 15. D (2:55) | 22. C (4:15) |
| 2. A (0:15) | 9. B (2:09) | 16. B (3:14) | 23. B & D (4:15) |
| 3. A (0:29) | 10. B (2:17) | 17. C (3:25) | 24. B (4:28) |
| 4. C (0:42) | 11. D (2:36) | 18. A (3:30) | 25. F (4:35) |
| 5. B (1:05) | 12. B (2:36) | 19. B (3:50) | 26. B (4:55) |
| 6. C (1:35) | 13. B (2:40) | 20. C (4:07) | |
| 7. C (1:35) | 14. B (2:28) | 21. B (4:07) | |

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|-------------|--------------|--------------|--------------|
| 1. B (1:00) | 7. C (2:27) | 13. B (2:40) | 19. C (4:48) |
| 2. A (1:42) | 8. C (2:53) | 14. D (3:40) | 20. C (4:58) |
| 3. C (2:16) | 9. C (3:23) | 15. A (4:03) | 21. B (5:28) |
| 4. A (1:46) | 10. C (2:31) | 16. B (4:16) | 22. B (5:30) |
| 5. D (2:14) | 11. A (3:07) | 17. C (4:30) | |
| 6. B (2:23) | 12. A (5:25) | 18. B (4:37) | |

HOW TO REPLACE AND INSTALL A KITCHEN SINK pg 37

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|--------------|-----------------|--------------|--------------|
| 1. C (0:26) | 6. A (0:53) | 11. C (2:35) | 16. C (3:09) |
| 2. C (0:30) | 7. C (1:25) | 12. B (2:40) | 17. C (3:22) |
| 3. C (0:30) | 8. A (2:10) | 13. A (2:45) | 18. B (3:28) |
| 4. D (0:35) | 9. A & B (2:15) | 14. D (2:55) | 19. A (3:37) |
| 5. A (0:40) | 10. B (2:17) | 15. B (3:00) | 20. C (3:43) |
| 21. B (3:53) | | | |
| 22. C (4:04) | | | |
| 23. A (4:32) | | | |
| 24. C (5:30) | | | |