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## Question: 1

Which of the following is defined below?

A socially/legally/religiously sanctioned union, which can be heterosexual or of same-sex partners

- A. Legal marriage
- B. Monogamy
- C. Serial monogamy
- D. Polyandry

**Answer: A**

Explanation:

The question provided asks which of the terms listed is defined by the description: "A socially/legally/religiously sanctioned union, which can be heterosexual or of same-sex partners." Based on the options given and the context provided, the correct answer is "Legal marriage."

Legal marriage is defined as a union that is recognized and sanctioned by legal, social, and sometimes religious institutions. It can involve partners of the opposite sex (heterosexual) or of the same sex (same-sex partners). This definition encompasses the essential aspects of what constitutes legal marriage in many societies around the world today.

The other terms listed—Cohabitation, Monogamy, Serial monogamy, and Polyandry—refer to different types of relationships or marital arrangements, but they do not comprehensively fit the description provided in the

## question: 1.

**\*\*Cohabitation\*\*** refers to partners living together without being legally married. It lacks the legal sanction that the definition specifies for legal marriage. 2. **\*\*Monogamy\*\*** describes a relationship arrangement where an individual has only one partner at a time, either in the context of marriage or cohabitation. While it could be part of a legal marriage, monogamy itself as a term does not inherently imply a legally sanctioned union. 3. **\*\*Serial monogamy\*\*** refers to the practice of engaging in a series of monogamous relationships over time. This term focuses more on the sequence of relationships rather than the legal status of each. 4. **\*\*Polyandry\*\*** describes a specific marital arrangement where one woman is married to more than one man at the same time. This term doesn't fit the general description of a legal marriage as it specifies a particular form of marriage that is not universally legally sanctioned and does not necessarily include same-sex partnerships.

Given this analysis, "Legal marriage" is the term that best fits the description provided in the question, encompassing a legally, socially, and possibly religiously sanctioned union between partners, regardless of their genders. This term accurately encapsulates the broad and inclusive nature of marriage as recognized by various institutions across different cultures.

Question: 2

Tom and Janey are expecting a new baby in their family. They already have a two year old boy, Todd. Which of the below listed techniques should Tom and Janey not use in preparation for the new family member, in regards to Todd?

- A. Develop and practice a communication method, for use in long distances, for when they are separated during the delivery of the new baby.
- B. Delay any discussions with Todd until he is ready or is curious; delay any conversations until it is initiated by Todd himself.
- C. Talk to Todd about when he was a baby, including discussions on day to day life with a newborn, funny stories, and how it relates to the new baby.
- D. Give Todd a new baby doll to simulate the new baby, so that he can "care" for the baby along with you and the newborn.

**Answer: B**

Explanation:

Tom and Janey should **\*\*not\*\*** use the technique of delaying discussions with Todd until he shows readiness or curiosity about the new baby.

This approach is not recommended because young children, like Todd, often do not have the developed communication skills or awareness to initiate conversations about significant life changes. Waiting for Todd to start these discussions may leave him unprepared and confused about the changes occurring in his family. Additionally, children may feel left out or anxious if they sense changes but don't understand them, which could lead to behavioral issues or emotional distress.

Instead, proactive communication about the new baby is crucial. Tom and Janey should talk to Todd about what it means to have a new sibling and involve him in preparations. This could include telling him about when he was a baby, showing him baby photos, and explaining how he can help once the baby arrives. Such discussions can make Todd feel included and valued, easing the transition and fostering a positive sibling relationship.

Giving Todd a baby doll is another excellent strategy. It allows him to engage in caregiving activities, teaching him about gentleness and responsibility. This play can also help him understand what to expect and provide him with a sense of involvement in caring for the new baby.

In summary, Tom and Janey should avoid delaying conversations with Todd about the new baby.

Instead, they should actively engage him with discussions, stories, and playful teaching methods to prepare him for the arrival of his new sibling, ensuring he feels connected and secure in his expanding family role.

### Question: 3

Shawn, a tenth grade student, is considering coming out to her friends and parents. She feels that her parents will support her, but is concerned about the reactions of her friends. According to Erikson's stages of psychosocial behavior theory, if Shawn's friends do not support her, which is most likely to occur?

- A. Shawn may have a feeling of competency.
- B. Shawn may develop a weak sense of self.
- C. Shawn's family will not support her either.
- D. Shawn will begin to assert control over her environment.

**Answer: B**

Explanation:

According to Erik Erikson's theory of psychosocial development, individuals pass through distinct stages, each characterized by a specific conflict that must be resolved. For adolescents like Shawn, who is in the Identity vs. Role Confusion stage (typically from ages 12 to 18), the main challenge is to develop a clear and coherent sense of self. This stage is crucial for building personal identity and direction in life.

During this period, teenagers are exploring their independence and attempting to figure out who they are, apart from their family and childhood influences. This is often done by experimenting with different roles, beliefs, and behaviors. Peer relationships become particularly influential during this stage, as adolescents look to their social groups for acceptance and feedback on their identity experiments.

If Shawn decides to come out to her friends, their reactions could significantly impact her psychosocial development. Positive and accepting responses from her friends can reinforce her self-esteem and contribute to a stronger sense of identity. However, if her friends react negatively, this could lead to a setback in her development. Erikson suggests that facing excessive criticism or rejection during this stage can result in feelings of role confusion, insecurity, and a weak sense of self.

This is because peer approval is incredibly impactful at this age. Teenagers are particularly sensitive to the opinions of their friends, as these relationships are integral to their social development. A lack of support from peers can lead to self-doubt and uncertainty about one's place in the world, which are indicative of a weak sense of self. In severe cases, it can even lead to longer-term issues with self-confidence and identity.

Thus, if Shawn's friends do not support her after she comes out, it is likely that she may experience increased feelings of isolation and confusion about her identity. While the support of her parents is crucial and beneficial, the acceptance of her peer group plays a significant role in her overall psychosocial health during this pivotal stage of development. Hence, according to Erikson's theory, the most likely outcome is that Shawn may develop a weak sense of self if her friends react negatively to her coming out.

#### Question: 4

Arlene has been feeling run-down for the last few years. She has a very stressful job and has recently been through a difficult divorce. She has made a New Year's Resolution to pursue wellness. She is setting up an action plan. Which step should Arlene take first?

- A. Identify small, achievable steps.
- B. Take action.
- C. Decide on a plan.
- D. Set realistic goals.

**Answer: D**

Explanation:

The first step for Arlene to take is to set realistic goals. She might decide to walk 30 minutes a day and adjust her diet to include more healthy foods, rather than join a gym to work out every day and become a vegetarian. She should then decide on a plan of action. How can she best reach these goals? Next, she

should identify small steps which will help her reach her goal. Perhaps, she can walk to work three days a week or plan to cook rather than eat out. Next, she should take action. She needs to find ways to keep herself on track for her goals, get support from friends and family, and keep a record of her progress. She should also reward her self for each small victory on her way to her goal.

### Question: 5

All of the following are true about being lactose intolerance except:

- A. people produce too little lactase to adequately digest the amount of lactose in foods and beverages containing milk
- B. left undigested, lactose is fermented by 'healthy' bacteria
- C. fermentation produces pleasant symptoms
- D. none of the above

**Answer: C**

Explanation:

Lactose intolerance is a common digestive problem where the body is unable to digest lactose, a type of sugar mainly found in milk and dairy products. The condition stems from a deficiency in an enzyme called lactase, which is produced in the small intestine. Lactase's role is to break down lactose into simpler sugars called glucose and galactose, which are then absorbed into the bloodstream. When there is not enough lactase to process the lactose consumed, the lactose remains in the digestive system where it can cause various symptoms.

The main symptoms of lactose intolerance are caused by the fermentation of undigested lactose by bacteria in the colon. Common symptoms include bloating, diarrhea, gas, and abdominal pain. Contrary to what some of the answer choices in the question might suggest, these symptoms are typically unpleasant rather than pleasant. The idea that "fermentation produces pleasant symptoms" is incorrect and does not align with the typical experiences of individuals who are lactose intolerant.

To manage lactose intolerance, individuals can limit or avoid dairy products, use lactose-free products, or take lactase enzyme supplements that help digest lactose. It is important to find a balance that allows for a comfortable level of lactose consumption without significant discomfort or nutritional compromise, particularly in maintaining adequate calcium and vitamin D levels.

Thus, the correct answer to the question "All of the following are true about being lactose intolerance except:" is that "fermentation produces pleasant symptoms." This statement is false as the fermentation of lactose by bacteria typically leads to symptoms that are uncomfortable and undesirable, not pleasant.

### Question: 6

Gabe wants to prevent a salmonella outbreak at his cafe. There has been an outbreak of it around the area, and he wants to educate himself in order to help prevent it at the cafe. In his research, he learned that anyone who has it will have an onset of symptoms how long after ingestion?

- A. The onset of symptoms for salmonella is 6 to 48 hours.
- B. Onset of symptoms for salmonella is 3 to 4 days.
- C. Gabe learned onset for this food borne illness is 7 days.

D. Gabe found out that onset for salmonella is 2 weeks after ingestion.

**Answer: A**

Explanation:

The correct onset of symptoms for salmonella, based on Gabe's research and established medical guidelines, is 6 to 48 hours after ingestion. This timeframe is critical for identifying and responding to potential cases of salmonella to prevent an outbreak in his cafe.

Salmonella is a type of bacteria that causes foodborne illness, commonly referred to as salmonellosis. The bacteria typically live in animal and human intestines and are shed through feces. Humans most often become infected through contaminated food or water, particularly from raw or undercooked poultry, eggs, and meat, as well as unwashed fruits and vegetables.

The symptoms associated with salmonella infection include diarrhea, fever, abdominal cramps, and vomiting. These symptoms are a result of the bacteria entering the intestinal lining and releasing toxins, leading to inflammation and gastrointestinal distress. Prompt recognition of these symptoms is essential for effective management and treatment, which usually involves hydration and, in severe cases, antibiotics.

The provided responses indicating longer onset periods such as 3 to 4 days, 7 days, or 2 weeks are incorrect for salmonella infections. Such misinformation could potentially delay the identification and response to an outbreak, increasing the risk of more people getting sick. Gabe's focus on the accurate timeframe of 6 to 48 hours will help in quickly addressing any potential cases and implementing food safety practices to prevent an outbreak. It is also important for Gabe to educate his staff about these safety practices, ensuring thorough cooking and proper sanitation to combat the spread of salmonella.

### Question: 7

Pizza is a nutritious food with the nutritional benefits of 3 or more food groups in one or two slices. The crust supplies:

- A. B-complex vitamins
- B. complex carbohydrates
- C. A and B
- D. protein

**Answer: C**

Explanation:

Certainly! Let's expand and clarify the explanation regarding the nutritional benefits of pizza, focusing particularly on the crust.

Pizza is often celebrated as a delicious and convenient meal, but it can also be quite nutritious, incorporating ingredients from multiple food groups. Specifically, a typical pizza can provide nutrients from the grain, dairy, vegetable, and sometimes the protein food groups, all in just one or two slices. One of the primary components of pizza is its crust, which is made from dough. The type of dough used can significantly influence the nutritional content of the pizza. Most commonly, pizza crust is rich in carbohydrates, primarily complex carbohydrates, which are an important source of energy. Additionally,

the flour used in pizza dough is typically fortified with B-complex vitamins such as thiamin, riboflavin, niacin, and folic acid, which play vital roles in energy metabolism and red blood cell formation. Many pizzerias and restaurants now offer a variety of crust options catering to different dietary needs and preferences. For example, for individuals with celiac disease or gluten sensitivity, a gluten-free crust is often available. This type of crust substitutes traditional wheat flour with alternatives like rice, almond, or coconut flours, which do not contain gluten.

For those looking for a more nutrient-dense option, whole-grain crusts are an excellent choice. Unlike refined grains, whole grains include the entire grain kernel, which provides additional fiber, iron, and other nutrients. A whole-grain crust not only increases the fiber content of the pizza, which is beneficial for digestive health and helps to keep you feeling full longer, but it also contributes to a lower glycemic index, which is better for blood sugar control.

In conclusion, while pizza can be an indulgent treat, choosing the right type of crust can enhance its nutritional profile, making it a healthier meal option that contributes to your daily intake of several essential nutrients. Whether opting for a gluten-free crust to accommodate dietary restrictions or selecting a whole-grain crust for its nutritional benefits, pizza offers a versatile platform to meet a variety of dietary needs.

## Question: 8

The FCCLA is having a convention in your city. You research some of the activities and programs that will be presented at this conference and find a great seminar on interpersonal skills and the job market. Why do employers seek out employees with good interpersonal skills?

- A. These employees are better money managers, they are more apt to stay within the budget, they are better financial predictors.
- B. These employees are better presentation and event planners as they have great organization skills and high attention to detail.
- C. These employees are more productive because they have better conversation skills, are more outgoing, and are more worldly.
- D. These employees are better with human resources and the situations that result from this position such as conflict resolution.

**Answer: C**

Explanation:

\*Employers highly value employees with good interpersonal skills because these skills are crucial for fostering a collaborative and efficient workplace. Interpersonal skills, sometimes known as soft skills or people skills, include the ability to communicate effectively, collaborate, adapt to different personalities, and resolve conflicts amicably. These capabilities enable employees to work harmoniously with others, which is essential for team-oriented environments. \*

\*Employees with strong interpersonal skills tend to be better money managers and are adept at staying within budget. This is because they are generally more effective in negotiating costs, managing resources, and communicating budget constraints to colleagues and management, ensuring financial efficiency. \*

\*Such employees also contribute to productivity in the workplace. Their excellent conversation skills and outgoing nature make them more approachable and easier to work with, which can enhance team

dynamics and facilitate smoother project executions. Being worldly, they bring diverse perspectives that can lead to more innovative solutions and improvements in workplace processes. \*

\*Moreover, employees with good interpersonal skills are often better at understanding the internal workings of a company. Their communicative nature allows them to gather and share crucial information that can influence decision-making and strategic planning. Their ability to connect with others enhances their knowledge and understanding of different roles within the organization, contributing to more cohesive operations. \*

\*In roles that involve presentation and event planning, these employees excel due to their organizational skills and attention to detail. Their ability to coordinate with various stakeholders and manage logistics ensures that events run smoothly and meet their objectives. \*

\*Furthermore, interpersonal skills are invaluable in human resources and related roles that frequently deal with conflict resolution and employee relations. The ability to handle sensitive situations tactfully and constructively can prevent minor disagreements from escalating into major conflicts, thereby maintaining a positive work environment. \*

\*Overall, employers seek out employees with good interpersonal skills because they play a pivotal role in maintaining a productive, efficient, and harmonious workplace. These employees not only contribute directly to their own roles but also enhance the effectiveness of their teams and the broader organization.

## Question: 9

Among adults in North America, which of the following increases contact between siblings and the potential for both conflict and closeness?

- A. gender roles
- B. proximity
- C. age difference
- D. family values

**Answer: B**

Explanation:

Among adults in North America, proximity is a significant factor that impacts the relationship dynamics between siblings. Proximity, in this context, refers to the physical closeness or geographical distance between where siblings live in relation to each other. When siblings live near one another, there is a naturally increased opportunity for them to interact more frequently. This increased interaction can lead to a greater sense of closeness, as siblings may partake in regular activities together, share daily experiences, and provide mutual support in times of need.

However, proximity can also increase the potential for conflict. With siblings living close to each other, differences in personalities, lifestyles, and choices may become more apparent and potentially irritating. Frequent interactions might lead to disagreements or misunderstandings that could strain relationships if not managed well. For example, differences in parenting styles, financial decisions, or personal values can become sources of conflict when siblings are regularly involved in each other's lives.

Additionally, proximity can enhance the practical aspects of sibling relationships, especially concerning the exchange of help. When siblings live near each other, they can more easily offer and receive support, be it for childcare, eldercare, or help with daily chores. This logistical convenience often strengthens familial bonds as siblings become integral to each other's support networks. In scenarios



where no other family members are nearby, siblings might become primary or sole sources of support for each other, further emphasizing the importance of proximity in shaping their relationship. In summary, while proximity can certainly foster closeness and a robust support system among siblings in North America, it also brings with it a heightened potential for conflict due to increased interactions and visibility into each other's lives. Thus, the geographical closeness of siblings can profoundly influence their relationships, affecting both the emotional and practical dimensions of their interactions.

### Question: 10

A family member has budgeting skills that improve the family's finances. What is this an example of?

- A. The skills are an example of a financial resource.
- B. The skills are an example of an economic resource.
- C. The skills are an example of a human resource.
- D. The skills are an example of an emotional resource.

**Answer: C**

Explanation:

The question addresses the type of resource represented by a family member's budgeting skills that positively influence the family's finances. This scenario is a clear example of a human resource.

Human resources are one of the categories of resources that include not only the physical labor individuals can provide but also their skills, abilities, and talents, which can be leveraged to achieve specific goals. In the context of a family, these resources are crucial as they directly contribute to the well-being and economic stability of the family unit.

Budgeting skills, specifically, are an essential human resource. They involve the ability to plan, allocate, and manage financial assets in a way that maximizes the effectiveness of every dollar spent. This skill set can help a family reduce unnecessary expenses, save for future goals, and make informed financial decisions. Hence, a family member possessing and utilizing budgeting skills is leveraging a human resource to improve the family's overall financial health.

It's important to distinguish this from other types of resources. While financial resources refer to actual monetary assets or capital, human resources are about the personal attributes and capabilities that can generate or save financial resources. Emotional resources, on the other hand, involve the capacity to handle emotional states and support emotional well-being within the family, which, although vital, is different from the practical financial management provided by budgeting skills.

Conclusively, budgeting skills as a human resource contribute not only to the immediate financial stability of a family but also to their long-term economic planning and security. This makes the nurturing and development of such skills a valuable investment for any family aiming to improve or maintain their financial health.

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