



HOME PERSONAL CARE AWARD

PROJECT: MY LAUNDRY

GOALS

- A. **LAUNDRY QUIZ:** Test your knowledge.
- B. **LAUNDRY CHALLENGE:** Complete all four.

A. LAUNDRY QUIZ

Clothing care is a skill you will use for the rest of your life. Some families work together to do laundry, others will do laundry for their children until they are a bit older. Take the following quiz to find out how much “clothing care” expertise you have. Some questions will test your knowledge; others test your usual habits.

1. T/F Washing my clothes only once a month is a great idea.
2. T/F Food stains from fruits, juices, and milk should be cleaned immediately.
3. T/F For best results, use liquid dish soap in the washer.
4. T/F Leaving my dirty clothes in a pile in my room is my usual practice.
5. T/F Dark clothes should always be washed in hot or warm water.
6. T/F Light colored clothing should be washed in hot or warm water.
7. T/F You should leave your clothes in the dryer for days and not worry about folding them right away.
8. T/F I have never helped my family with the laundry.
9. T/F Mud and dirt will never come out of clothing.
10. T/F White and dark clothing should be washed separately.

ANSWERS: 1: F 2: T 3: F 4: T/F 5: F 6: T 7: F 8: T/F 9: F 10: T

B. LAUNDRY CHALLENGE


Complete **all** of the following challenges. Have your parent or guardian supervise these activities.

Challenge #1—Work on Stains

Find a piece of clothing with one of the below stains. Prep at least one piece of clothing using the following tips.

1. *Fruit Juices.* Soak clothes in cold water for 30 minutes (don't use hot water!). Apply a small amount of white vinegar to the stain and let it sit for 30 minutes. Then machine wash.
2. *Tomato Sauce/Ketchup:* Spray on a stain remover or a small amount of liquid laundry detergent to the stain before putting in the washer.

NOTE: Even if your family does not ask you to wash your own clothing weekly, it is important to start learning how to care for clothing now! That way you can come to the rescue if a family member needs help!

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3. *Mud*: Brush off as much mud as possible and put liquid laundry detergent on beforehand to soak before you place in the washer.
 4. *Dairy Products*: Soak before washing for 30 minutes using a pre-wash spray.
 5. *Makeup*: Rub with a bar of soap or apply liquid detergent before washing.
 6. *Melted Crayon*: Scrape off as much crayon as possible. Place a paper towel over the crayon and ask a parent to place the iron over the paper towel. Replace paper towels frequently. Then wash.
 7. *Chocolate*: Soak in warm water with a prewash stain remover before washing.
 8. *Tape, Gum, or Adhesive*: Apply ice to harden the substance and scrape with a knife. Soak with a prewash stain remover then wash.

Challenge #2—Sort Clothing to Prepare for Washing

Sort your clothing by type to prepare for a load of laundry. Check those pockets, unroll and “un-bunch” your clothing, and sort your laundry into piles.

1. Check the pockets of your pants and jackets. You don’t want to wash your new lip balm or crayon with your clothes!
2. Unroll pants legs, shirtsleeves, and socks so they will get thoroughly cleaned.
3. Sort clothing by color and type.

Sorting Tips

- Place all your dark clothing together for a COLD wash
- Place all your bright colors (reds, pinks and more) together for a COLD wash.
- Place all of your lights and towels together for a WARM or HOT wash (be warned, cotton shrinks in heat so you still may want to wash cold).

TIP: Avoid quick dry fabrics, delicate fabrics, or dry clean clothing for this challenge. Keep it simple with towels, clothing, socks, and underwear.

Challenge #3—Wash and Dry Your Clothing

With adult supervision, learn how your washer and dryer work and run your first load.

Washing

1. Load one type of laundry (darks, colors, lights) into the washer and then choose your load size. Do not over-fill your washer.
2. Choose your fabric temperatures: darks (cold), colors (cold), lights/towels (warm/hot) and select your cycle speed and type. Ask a parent for advice based off your machine.
3. Add detergent based off laundry load size. Add fabric softeners or other enhancers as desired.

TIP: Choose your load size, fabric temperature, detergent, and cycle type and start your water before you add clothes. This allows the detergent to dissolve in the water.



Drying

1. Choose your dryer temperature.
 - If you washed in COLD water, dry at a lower setting.
 - If you washed in WARM or HOT water, you can use a high heat setting.
 - Ask parent for advice based off your dryer’s settings.
2. Add a dryer sheet if desired.
3. Load your laundry and turn on the dryer.

☐ Challenge #4–Fold, Hang and Store Clothing

Take a load of laundry you cleaned or a family member cleaned and store your clothing.

1. Immediately after drying (so clothes stay wrinkle-free), fold your clothes. Fold clothing that is stored in drawers and lay flat the clothing you will hang. Roll/fold your socks and stack your underwear.
2. Place your clean clothes in the right drawers.
3. Hang your clothing in the closet.

RESEARCH MORE

- *Tide.com* Look in the “Laundry Tips” section.
- *Stain Rescue!: The A-Z Guide to Removing Smudges, Spots & Other Spills (Good Housekeeping Institute)* by Anne Marie Soto
- *Field Guide to Stains* by Virginia M. Friedman and others

My child has successfully completed the Project Goals for the topic–My Laundry.

Adult Signature: _____ Date: _____

(Complete SIX projects to earn your PERSONAL CARE award)