#1  A thunderstorm knocked out the power. You forgot to buy new batteries for your flashlight. Skip 1 turn.	#5  How many days worth of food should you have in your 72-hour kits?
#2 Which term indicates that a particular weather phenomenon is occurring - watch or warning?	#6  How many months' salary should you save to have a year's supply of money?
Pages 128-129	
#3 If you are in your car and spot a tornado coming toward you, what should you do? a) try to outrun it in your car b) get out and run c) get out and get in a ditch or ground depression d) get out and take shelter in a sturdy	#7 What are four of the six areas of Personal and Family Preparedness?
structure. Page 133	www.simplyprepared.com
#4  If you are at home or work and a tornado warning is issued, what should you do?  a) run outside  b) go to an interior hall or closet on the lowest floor possible	#8  How many pounds of grains and grain products are recommended for a year's supply for one person?  Page 45
c) ignore the warning Page 133	BONUS: How much of it should be whole grains?  Page 51

#9	#13
How many pounds of powdered milk per person is recommended for storage?  Page 45	Your fruit trees produced so well that you had enough to can and to share. You are blessed with another turn.
BONUS: When can it be less? Page 51	
#10	#14
What is the minimum amount of gasoline to keep in your car to be prepared for emergencies?	You have been faithful about having Family Home Evening. You are blessed with another turn.
Pages 131, 143	
#11	#15
You use your food storage regularly. You are blessed with another turn.	Where should at least 1 copy of important records be stored?
	Page 247
#12	#16
You planted a garden and kept it weeded. You are blessed with another turn.	Name 2 ways to purify water.
	Page 109

#17 Name 2 emergency light sources.	#21  TRUE or FALSE  The creation of the earth can serve as a pattern for home storage and self-reliance.
Page 177-178	Page 12-13
#18  Name 2 emergency cooking methods.	#22 For having home and medical insurance, you are blessed with another turn.
Page 175-176	
#19 Name 2 emergency heat sources.	#23  Name one prophet in the Old Testament whose preparedness saved his family.
Page 178	Page 10
#20 When you have both a refrigerator/freezer and a free-standing freezer, in what order do you use refrigerated and frozen foods when the power goes out?	#24  Cite one instance in the Book of Mormon when the people were prepared to live without yearly crops for an extended period.
Page 179	Page 10

#25  COMPLETE: Wherefore, verily I say unto you that all things unto me are, and	#29  COMPLETE: But if any provide not for his, and specially for those of his own,
not at any time have I given unto you a law which was (D&C 29:34)	he hath the faith, and is worse than an (I Timothy 5:8)
Page 11, 294	Page 11, 292
#26	#30
COMPLETE: Preparedness, when properly pursued, is, not a sudden spectacular program. Spencer W. Kimball	COMPLETE: if ye are ye shall not (D&C 38:30)
Page 14, 294	Page 11
#27	#31
COMPLETE: Let every head of every household see to it that he has on hand enough and, and, where possible, also, for at least a ahead Rueben Clark, Jr.	COMPLETE: do ye suppose that the Lord will still us, while we sit upon our thrones and do not of the means which the Lord has for us?  (Alma 60:21)
BONUS: In what year did Pres. Clark make this statement? Page 8, 292	Page 11
#28	#32
COMPLETE: The revelation to store food may be as essential to our temporal salvation today as the was to the people in the days of Ezra Taft Benson	Name 4 conditions which might require you to use your food storage.
Page 8. 292	Page 8
#27  COMPLETE: Let every head of every household see to it that he has on hand enough and, and, where possible, also, for at least a ahead BONUS: In what year did Pres. Clark make this statement? Page 8, 292  #28  COMPLETE: The revelation to store food may be as essential to our temporal salvation today as the was to the people in the days of	#31  COMPLETE: do ye suppose that the Lord will still us, while we sit upon our thrones and do not of the means which the Lord has for us?  (Alma 60:21)  Page 11

#33  TRUE or FALSE A month's supply of basic foods for 1 adult can be purchased for about \$40.	#37  Name 2 reasons why the basic foods should be stored first.
Page 46	Page 44
#34 Name 4 different grains.	#38 What is basic storage?
Pages 82-84	Pages 22, 45
#35 Name 4 different beans/legumes.	#39 What is expanded storage?
Page 50	Page 22
#36  Name 2 family activities that would promote preparedness and self-reliance.	#40  TRUE or FALSE  High temperatures have no effect on the shelf life of food.
	Page 23

#41 What are the 4 key words to storage conditions?	#45 When is it necessary to store vitamins?
Page 23	Page 48
#42 What is "shelf life"?	#46 Is one pound of dry beans equal to one pound of cooked beans?
	BONUS: If "no", what is it equal to?
Page 41	Page 52
#43 Why should foods be "dated"?	#47  Name 4 fruits and/or vegetables that should be among the first added to basic storage.  BONUS: Why are they first?
Page 41	Page 52
#44  TRUE or FALSE  Seeds may be stored for future planting, and they will still sprout properly.	#48  COMPLETE: Eat what you and what you
Page 93	Page 21

#49 Name 3 ways to afford home storage.	#53 What is one effect light has on food?
Page 20, 289	Page 23
#50  TRUE or FALSE  It is all right to go into debt to purchase food storage.	#54  TRUE or FALSE  Plastic trash bags should always be used to line storage buckets.
Pages 20, 293	Page 26
#51 What is the maximum moisture content for most dry foods to store well? a) 5% b) 10% c) 15%	#55 What is the most important characteristic of a good storage container?
Pages 23, 30, 32, 34, 35	Page 23
#52 Weevil are less likely to grow in grain with less than how much moisture?  a) 10% b) 15% c) 18%	#56 What is the most important step to remember when treating storage foods with dry ice? BONUS: What will happen if you don't?
Page 23	Page 40

#57	#61
The only way to can vegetables and meats safely is by what method?	TRUE or FALSE Do not mix old and new beans or they will cook unevenly.
Page 104	Page 90
#58	#62
The best way to can fruit, jams, jellies, and pickles is by what method?	Which has more calories per tablespoon - honey or sugar?
Page 104	Page 85
#59	#63
Name a way to test old wheat for acceptable protein value.	TRUE or FALSE Honey that crystallizes is better for storage than honey that remains liquid.
	BONUS: Why?
Page 82	Page 85
#60	#64
TRUE or FALSE Gluten is an excellent meat substitute.	TRUE or FALSE At least half of the salt stored should be iodized.
Page 82-83	Page 51

#65  TRUE or FALSE  Dehydrated and freeze-dried foods never have to be rotated.	#69  TRUE or FALSE  Included in emergency preparedness is being able to contact emergency personnel, having a fire extinguisher, and having an emergency evacuation plan.
Pages 94, 96	
#66  TRUE or FALSE  The longer water is stored, the safer it will be bacteriologically, if the water and container were clean originally.	#70  A tropical storm becomes a hurricane when the winds reach  a) 56 mph  b) 74 mph  c) 81 mph
Page 109	Page 128
#67  How many gallons of water should be stored for each person for 2 weeks?	#71  COMPLETE: Hurricane season is (month) 1st through (month) 30th.
Page 108	Pages 128, 142
#68  TRUE or FALSE  When considering a grain mill, it is preferable to find a low heat producing mill.	#72  If flooding threatens your home, should you evacuate before or after it floods?
Page 122	Page 147

#73  TRUE or FALSE  If your car stalls in high water, it is safe to stay in the car.	#77 Which fuel is the most expensive?
Page 147	Page 111
TRUE or FALSE Undamaged tin cans that have been in flood waters are safe to use without any special treatment.	#78  TRUE or FALSE  If ice crystals remain in food, it is safe to refreeze it.
Page 152	Page 181
#75  How long can the outside temperature be below 32 degrees before unprotected pipes will begin to freeze?  a) 18 hours b) 24 hours c) 30 hours	#79  TRUE or FALSE  You should <u>always</u> evacuate if a hurricane warning is issued for your area.
Page 140	Pages 143-144
#76  Name a fuel that is safe to use indoors with good ventilation.	#80  If a refrigerator freezer is without power and is kept closed, the food will stay good for an average of:  a) 12 hours  b) 36 hours  c) 48 hours
Pages 110-112	Pages 179-181

#81  COMPLETE: And why call ye me,, and do the things which I say? (Luke 6:46)	#85 In an emergency situation, how should waste and garbage be disposed of?
Page 11	Pages 170, 171
#82	#86
If you are indoors when an earthquake strikes, you should a) run outside b) stay there and go to a safe location in that room c) sit down in the middle of the floor	For practicing your family fire drill at least annually, you are blessed with another turn.
Page 137	
#83	#87
If you are outside when an earthquake strikes, you should a) run inside b) crawl under a car c) move away from tall structures into an open space	Name 2 existing places in a home that food can be stored.
Page 137	Page 79
#84  Name one area of a room where you should take refuge from an earthquake.	#88  TRUE or FALSE  It is better to have one month's supply of food than to have none at all.
Page 137	Page 46, 294

#89	#93
Food storage contributes to a better way of life in at least 6 ways. Name 2.	Name 2 ways to kill insects in food.
Pages 14-16	Page 23
#90	#94
TRUE or FALSE A good food storage plan MUST have wheat and powdered eggs in it.	TRUE or FALSE Food storage foods can only be purchased from food storage companies.
Page 18	Page 25
#91	#95
TRUE or FALSE Stored foods should be saved and not used unless it's an emergency.	Name the 3 methods for storing dry foods up to 5 years.
Pages 14-16, 21	Pages 28-29
#92	#96
What are the four kinds of food storage?	There are 5 methods for storing dry food longer than 5 years. Name 3.
Page 22	Pages 30-31

#97	#101
What is the best way to store brown rice in the pantry?	Can mylar bags be reused?
Page 32	Page 37
#98	#102
Is dry heat processing the same as dry canning?	TRUE or FALSE One-gallon mylar bags hold the same weight of food no matter what is put in them.
Page 33	Pages 38-39
#99	#103
How should foods dry-packed in canning jars be stored?	TRUE or FALSE It is possible to get a nutritionally balanced supply of food storage from the Home Storage Centers of The Church of Jesus Christ of Latter-day Saints.
Page 34	Page 47
#100	#104
COMPLETE: When dry-packing in PETE bottles, use only bottles that held before.  BONUS: Why?	TRUE or FALSE It is possible to get a year's supply of basic foods for about \$5 a week. BONUS: How long will it take?
Page 35	Pages 53-55

#105	#109
Can basic storage foods be a part of your 3-month supply?	TRUE or FALSE You should get a full supply of one item on
incitation projection in the control of the control	your food storage list before purchasing the
BONUS: When do basic foods become long-term storage foods?	next item on your list.
Page 56	Page 72
#106	#110
COMPLETE: A three-month supply is a	TRUE or FALSE
supply of food that is part of your, diet.	It is impossible to have food storage if you are a celiac or are gluten sensitive.
	· ·
Page 57	Pages 77-78
#107	#111
How long might it take to get a 3-month supply of food for 1 person spending only \$5 a week?	Name 3 gluten-free grains/seed grains.
Page 64	Pages 83-84
#108	#112
	π114
TRUE or FALSE Using a menu plan to determine a 3-month supply of food means finding 90 different dinner recipes.	Is a whey milk alternative like Morning Moo's as nutritious as powdered milk?
Pages 67-72	Page 88

#113  TRUE or FALSE  Soft cheeses can be made from storable ingredients.	#117  TRUE or FALSE  Powdered eggs are essential to a good food storage program.
Page 89	Page 98
#114  TRUE or FALSE  You need special equipment to sprout seeds.	#118  TRUE or FALSE  Canned food is nutritionally similar to fresh or frozen food.
Page 91	Page 99
#115  TRUE or FALSE  Dehydrated foods all rehydrate using the same method and time.	#119  TRUE or FALSE  Over-the-counter medications and pain relievers are good past the use-by date on the package.
Page 95	Page 113
#116  Name 1 disadvantage of freeze-dried food.  BONUS: Name 1 advantage of freeze-dried food.	#120  TRUE or FALSE  Books should be part of your home storage.
Page 96	Pages 115, 123

#121 Which is best after a disaster – texting or calling?	#125  Name 2 categories of people that extremely hot weather can be dangerous for.
Page 127	Page 136
#122  COMPLETE: When planning for forced evacuation, make a plan for,, and minute evacuations.	#126 What should your safety mantra be in earthquake country?
Page 131	Page 137
#123  TRUE or FALSE  Only some thunderstorms are dangerous.	#127 Name 1 natural tsunami warning.
Page 132	Page 138
#124  TRUE or FALSE A rotten egg smell can be a sign of a natural gas leak.	#128  TRUE or FALSE  There are things you can do to help your home survive a wildfire.
Page 135	Page 139

#129	#133
What are 2 inexpensive ways to keep flood waters from coming into your home?	TRUE or FALSE Flooded clothes don't need any special treatment.
Page 148	Page 155
#130	#134
Does everything that has been flooded need to be thrown away?	TRUE or FALSE Most flooded books and papers should be thrown away.
Pages 152-158	Page 156
#131	#135
Can food or drinks in cans with pull-top lids be saved after being covered by flood waters?	TRUE or FALSE Flooded pianos can always be restored.
Pages 151, 152	Page 157
#132	#136
TRUE or FALSE Bleach solutions can be saved to use the next day.	TRUE or FALSE  Nothing needs to be done to a yard that has been flooded.
Pages 150, 152, 154	Page 158

#137	#141
What are 3 sources of water in an emergency?	TRUE or FALSE Dirty water should be clarified before purifying it.
Page 160	Page 109, 166
#138	#142
What needs to be done when a boil water notice (boil order) is issued?	TRUE or FALSE Bleach has a long shelf life and doesn't need replacing very often.
Page 161	Page 167
#139	#143
Name 1 way to conserve water in the laundry.	What is the only method of water purification that can purify salt water?
Page 163	Page 168
#140	#144
Name 1 way to store large amounts of water.	When would you need to minimize wastewater leaving your home?
Pages 164-165	Page 169

#145	#149
Name 1 way to cook safely indoors when the power is out.	What is a pandemic?
Page 173	Page 190
#146	#150
Name a non-electric alternative for a slow cooker.	Name 2 ways you can prepare for a pandemic.
Page 174	Pages 192-193
#147	#151
During a power outage, how long should you wait before moving refrigerator food to a cooler?	Which Bible story can teach us about pandemics?
Page 179	Page 196
#148	#152
TRUE or FALSE Never use a gasoline powered generator indoors.	TRUE or FALSE All pets can be taken into Red Cross disaster shelters.
Page 189	Page 221

#153  COMPLETE: The purpose of a neighborhood emergency plan is to 1) account for people and 2) assess immediate	#157  TRUE or FALSE  Preparedness can be fun!
Page 222	Pages 256- 285
#154 What is the primary purpose of a family organization provident living plan?	#158  TRUE or FALSE  Being prepared brings blessings.
Page 226	Page 259
#155  TRUE or FALSE  It is not important to have copies of important documents in your 72-hour kit.	#159 For exercising regularly you are blessed with another turn.
Page 210, 248-249	
#156  TRUE or FALSE  Having a notebook filled with household management information helps the household run smoothly when Mom is gone.	#160 You keep a budget and live by it. You are blessed with another turn.
Page 253	

#161	#165
During freezing outside temperatures, why should you drip both hot and cold-water faucets?	What are the 3 time periods you should be prepared for after a nuclear attack?
BONUS: Why?	
Page 140	Pages 208-209
#162	#166
When should you drip outside faucets?	How long does it take for radioactive fallout to reach the ground outside the immediate vicinity of an attack?
Page 141	Page 208
#163	#167
How often should you run faucets to keep water from freezing in the pipes?	After a nuclear attack, how long should you stay in a temporary shelter before leaving?
Page 140	Page 208
#164	#168
TRUE or FALSE A fireplace is the only way to stay warm if the furnace/power goes out in the winter.	After a nuclear attack, how long should you shelter in place?
	Bonus: Why?
Page 140, 174	Page 209