Hiding and unhiding columns and rows is good so you can only show the useful information needed in the spreadsheet. You need to know generally how excel works and how you use a mouse. Related skills are modifying columns and cells and highlighting cells.

First highlight the cells that need to be hidden or unhidden.

Then go to format then to either column or row (which ever one that is needed).
From there you can choose to either hide or unhide the column or row.