NOTIFICATION

In view of hardship being faced by the students regarding non-availability of book in accordance with the old curriculum already in vogue, the BoG of FBISE, in its 100th meeting held on 20-04-2015 has decided to implement the revised curriculum 2007 in the subject of Elements of Home Economics at SSC level w.e.f. the academic session 2015-2017. Accordingly, the students admitted in class-IX in April 2015 and subsequently to be promoted to class-X in April 2016 shall be examined in accordance with the revised curriculum in SSC Part-I and Part-II examinations to be held in the years 2016 and 2017 respectively. The جرائط اسلام (Essentials of Home Economics) developed and published by the Punjab Textbook Board, Lahore and written by the following authors is prescribed as sole textbook:

Authors

SSC-II
2. Contents of syllabus are enclosed herewith. However, the students currently studying in class-X shall continue to study the old syllabus undisturbed and shall be examined accordingly in SSC Part-II examination 2016.

3. There is no change in the format of question paper presently in vogue.

4. A copy of revised curriculum 2007 is being uploaded on the FBISE's website www.fbise.edu.pk for the benefit of all stakeholders.

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All heads of institutions affiliated with FBISE at SSC level

Copy to:
1. The Joint Educational Advisor, Curriculum Development and Textbook Production Wing, H-9, Islamabad
2. Director General, Federal Directorate of Education, G-9/4, Islamabad
3. Director Education, FGEI (C&G), Sir Syed Road, The Mall, Rawalpindi Cantt
4. Director Education (Schools/Colleges), PAF Rear Air HQs, Peshawar Cantt
5. Director Education, Directorate of Naval Educational Services, Naval HQ, Islamabad
6. Director, Army Public Schools and Colleges System Secretariat, GHQ, Rawalpindi
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8. Director Education, OPP Head Office, F-5, Islamabad
9. The Director (Curriculum), Punjab Textbook Board, Wahdat Colony, Lahore
10. All GSO-I
11. Incharge, Website FBISE, Islamabad
12. Incharge, FBISE Sub-Office, Gilgit
13. All Sectional Heads of FBISE, Islamabad
14. The DCE (Strong Room), FBISE, Islamabad
ELEMENTS OF HOME ECONOMICS
For Class-IX (75 Marks)

1. INTRODUCTION TO HOME ECONOMICS
   1.1 Definition of Home Economics
   1.2 Aims and objectives of Home Economics
   1.3 Significance of Home Economics
   1.4 Relationship with other subjects
   1.5 Roles and responsibilities of Home Economist in family and community

2. INTRODUCTION TO FOOD AND NUTRITION
   2.1 Definition of food and nutrition
   2.2 Effects of malnutrition
   2.3 Functions of food
   2.4 Study of basic nutrients
   2.5 Diet and health

3. UNDERSTANDING OF FOOD AND DIET
   3.1 Definition of balanced diet
   3.2 Basic food groups
   3.3 Nutritional needs of individuals

4. FOOD PREPARATION
   4.1 Cooking
   4.2 Serving
   4.3 Storing
   4.4 Measures for kitchen safety

5. INTRODUCTION TO CHILD CARE AND DEVELOPMENT
   5.1 Meaning and definition of human development
   5.2 Significance of studying human development
   5.3 Principles of growth and development

6. DEVELOPMENT CHARACTERISTICS
   6.1 Neonatal stage
   6.2 Infancy
   6.3 Early childhood
   6.4 Late childhood
   6.5 Adolescence

7. BEHAVIORAL PROBLEMS OF CHILDREN
   7.1 Definition and types of behavioral problems
   7.2 Reasons of behavioral problems
   7.3 Avoidance and handling of behavioral problems

8. ROLE OF FAMILY AND COMMUNITY IN HUMAN DEVELOPMENT
   8.1 Parent child relationship
   8.2 Sibling relationship
   8.3 Peer relationship
   8.4 Role of Caretaker
ELEMENTS OF HOME ECONOMICS
For Class-X (75 Marks)

9. INTRODUCTION TO TEXTILES AND CLOTHING
   9.1 Definition and importance of Textiles and Clothing
   9.2 Fibres
   9.3 Classification and characteristics of textile fibres
   9.4 Study of fabrics available in the market - pure and blends

10. DRESS MAKING
    10.1 Equipment of tailoring
    10.2 Tailoring principles
    10.3 Guidelines for selection of materials and design

11. CLOTHING REQUIREMENTS OF DIFFERENT AGE GROUPS
    11.1 Factors affecting clothing requirements
    11.2 Suitability of materials for different age group
    11.3 Alteration and remodeling clothes

12. INTRODUCTION TO MANAGEMENT
    12.1 Concepts of management
    12.2 Values and goals
    12.3 Management of resources
        • Time
        • Energy
        • Money

13. ENVIRONMENT AND MANAGEMENT
    13.1 Healthy environment
    13.2 Sanitation and waste management
    13.3 Safety in the home

14. ART AND DESIGN
    14.1 Understanding design
    14.2 Understanding elements and principles of design
    14.3 Design and creativity

15. ART IN EVERYDAY LIFE
    15.1 Application of design in clothing
    15.2 Application of design in the home and environment
    15.3 Application of design in food presentation