**ESSENTIAL 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

**RECOMMENDED REFERENCE BOOKS FOR CLASS IX**

The question paper will be syllabus oriented. However, the following books are recommended for reference and supplementary reading:

**مبادیاتِ ہوم اکنامکس** (Essentials of Home Economics)

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