**FOOD AND NUTRITION**

For Class IX (marks 65)

**1. Nutrition and Health:**

1. What is nutrition? Essentials of good nutrition

2. Signs of good nutrition

3. Study of daily food intake using the three basic food groups.

a. Foods for protection

b. Foods for energy

c. Foods for growth

Importance of cultivating desirable food habits

**2. Food nutrients and body requirements; Food and its nutrient composition, carbohydrates, fats, proteins, vitamins, minerals and water**

Sources of food nutrients, General functions of food nutrient and the effect of deficiencies

**4. Your meals ‑ how to plan and serve them:**

a. Principles of meal planning

b. Planning and writing menus for family meals: breakfast, lunch and dinner. Meal service, setting the table, table appointments and meal-time manners.

**RECOMMENDED REFERENCE BOOKS FOR CLASS IX**

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

1. Food and Nutrition

Punjab Textbook Board, Lahore

2. Food and Nutrition

Urdu Science Board, Lahore

3. Food and Nutrition

NWFP Textbook Board, Peshawar

4. Food and Nutrition

Mir Zahida Yaqoob

Salman Publishers, Lahore

5. A Textbook of Home Economics (Part-2)

Bushra Saeed

Aziz Publishers Urdu Bazar, Lahore