**ESSENTIALS 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

**Prescribed Textbook:**

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

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