

FEDERAL BOARD OF INTERMEDIATE AND SECONDARY EDUCATION

H-8/4, ISLAMABAD

NO.0-20/FBISE/RES/CC/EHE/SSC/1000

30 April 2015

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 **مہاریات ہوم اکنامکس** (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
1. مسز شائستہ بٹ
2. مسز غزالہ یاسین
3. مسز بشری نوشین
4. مسز نایبہ الطہر
SSC-I
مسز زہرا رضوی

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.



(ZULFIQAR ALI RIZVI)

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All heads of institutions affiliated
with FBISE at SSC level

Copy to:

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5. Director Education, Directorate of Naval Educational Services, Naval HQ, Islamabad
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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