

ELEMENTS OF HOME ECONOMICS

For Class X (marks 75)

- 1. Clothing and Textiles**
 - i. Values and attitudes towards dress. Islamic guide- lines on dress.
 - ii. Clothing selections:
 - According to one's appearance. Application of principles of design, size, colour and texture
 - Consideration of family resources in relation to clothes
 - iii. Study of the sources and characteristics of fabrics of common use: cotton, woolen, silk and synthetic materials
 - iv. Care and storage of clothes:
 - Principles of laundry, dry cleaning and stain removal
 - Techniques of storage
- 2. Food and Nutrition**
 - i. Functions of food groups:
 - Foods for energy
 - Foods for body building and repair of tissues
 - Protective
 - ii. Principles of meal planning
 - Planning meals for different income levels
 - Planning meals for
 - a. Infants
 - b. Children and adolescents
 - c. Frequency and lactation

RECOMMENDED REFERENCE BOOKS FOR CLASS X

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

1. Elements of Home Economics,
Punjab Textbook Board, Lahore.
2. Intizam-e-Amore-Khana Dari for classes IX-X,
NWFP Textbook Board, Peshawar.
3. Food and Nutrition
Tull Anita
Oxford University Press, Spain