

Home Economics

(Essentials of Home Economics)

B.A./B.Sc.: Elective and Optional

Outlines of Tests

Paper	Title of Course	Marks
A	Theory:	60
B	Theory	90
	Practical	50
	Total	200

Paper A will consist of:

Food and Nutrition	(30)
Human Development & Family Studies	(30)

Paper B will consist of:

Clothing and Textile	(30)
Art & Design	(30)
Management of Home & Environment	(30)

Syllabi and Courses of Reading

PAPER A

Section 1 -Food and Nutrition

Marks: 30

I- Nutrition and Health

- (i) Significance of nutrition for individual, family & community.
- (ii) Dietary guidelines
- (iii) Dietary habits.
- (iv) Food fads & fallacies
- (v) Food distribution

II- Importance of Safe Food Handling

(from farm to consumption)

- (i) Chemical sprays
- (ii) Food additives
- (iii) Adulteration
- (iv) Unhygienic conditions
- (v) Improper storage
- (vi) Storage of raw cooked foods.
- (vii) Eating out

III- Community Nutrition

- (i) Significance
- (ii) Nutrition of vulnerable groups
(infants/ preschooler pregnant/ lactating mother)

IV- Nutrition Education

- (i) Significance
- (ii) Methods (formal/ informal)

V- Nutrition and Disease

- (i) Anemia
- (ii) Retarded growth
- (iii) Hypertension
- (iv) Diabetes

(v) Low calorie diet

VI- Food Preservation

(i) Different aspects

(ii) Preservation methods

Practicals

Preparation & preservation of jam, squashes, pickle & chutneys.

(i) Menu planning (Different socio economics levels, diarrhea, overweight)

(ii) Fancy dishes. (soups, salads, disserts, snacks, main dishers)

Section 2- Human Development and Family Studies

Marks 30

I- Development Stages Adjustments

1.1-Introduction to human development

1.2-Early adulthood.

1.3-Middle adulthood.

1.4-Late adulthood.

1.5-Old age.

II-Maternal and Child Health

2.1-Preparation for parenthood.

2.2-Maternal health.

2.3-Prenatal care.

2.4-Postnatal care.

III- Introduction to family

3.1-Definition, objectives and importance.

3.2-Function of family.

3.3-Family types.

3.4-Family life cycle.

IV- Family Relations

4.1-Introduction to family relations.

4.2-Preparation for marriage (husband-wife relation and relations within laws)

4.3-Factors affecting family relations.

4.4-Dealing with tensions and conflicts in the family.

V- Community Development and the Family.

5.1-Definition of community.

5.2-Communities in urban rural areas of Pakistan

5.3-Functions of community in family development.

5.4-Role of formal organizations in the community.

5.5-Role of family in the development of community.

Practicals

Participating in community based intervention and support programs:

OR

Study, evaluate and report and problem of a peer.

PAPER B

Marks: 90

Section 1- Clothing and Textile

Marks: 30

1. Concept of dress in Islam

2- Consumer education related to clothing textile:

(i) Identifications of fiber.

(ii) Three basic weaves and their characteristics.

(Plain, twill and satin weaves)

- (iii) Consumer rights and responsibilities
(effective shopping practices)
- (iv) Consumer problems
- (v) Analysis of ready to wear garments
(Preschool, school age, teenager with special reference to: material—workmanship, price & care)

3- Labels

(care label, brand label and informative label).

Planning wardrobe for winter and summer infants, preschoolers, school going and teenagers taking into consideration the availability and suitability of material, design, color and texture.

5- Analysis of Personal characteristics and grooming habits.

Practicals:

1. Drafting a basic bodice block for a pre-school girl and stitching a frock with any adaption.
2. Select one of the following groups of project listed below and prepare that:
 - (i) Baby wrapper (knitted or crocheted)
 - (ii) Baby set (knitted or crocheted)
 - (iii) A bib, and Apion and Booties for a baby.
 - (iv) An apron for a house-wife, pot-holders and towels.
 - (v) A multi-purpose wallet, a laundry bag and a shopping bag, hair hands for children.

Section 2- Art & Design

Marks: 30

- (i) Balance
 - a- Creating balance through color.
 - b- Creating balance through line.
 - c- Creating balance through shape.
 - (ii) Harmony
 - a- Harmony of Shape
 - b- Harmony of color
 - c- Harmony of line
 - (iii) Emphasis
 - (iv) Rhythm
 - (v) Proportion
2. **Elements of Design.**
 - (i) Line and its effects on shape and form.
 - (ii) Color, physical and psychological aspects.
 - (iii) Texture, application of texture in home and apparel.
 - (iv) Shape and form.
 3. **Application of design in everyday life.**
 - (i) Design of home
 - (ii) Design in apparel
 - (iii) Design in consumer goods.
 4. **Label and package designing.**
 - (i) Principles of label designing
 - (ii) Techniques of label designing.

Practicals:

1. Color wheel (6 color schemes)
2. Study of color and texture in paper collage.
3. Designing of label
4. 3-Sample each of Tien Dye and Stenciling.

Section 3)- Management of Home & Environment

Marks: 30

1. Home Management

- (a) Scope of management
 - (i) Definition of management.
 - (ii) Management; importance and process.

- (iii) Goals and values; definition and importance
- (b) Resources:
 - (i) Management of specific resources.
 - (ii) Management of time and energy.
 - (iii) Work simplification:

Fatigue.

Layout of work areas and equipment.

- (c) Management of family income:
 - (i) Budgeting; importance and process.
 - (ii) Goals and values; definition and importance.
- (b) Decision Making.
 - (i) Definition.
 - (ii) Steps of decision making.

2. Management of Environment

- (i) Definition and importance
- (ii) Environmental degradation
- (a) Definition
- (b) Causes of degradation
 - (iii) Control to healthy family living (plants)

3. Consumer Education

- (i) Definition and importance
- (ii) Consumer behavior
- (iii) Rights and responsibility of consumer

Practical:

Flower arrangement (Fresh, Dry)

50 marks of the practical will consist of:

File	(10)
Viva	(05)
Year's work	(20)
Practical to be performed	(15)
Total	50

Recommended Books:

- 1- Mubadiat Home Economics for degree classes by Karvan Book House Lahore.
- 2- Matina Zia (ed) Mabadiat Home Economics for degree Classes. Lahore: karwan Book House, 2006.
- 3- Saeeda Ghani, Home Management, Urdu Science Board.
- 4- Matina Zia, Food and Nutrition.

HOME ECONOMICS : OPTIONAL

Outlines of Tests

Paper	Title of Course	Marks
A	Theory:	100

Syllabi and Courses of Reading

Marks

(a). *Child Development Family Relations:*

25

1. Introduction to the study of family life.

- (a) Meaning of Family Relations and Child Development, Cultural, Social, economic status conferring factor in relation with the family.
- (b) A brief account of different stages of the family life cycle.
- 2. The child and his parents.
 - (a). Parental development –environmental influences expectant mother—new born baby.
- 3. Family Interaction.
 - Adult Behavior and Personality—Basic trust, Care of family crisis—illness—death, divorce discretion in view with the social and cultural analysis.

Marks
25

(b). Clothing:

- 1. (a) Selection of clothes in accordance with personal Characteristics keeping the art, principles and elements in mind i.e., colour, line, design, fabric texture, etc., in mind.
- 2. Care and storage of clothing:
 - (b). Influence of the physiological, psychological and economic factors on families clothing:
 - (a) Stain Removal.
 - (b) Seasonal storage—silk, wool and synthetics.

Marks
25

(c). Food and Nutrition:

- 1. Definition of Food and Nutrition.
- 2. Functions of food—(a) Energy yielding foods, (b) Body building foods (c) Protective foods.
- 3. Sources and functions of nutrients—carbohydrate, fat, protein, minerals and vitamins.
- 4. Nutritive value of food stuffs—cereals and millet, pulses, meat, fish, eggs and poultry, fruits and vegetables, milk and milk products, nuts and oilseeds, fats and oil, carbohydrate foods, condiments and spices.
- 5. Effects of cooking on the nutritive value of foods.
- 6. Requirements of dietary essentials Principles of meal Planning.
 - Planning menu of breakfast, lunch and supper for children, adults and industrial and agricultural workers.

Marks

(d). Home Management

25

- 1. Home Management ---its importance in the home.
- 2. Steps of management—planning, controlling and evaluation.
- 3. Ways of improving standard of living by good management of family resources.
- II.
 - 1. Money management—techniques.
 - 2. Budget purposes; making budgets according to various levels of income.
- III.
 - 1. Equipment in the home; evaluation of equipment pieces and their comparisons.
 - 2. Care and Storage of home equipment, Developing colour schemes for one's home