

# Home Economics

(Essentials of Home Economics)

B.A/B.Sc.: Elective

## Part-I

### Outlines of Tests

Paper	Title of Course	Marks
A	Food & Nutrition, Clothing and Textile	75
C	Practical-I	25
	<b>Total</b>	<b>100</b>

### Paper A will consist of:

Food and Nutrition	(37.5)
Clothing and Textile	(37.5)

### Syllabi and Courses of Reading

## PAPER-I

### Section 1 -Food and Nutrition

Marks: 37.5

#### 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, desserts, snacks, main dishes)

**Section 2- Clothing and Textile****Marks: 37.5****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.

**Practical-I****25 Marks of the practical will consist of:**

File	(05)
Viva	(05)
Year's work	(05)
Practical to be performed	(10)
<b>Total</b>	<b>(25)</b>

**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.

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(Essentials of Home Economics)

B.A/B.Sc.: Elective

## Part-II

Paper	Title of Course	Marks
A	Art & Design and Mangament of Home & Environment, Humane Development and Family Studies	75
C	Practical-II	25
	<b>Total</b>	<b>100</b>

### Paper A will consist of:

Art & Design	(25)
Management of Home & Enviroment	(25)
Human Development & Family Studies	(25)

## Syllabi and Courses of Reading

### Section 1- Art & Design

Marks: 25

- (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.

### Practicles:

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

### Section 2)- Management of Home & Environment

Marks: 25

#### 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.

**1. Management of Environment**

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

**2. Consumer Education**

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

**Practical:**

Flower arrangement (Fresh, Dry)

**Section 3- Human Development and Family Studies**

**Marks 25**

**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.

### **Practical-II**

**25 marks of the practical will consist of:**

File / Viva	(05)
Year's work	(10)
Practical to be performed	(10)
<b>Total</b>	<b>(25)</b>

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- 4- Matina Zia, Food and Nutrition.