



B.Ed(4 Years) Elementary Education

Code	Subject Title	Cr. Hrs	Semester
EDE- 254	Home Economics (Optional)	3	3
Year	Discipline		
2	Elementary Education		

Aims

This course acts as a foundation for the following semesters. The course aims to help the students increase their proficiency in Home Economics by enhancing their knowledge in the subject.

Objectives

Upon the successful completion of this course the students will be able to:

- Understand and explain the foundations of Home Economics
- Explain the knowledge of Child Development
- Apply their knowledge in different situations
- Develop a sense of understanding the trends and issues of Home Economics

Syllabus

A. Child Development Family Relations:

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 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 Behaviour and Personality - Basic trust, Care of family crisis-illness-death, divorce discretion in view with social and cultural analysis.

B. Clothing:

1. (a) Selection of clothes is accordance with personal characteristics keeping the art, principles and elements in mind *i.e.*, color, 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:

- Stain Removal
- Seasonal storage--- silk, wool and synthetics

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 Function of nutrients --- carbohydrate, fat, protein, minerals and vitamins

4. Nutritive Values of foodstuffs---cereal 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. Effect of cooking on the nutritive value of foods.
Requirements of dietary essential Principles of meal Planning.
6. Planning menu of breakfast, lunch and supper for children, adults and industrial and agricultural workers.

D. Home Management:

I.

- Home management--- its importance in the home.
- Steps of management---planning, controlling and evaluation.
- Ways of improving standard of living by good management of family resources.

II.

- Money management---techniques
- Budget purpose; making budget according to various levels of income.

III.

- Equipment in the home; evaluation of equipment pieces and their comparisons
- Care and storage of home equipment, developing color scheme for one's home.

Text Books

- Stage, S., & Vincenti, V. B. (1997). *Rethinking home economics: Women and the history of a profession*: Cornell University Press.
- Shields, R., & Williams, A. K. (2000). *Opportunities in Home Economics Careers*: VGM Career Horizons.

Reference Material

- Anderson, E., Clark, V. L., & Section, A. H. E. A. T. E. (1993). *Marketing home economics: issues and practice*: Teacher Education Section, American Home Economics Association.
- Cumming, C., Foley, R., Long, A., & Turner, E. (1986). Developing assessments in home economics. *J. Curriculum Studies*, 18(2), 215-218.
- Grossbard-Shechtman, S. (2001). The new home economics at Colombia and Chicago. *Feminist Economics*, 7(3), 103-130.
- Aburime, M., & Uhomobhi, J. (2010). Impact of technology and culture on home economics and nutrition science education in developing countries. *Multicultural Education & Technology Journal*, 4(1), 4-16.
- Nickols, S. Y., & Kay, G. (2015). *Remaking home economics: Resourcefulness and innovation in changing times*: University of Georgia Press.
- Pendergast, D., McGregor, S. L., & Turkki, K. (2012). *Creating home economics futures: The next 100 years*. *Creating Home Economics Futures: The Next 100 Years*, xviii: Australian Academic Press.
- Shommo, M. I. (1995). Teaching Home Economics by a Problem-solving Approach in Sudanese Secondary Schools for Girls. *Journal of In-Service Education*, 21(3), 319-330.