

12. Essentials of Home Economics

B.A. Essentials of Home Economics-I

Total Mark: 100

Appendix 'A' (Outlines of Tests)

Paper-A:	Food & Nutrition and Textile & Clothing (Written) :	75 Marks
Paper-B:	Practical :	25 Marks

Appendix 'B' (Syllabi and Courses of Reading)

Paper-A:	Food & Nutrition and Textile & Clothing	75 Marks
<u>Section-I:</u>	Food & Nutrition	37 ½ Marks

1. Nutrition & Health:

- i. Brief description of basic nutrients.
- ii. Significance of nutrition for individual, family & community.
- iii. Dietary guidelines.
- iv. Dietary habits.
 - Food fads & fallacies
 - Food distribution in the family

2. Importance of Safe Food Handling:

(From farm to consumption)

- i. Use of Chemicals (Pesticides, Fertilizer etc.)
- ii. Adulteration (Use of color, Preservatives etc.)
- iii. Hygienic conditions in handling & preparation of food
- iv. Proper storage conditions for perishable & Non perishable foods
- v. Eating out.

3. Community Nutrition:

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

4. Nutrition Education:

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

5. Nutrition & Disease:

- i. Causes, symptoms & dietary preventions of the following:
 - Iron deficiency anemia
 - Hypertension

- Diabetes
- Protein calorie malnutrition

6. Food Preservation:

- Different aspects
- Preservation methods

Section-II: Textile & Clothing

37 ½ Marks

1. Textile:

- Classification of Textile Fibers.
- Physical Properties of Textile Fibers Commonly Used: (Cotton, Silk, Wool, Rayon, Acetate, Nylon, Polyester, Acrylic)

2. Characteristics of Woven & Knitted Fabrics:

- Woven Fabrics includes: (Plain Weave , Twill Weave , Satin Weave)
- Knitted Fabrics (Warp knit ,Weft knit)

3. Labels:

- Care Label
- Informative label
- Brand Label
- Certification Label

4. Personality:

- Different Types of Personalities and their Characteristics: (Dainty ,Demure, Dignified Vivacious, Dramatic, Sturdy)
- Selection of an appropriate dress according to various personalities with special focus on Material, Color, Design and Occasion,
- Concept of Dress in Islam
- Dress According to Restricted Physical Ailment: (Arthritis Patients ,Crutches Users, Paralyzed)

5. Grooming:

- Physical Grooming: (Care of Body)
- Personal Grooming: (Walk, Talk, Carry yourself)

Paper-B: Practical

25 Marks

Section-I:

- Preparation & preservation of jams, squashes, pickles & chutneys.
- Menu planning (for self, different socio economics levels, diarrhea, overweight, hypertension & diabetes)

- iii. Fancy dishes, (at least 2 dishes from each category: soups, salads, desserts, snacks and main dishes)

Section-II:

- i. Drafting a basic bodice block for a pre-school girl and stitching a frock with any adaptation.
- ii. General Methods of Fiber identification : (Cotton, Wool, Silk, Acetate, Polyester, Nylon, and Acrylic by Visual, Feeling and Burning tests)
- iii. An Apron, Pot Holder and kitchen Towel
- iv. One trolley Cover with Embroidery
- v. Portfolio Based on;
 - Different samples of Materials, Design, Color and Dress Styles suitable for various personalities
 - Collection of Woven and Knitted Samples (Knitted samples e.g socks, jersey, T-shirts & gents undergarments. Woven fabric e.g cotton lawn denim etc.
 - Collection of different types of Garment Labels
 - Samples of 10 hand embroidery stitches.