ESSENTIALS OF HOME ECONOMICS

B.A. "Essentials of Home Economics" will include two theory papers 'a' and 'b' of 60 and 90 marks respectively, and a practical examination of 50 marks covering practical of Food and Nutrition, HDFS, Clothing & Textile, Art and Design and Management of Home & Environment. The examination will also include the year's work and file.

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Distribution of Marks for both theory and practical

B.A./B.Sc.

Out of 200 marks theory will be of 150 marks.

- a-60 marks for paper A
- b-90 marks for paper B
- a-60 marks for paper A
- b-90 marks for paper B
- c-50 marks for practical.
Paper A will consist of:

- Food and nutrition (30 marks)
- Human Development & family studies (30 marks)

Paper B will consist of:

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

50 marks of the practical will be distributed as:
- a- 10 marks for file
- b- 5 marks for viva
- c-20 marks for year's work
- d-15 marks for practical to be performed

REVISED SYLLABUS

ESSENTIALS OF HOME ECONOMICS

B.A./B.Sc.

Paper 'A' Theory : 60

a-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) Anaemia
(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-economic levels, diarrhea, overweight)
(ii) Fancy dishes (soups, salads, desserts, snacks, main dishes)

b - Human Development and Family Studies

I - Developmental 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 any problem of a peer.

Paper B

a-CLOTHING AND TEXTILE

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 for 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 adaptation.

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, an Apion and Booties for a baby.
   (iv) An apron for a house-wife, pot-holders and towels.
   (v) An apron for a house-wife, pot-holders and towels.
   (vi) A multi-purpose wallet, a laundry bag and a shopping bag, hair bands for children.

3-Napkins, teacosy, trolley covers(2 trolley covers with 6 napkins and teacosy)

b - ART AND DESIGN

1-Application of design in daily living

(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-Application of principle of design in card making.  
4-Designing of label  
5-3 sample each of Tien Dye and stenciling.  

c-MANAGEMENT OF HOME AND ENVIRONMENT  

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; purpose and advantages  
      (ii) Saving; importance and methods of saving.  

   d-Decision making.  
      (i) Definition.  
      (ii) Steps of decision making.  

2-Management of Environment  
   (i) Definition and importance  
   (ii) Environmental degradation
3-Definition
4-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
     and responsibility of consumer

PRACTICAL
Flower arrangement (Fresh, Dry)