12. Essentials of Home Economics

B.A. Essentials of Home Economics-I

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

Section-I: 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:**
   i. Different aspects
   ii. Preservation methods

**Section-II: Textile & Clothing**

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

2. **Characteristics of Woven & Knitted Fabrics:**
   i. Woven Fabrics includes: (Plain Weave, Twill Weave, Satin Weave)
   ii. Knitted Fabrics (Warp knit, Weft knit)

3. **Labels:**
   i. Care Label
   ii. Informative label
   iii. Brand Label
   iv. Certification Label

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

5. **Grooming:**
   i. Physical Grooming: (Care of Body)
   ii. Personal Grooming: (Walk, Talk, Carry yourself)

**Paper-B: Practical**

**Section-I:**

i. Preparation & preservation of jams, squashes, pickles & chutneys.
ii. 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, jersy, 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.