**ELEMENTS OF HOME ECONOMICS**

For Class X (marks 75)

**1. Clothing and Textiles**

i. Values and attitudes towards dress. Islamic guide‑ lines on dress.

ii. Clothing selections:

* + According to one's appearance. Application of principles of design, size, colour and texture
  + Consideration of family resources in relation to clothes

iii. Study of the sources and characteristics of fabrics of common use: cotton, woolen, silk and synthetic materials

iv. Care and storage of clothes:

* + Principles of laundry, dry cleaning and stain removal
  + Techniques of storage

**2. Food and Nutrition**

i. Functions of food groups:

* + Foods for energy
  + Foods for body building and repair of tissues
  + Protective

ii. Principles of meal planning

* + Planning meals for different income levels
  + Planning meals for

a. Infants

b. Children and adolescents

c. Frequency and lactation

**RECOMMENDED REFERENCE BOOKS FOR CLASS X**

The question papers will be syllabus oriented. However, the following books are recommended for reference and supplementary reading:

1. Elements of Home Economics,

Punjab Textbook Board, Lahore.

2. Intizam-e-Amore-Khana Dari for classes IX-X,

NWFP Textbook Board, Peshawar.

3. Food and Nutrition

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Oxford University Press, Spain