**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

 Tull Anita

 Oxford University Press, Spain