

**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)**

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

**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**

**37 ½ Marks**

**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**

**25 Marks**

**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, 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.