

ELEMENTS OF HOME ECONOMICS

For Class IX (marks 75)

- I. Significance and scope of Home Economics**
 - a. Definition of Home Economics
 - b. Relationship of Home Economics with other areas of learning.
 - c. Special value of Home Economics as a field of study for girls.

- II. Understanding one's self and others**
 - a. Understanding one's self and others
 - b. Basic understanding of childrens' growth and development; their needs and problems and how to deal with them
 - c. Relationship with others such as family members, class- mates, teachers and friends.
 - d. Principles of child care.
 - e. Importance of play in a Child's life. Selection of toys

- V. Home Management and Housing**
 - 1. Definition and scope of home Management
 - 2. Importance of management in home making tasks
 - a. Principles and processes of management applied to home.
 - b. Family resources and their use
 - c. Role of consumer.
 - 3. Family values, goals and standards
 - 4. The economics of family size
 - a. Relation of quality of life to family size
 - b. The advantages of planning for home and family
 - 5. Beauty and comfort in the home
 - a. Use of space in the house
 - b. Selection and arrangement of furniture
 - c. Appreciation of indigenous materials for use in the home
 - 6. Related Arts
 - a. The definition of Art in Home Economics
 - b. Application of Art in daily living
 - c. Design, its uses in every day living
 - d. A short study of contemporary craft design

RECOMMENDED REFERENCE BOOKS FOR CLASS IX

The question paper 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
NWFP Textbook Board, Peshawar
- 3. Food and Nutrition
Tull Anita
Oxford University Press, Spain