**[ELEMENTS OF HOME ECONOMICS](http://www.result.pk)**

[For Class X (marks 75)](http://www.result.pk)

**[1. Clothing and Textiles](http://www.result.pk)**

[i. Values and attitudes towards dress. Islamic guide‑ lines on dress.](http://www.result.pk)

[ii. Clothing selections:](http://www.result.pk)

* + [According to one's appearance. Application of principles of design, size, colour and texture](http://www.result.pk)
  + [Consideration of family resources in relation to clothes](http://www.result.pk)

[iii. Study of the sources and characteristics of fabrics of common use: cotton, woolen, silk and synthetic materials](http://www.result.pk)

[iv. Care and storage of clothes:](http://www.result.pk)

* + [Principles of laundry, dry cleaning and stain removal](http://www.result.pk)
  + [Techniques of storage](http://www.result.pk)

**[2. Food and Nutrition](http://www.result.pk)**

[i. Functions of food groups:](http://www.result.pk)

* + [Foods for energy](http://www.result.pk)
  + [Foods for body building and repair of tissues](http://www.result.pk)
  + [Protective](http://www.result.pk)

[ii. Principles of meal planning](http://www.result.pk)

* + [Planning meals for different income levels](http://www.result.pk)
  + [Planning meals for](http://www.result.pk)

[a. Infants](http://www.result.pk)

[b. Children and adolescents](http://www.result.pk)

[c. Frequency and lactation](http://www.result.pk)

**[RECOMMENDED REFERENCE BOOKS FOR CLASS X](http://www.result.pk)**

[The question papers will be syllabus oriented. However, the following books are recommended for reference and supplementary reading:](http://www.result.pk)

[1. Elements of Home Economics,](http://www.result.pk)

[Punjab Textbook Board, Lahore.](http://www.result.pk)

[2. Intizam-e-Amore-Khana Dari for classes IX-X,](http://www.result.pk)

[NWFP Textbook Board, Peshawar.](http://www.result.pk)

[3. Food and Nutrition](http://www.result.pk)

[Tull Anita](http://www.result.pk)

[Oxford University Press, Spain](http://www.result.pk)