**[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)