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

**[For Class-IX (75 Marks)](http://www.result.pk)**

**[1. INTRODUCTION TO HOME ECONOMICS](http://www.result.pk)**

[1.1 Definition of Home Economics](http://www.result.pk)

[1.2 Aims and objectives of Home Economics](http://www.result.pk)

[1.3 Significance of Home Economics](http://www.result.pk)

[1.4 Relationship with other subjects](http://www.result.pk)

[1.5 Roles and responsibilities of Home Economist in family and community](http://www.result.pk)

**[2. INTRODUCTION TO FOOD AND NUTRITION](http://www.result.pk)**

[2.1 Definition of food and nutrition](http://www.result.pk)

[2.2 Effects of malnutrition](http://www.result.pk)

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

[2.4 Study of basic nutrients](http://www.result.pk)

[2.5 Diet and health](http://www.result.pk)

**[3. UNDERSTANDING OF FOOD AND DIET](http://www.result.pk)**

[3.1 Definition of balanced diet](http://www.result.pk)

[3.2 Basic food groups](http://www.result.pk)

[3.3 Nutritional needs of individuals](http://www.result.pk)

**[4. FOOD PREPARATION](http://www.result.pk)**

[4.1 Cooking](http://www.result.pk)

[4.2 Serving](http://www.result.pk)

[4.3 Storing](http://www.result.pk)

[4.4 Measures for kitchen safety](http://www.result.pk)

**[5. INTRODUCTION TO CHILD CARE AND DEVELOPMENT](http://www.result.pk)**

[5.1 Meaning and definition of human development](http://www.result.pk)

[5.2 Significance of studying human development](http://www.result.pk)

[5.3 Principles of growth and development](http://www.result.pk)

**[6. DEVELOPMENT CHARACTERISTICS](http://www.result.pk)**

[6.1 Neonatal stage](http://www.result.pk)

[6.2 Infancy](http://www.result.pk)

[6.3 Early childhood](http://www.result.pk)

[6.4 Late childhood](http://www.result.pk)

[6.5 Adolescence](http://www.result.pk)

**[7. BEHAVIORAL PROBLEMS OF CHILDREN](http://www.result.pk)**

[7.1 Definition and types of behavioral problems](http://www.result.pk)

[7.2 Reasons of behavioral problems](http://www.result.pk)

[7.3 Avoidance and handling of behavioral problems](http://www.result.pk)

**[8. ROLE OF FAMILY AND COMMUNITY IN HUMAN DEVELOPMENT](http://www.result.pk)**

[8.1 Parent child relationship](http://www.result.pk)

[8.2 Sibling relationship](http://www.result.pk)

[8.3 Peer relationship](http://www.result.pk)

[8.4 Role of Caretaker](http://www.result.pk)

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

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

**[مبادیاتِ ہوم اکنامکس](http://www.result.pk)** [(Essentials of Home Economics)](http://www.result.pk)

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