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

[For Class IX (marks 65)](http://www.result.pk)

**[1. Nutrition and Health:](http://www.result.pk)**

[1. What is nutrition? Essentials of good nutrition](http://www.result.pk)

[2. Signs of good nutrition](http://www.result.pk)

[3. Study of daily food intake using the three basic food groups.](http://www.result.pk)

[a. Foods for protection](http://www.result.pk)

[b. Foods for energy](http://www.result.pk)

[c. Foods for growth](http://www.result.pk)

[Importance of cultivating desirable food habits](http://www.result.pk)

**[2. Food nutrients and body requirements; Food and its nutrient composition, carbohydrates, fats, proteins, vitamins, minerals and water](http://www.result.pk)**

[Sources of food nutrients, General functions of food nutrient and the effect of deficiencies](http://www.result.pk)

**[4. Your meals ‑ how to plan and serve them:](http://www.result.pk)**

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

[b. Planning and writing menus for family meals: breakfast, lunch and dinner. Meal service, setting the table, table appointments and meal-time manners.](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)

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

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

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

[Urdu Science Board, Lahore](http://www.result.pk)

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

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

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

[Mir Zahida Yaqoob](http://www.result.pk)

[Salman Publishers, Lahore](http://www.result.pk)

[5. A Textbook of Home Economics (Part-2)](http://www.result.pk)

[Bushra Saeed](http://www.result.pk)

[Aziz Publishers Urdu Bazar, Lahore](http://www.result.pk)