

## ASSOCIATE DEGREE IN ARTS AND SCIENCE

### Essentials of Home Economics-I

Total Mark:100

#### Appendix 'A'

##### (Outlines of Tests)

Paper-A:	Food & Nutrition and Textile & Clothing (Written) :	75 Marks
Paper-B:	Practical :	25 Marks

#### Appendix 'B'

##### (Syllabi and Courses of Reading)

<b>Paper-A:</b>	<b>Food &amp; Nutrition and Textile &amp; Clothing</b>	<b>75 Marks</b>
<b>Section-I:</b>	<b>Food &amp; Nutrition</b>	<b>37 ½ Marks</b>

#### 1. Nutrition & Health:

- Brief description of basic nutrients.
- Significance of nutrition for individual, family & community.
- Dietary guidelines.
- Dietary habits.
  - Food fads & fallacies
  - Food distribution in the family

#### 2. Importance of Safe Food Handling:

(From farm to consumption)

- Use of Chemicals (Pesticides, Fertilizer etc.)
- Adulteration (Use of color, Preservatives etc.)
- Hygienic conditions in handling & preparation of food
- Proper storage conditions for perishable & Non perishable foods
- Eating out.

#### 3. Community Nutrition:

- Significance
- Nutrition of vulnerable groups (infants / preschooler / pregnant / lactating mother)

#### 4. Nutrition Education:

- Significance
- Methods (formal / informal)

#### 5. Nutrition & Disease:

- Causes, symptoms & dietary preventions of the following:
  - Iron deficiency anemia
  - Hypertension

- Diabetes
- Protein calorie malnutrition

**6. Food Preservation:**

- Different aspects
- Preservation methods

**Section-II: Textile & Clothing**

**37 ½ Marks**

**1. Textile:**

- Classification of Textile Fibers.
- Physical Properties of Textile Fibers Commonly Used: (Cotton, Silk, Wool, Rayon, Acetate, Nylon, Polyester, Acrylic)

**2. Characteristics of Woven & Knitted Fabrics:**

- Woven Fabrics includes: (Plain Weave , Twill Weave , Satin Weave)
- Knitted Fabrics ( Warp knit ,Weft knit)

**3. Labels:**

- Care Label
- Informative label
- Brand Label
- Certification Label

**4. Personality:**

- Different Types of Personalities and their Characteristics: ( Dainty ,Demure, Dignified Vivacious, Dramatic, Sturdy)
- Selection of an appropriate dress according to various personalities with special focus on Material, Color, Design and Occasion,
- Concept of Dress in Islam
- Dress According to Restricted Physical Ailment: (Arthritis Patients ,Crutches Users, Paralyzed)

**5. Grooming:**

- Physical Grooming: (Care of Body)
- Personal Grooming: (Walk, Talk, Carry yourself)

**Paper-B: Practical**

**25 Marks**

**Section-I:**

- Preparation & preservation of jams, squashes, pickles & chutneys.
- Menu planning (for self, different socio economics levels, diarrhea, overweight, hypertension & diabetes)

- iii. Fancy dishes, (at least 2 dishes from each category: soups, salads, desserts, snacks and main dishes)

**Section-II:**

- i. Drafting a basic bodice block for a pre-school girl and stitching a frock with any adaptation.
- ii. General Methods of Fiber identification : ( Cotton, Wool, Silk, Acetate, Polyester, Nylon, and Acrylic by Visual, Feeling and Burning tests)
- iii. An Apron, Pot Holder and kitchen Towel
- iv. One trolley Cover with Embroidery
- v. Portfolio Based on;
  - Different samples of Materials, Design, Color and Dress Styles suitable for various personalities
  - Collection of Woven and Knitted Samples (Knitted samples e.g socks, jersey, T-shirts & gents undergarments. Woven fabric e.g cotton lawn denim etc.
  - Collection of different types of Garment Labels
  - Samples of 10 hand embroidery stitches.