

HOME ECONOMICS (ELECTIVE)

B.A/B.Sc. Part – I (Third Year)

Paper – A

Part – I Child Development & Family Relations

Part – II Clothing & Textiles.

Total Marks	=	75
Theory	=	60
Practical	=	15
(Clothing & Textile)		

B.A/B.Sc. Part – II (Fourth Year)

Paper – B

Part – I Food and Nutrition

Part – II Home Management

Total Marks	=	75
Theory	=	60
Practical	=	15
(Food & Nutrition)		

Part – I – Child Development and Family Relations.

1. Introduction to the Study of Family Life:
 - (a) Meaning and scope of Family Relations and Child – Development. Functions of the family: reproductive, economics, status conferring, socialization and economics, status conferring, socialization and security, Social change and family function.
 - (b) Cultural regulations of the Family Patterns.
2. Family Development and “Developmental Task” Concept.
 - (a) The family life cycle – beginning families, child – families, families with school – age children, with teenagers, families as launching center aging families.
 - (b) Family developmental task at each of the above stage.

3. The child and his parents the patterns of prenatal development prenatal environmental influences. Health of the expectant mother and the new born.
4. Adult behavior and personality.
 - (a) The components of healthy personality. Sense of trust; sense of autonomy, sense of initiative, sense of identity and sense of integrity.
 - (b) The self-structure in healthy personality. The home static behavior emotional maturity; adjustment mechanism; rationalization; projection, sublimation, displacement and idealization.
 - (c) The dynamic of family Interaction.
 - (i) Social change and family organization. Values, functional roles and responsibilities; distribution of responsibilities. Understanding the aged, appreciation of their needs and outlook on life.
 - (ii) Family Crises: unemployment, illness. Death. Divorce. Desertion, family disorganization in terms of values and cultural analysis.

Text Books

1. Duvall, E. 1 Family Development. J.B. Lippincot Company, N. Y. 1957.

References

1. Stone L. J. and 1 Childhood and Adolescence Random House. New York. 1957.
2. Guard, Sydney Personal Adjustment. The Mc-Millan Co. New York, 1958.

Part – II – Clothing and Textiles.

I. A. Wardrobe Planning.

Factors affecting the selection of Clothes in relation to principles and elements of Art:

- | | | | |
|-----------------|---------------------------|----------------|-------------|
| (a) Personality | (b) Age | (c) Completion | (d) Figure. |
| (f) Occasion | (g) Psychological impact. | | |

B. Clothing Needs

Factors affecting the provision of Clothing for the Family:

- (i) Income (ii) Occupation (iii) Size of the family
- (iv) Socio – Psychological impact.

II Care and Storage of Clothing:

General Principles in the care of clothes made with cotton, silk, wool and synthetic fibers:

- (a) Laundering and ironing.
- (b) Stain removing.
- (c) Storage.

III. Fabric Finishes and their Effect:

- (a) Calendaring
- (b) Meroerization
- (c) Pre-shrinking
- (d) Napping
- (e) Sizing

IV. Dyeing of fibers, yarns and fabrics. Basic principles and practices.

Practicals

1. Removing following stains from cotton, silk and wool fabrics:
 - (a) Greese (b) Tea (c) Nail Polish (d) Grass
2. Laundering garments of.
 - (a) Cotton (b) Silk (c) Wool
3. Knit a set for newborn baby (consisting of coat. Cap and socks).
4. Draft and stitch a kurta.
5. Tie and dye a duppata.
6. Field trip to a textile mill and Clothing factory must be made to observe processes in manufacture.

Text Books.

1. Rayon Mildred Graves. Your Clothes and Personality Appleton Century Crafts Inc. New York. Latest edition.

References

1. Ruthbone and Trapley. Fabrics and Dress. Houghton Mifflin company. Cambridge, Massachusetts, 1948.
2. Ervin, M. Practical Dress Design. The Mac-Millon Co. New York, U.S.A. 1954.
3. Patter, David M., Corbman, Bernard F. Fiber to Fabrics Mc-Graw-Hill Book company, New York.

Part – I

HOME ECONOMICS

Paper – B

FOOD AND NUTRITION

Unit – I **Nutrition**

1. (a) Definition of Nutrition:
(i) Good nutrition (ii) Mal – Nutrition (iii) Health
 - (b) Definition of Nutritional Status.
 - (c) Characteristics of good nutritional status.
2. **Nutrition during life cycle: -**
 - (a) Infancy (6 – 1 year).
 - (b) Childhood.
 - (c) Adolescents/teen-agars (13 – 19 years).
 - (d) Adults.
 - (e) Pregnant woman/lactating woman.

Unit – II **Meal Management**

1. **Menu Planning:**
 - (a) Principles of menu planning.

- (b) Factors affecting menu planning.
 - (i) Income.
 - (ii) Food groups.
 - (iii) Availability of food and cooking facilities.
 - (iv) Availability of time and energy.
 - (v) Religion and culture.
 - (vi) Season.
 - (vii) Occasion.
 - (viii) Needs of family members in health and disease.

2. Food Preparation:

- (a) Sanitation in the Kitchen and Store.
- (b) Choice and use of suitable equipment and its care.
- (c) Weighing and measuring techniques.

3. Food Preservation:

- (a) Importance.
- (b) Principles.
- (c) Methods.
- (d) Preservative – salt, vinegar, oil, sugars, chemicals & sun.

PRACTICALS

1. Planning of meals such as breakfast, lunch, dinner & tea parties prepare selected dishes for each menu.
2. Preservation of food:
 - (a) Jams & Jellies.
 - (b) Chutnies & Pickles.
 - (c) Squashes.

Text Books

1. L. Jeen Bogert, George M. Brigs, Doris Howes Call way “Nutrition and Physical Fitness”. W. B. Saunders Company, Philadelphia and London, 1969 (or latest).

2. Margaret Mewilliams. "Food Fundamentals" John Wiley and Sons, Inc, New York. 1974 (or latest)

Reference Books

1. Cladys G. Peckham "Foundations of food Preparation" 3rd Edition (or latest). Macmillan, Publishing Company Inc, New York, 1974 (or latest).
2. Dr. Doris Howes Calloway, Kathleen Oliver Carpenter "Nutrition and Health". Saunders College Publishing New York. 1981.

Part – II

HOME MANAGEMENT

1. Definition and scope of Management.

Goals and values of the families, and their relationship to management practices. Steps in the process of management. Importance of effective management practices to the efficiency, welfare and happiness of the family.

2. Family resources:

Kinds of resources and their relationship to management. Management of time and energy. Evaluation of common work methods in our homes. Fatigue, kinds of fatigue, causes and ways to minimize fatigue. Value and productive capacity of the individuals the community and the nation.

3. Money Management for the family:

- (i) Income & kinds of income.
- (ii) Budgeting, purpose and techniques of budgeting.
- (iii) Spending, saving and investment in relation of family goals.
- (iv) Some ways to increase family income.
- (v) Importance of the utilization of skills and abilities in increasing real income for the family
- (vi) Intelligent buying.

4. Equipment:

- (a) Selection of common equipment in the home its use and care.
- (b) Factors that influence the cost of equipment.

- (c) Evaluation of the equipment of the homes possibility for charges and improvement.
- (d) Care of materials used in construction of equipment glass, brass, silver, aluminum, stainless steel.

5. Art in the Home:

- (a) Selection of furniture and Furnishings, considering principles of art.
- (b) Arrangement of furniture.
- (c) Care and maintenance.

Text Books

1. Nickell, P., Dersey, J. M. Management in Family Living: Jhon Wiley and Sons, New York U.S.A.

References.

1. Gorden and Lee. Economics for Consumers.
2. Needham, M. A. Sgrong A. G. Better Homes Oxford University Press, Lahore.
3. Faulkner, R., Faulkner S. Inside Today Home Holt Rinchart and Winston Inc. New York, U.S.A.