

CONTENTS OF OUTLINES OF HOME ECONOMICS SYLLABUS

Home Management:

1. Values and goals & standards as related to management in the home; discussion of some values and goal as observed by Pakistani families; importance of developing goals as a means of realizing values
2. Resources: human and materials:
 - a. Time planning and its advantages developing the habit of wise and economical using time effectively in various house-hold activities;
 - b. Energy management-ways of avoiding fatigue
 - c. Simplifications
3.
 - a. Types of income
 - b. Budgeting and its advantages
 - c. Account keeping
4. Study of art, principles and elements as applied to flower arrangement and interior decoration and have friendship at various income levels
5. Family Housing:
 - a. First Aid elementary
 - b.
 - i. Storage of summer and winter clothes and house hold equipment
 - ii. Storage of food stuff (perishable and non-perishable foods)
 - iii. Storage of books, shoes and extra furniture and other house hold equipment
 - c. Ways and means of making house comfortable and healthful
 - i. Ventilation
 - ii. Lighting
 - iii. Drainage
 - iv. Management of various areas in the house
 - v. Living (recreation)
 - vi. Working area
 - vii. Rest area

Child Development:

6. Basic human needs, physical and psychological
 - a. Principles of growth and development from birth to 5 years
 - b. Child in the cultural setting, family and home parents teachers and peer group sibling, society and appreciation of each individual, sharing experience with family members-grand parents
 - c. Understanding and guiding children: Characteristics of the toddler and the pre-school age child (development tasks), understanding and dealing with children problems such as fear, anger, jealousy, bed wetting and thumb sucking

OUTLINES OF HOME ECONOMICS PRACTICALS

1. Time and motion study – preparing time plans
2. Emphasis on method of work simplification:
Experiment of at least 4 activities from different aspects of life e.g.
 - i. Laying of tables
 - ii. Polishing, furniture, brass or silver
 - iii. Dish-washing
 - iv. Cleaning and dusting
3. Making budgets for different income levels
4. Furniture polishing
5. Making a pair of cushion cover, 16" sq in Patch work, using left over fabrics pieces
6. Cleaning: Seasonal Cleaning, weekly and daily (Floor, wall, windows carpet, durees, curtains, systematic cleanliness)
7. Material for one year work, making an arrangement using dried branches/shells/wood/fabric/or plant material
8. Flower arrangement – fresh (Keep a record and all the practicals in a file)

RECOMMENDED REFERENCE BOOKS

In contrast to the previous practice the examination will not be based on a single textbook, but will now be curriculum based to support the examination reforms. Therefore, the students and teachers are encouraged to widen their studies and teaching respectively to competitive textbooks and other available material.

Following books are recommended for reference and supplementary reading:

1. Home Economic for class XI-XII
Punjab Textbook Board, Lahore
2. Child Care
Written by: Graeme Snodgrass
3. Art in Everyday Life (4th Edition)
Written by: Harriet & Vetla Goldstein



Federal Board HSSC-I Examination
Outlines of Home Economics
Model Question Paper

FBISE
WE WORK FOR EXCELLENCE

Roll No:

Answer Sheet No: _____

Signature of Candidate: _____

Signature of Invigilator: _____

SECTION – A

Time allowed: 20 minutes

Marks: 15

Note: Section-A is compulsory and comprises pages 1-4. All parts of this section are to be answered on the question paper itself. It should be completed in the first 20 minutes and handed over to the Centre Superintendent. Deleting/overwriting is not allowed. Do not use lead pencil.

Q.1 Insert the correct option i.e. A/B/C/D in the empty box opposite each part. Each part carries one mark.

- i. Time is an important human
- A. value
B. goal
C. standard
D. resource
- ii. A design is created by arranging of materials with
- A. line
B. order
C. beauty
D. emphasis
- iii. Home – Management is the _____ aspect of family living
- A. administrative
B. social
C. cultural
D. practical

DO NOT WRITE ANYTHING HERE

- iv. Before starting actual cleaning, the rooms must be
- A. observed
 - B. mopped
 - C. fumigated
 - D. ventilated
- v. Period of Parturition starts from birth to ____ minutes after birth.
- A. 1 – 15 minutes
 - B. 15 – 30 minutes
 - C. 15 – 20 minutes
 - D. 15 – 35 minutes
- vi. Man is a product of heredity and
- A. culture
 - B. tradition
 - C. time
 - D. environment
- vii. Budget is a balance between income and
- A. cost
 - B. expenditure
 - C. saving
 - D. need

- viii. Hardening of bones in babyhood is called
- A. emulsification
 - B. ossification
 - C. ostification
 - D. fortification
- ix. Throughout the world every individual has an equal amount of one of the following resources:
- A. Energy
 - B. Community facilities
 - C. Money
 - D. Time
- x. Timetable is the most helpful tool one can have for saving time and
- A. effort
 - B. activity
 - C. energy
 - D. money
- xi. Values are
- A. subjective
 - B. objective
 - C. emotional
 - D. physical
- xii. Basic human needs are physical and
- A. emotional
 - B. social
 - C. environmental
 - D. psychological
- xiii. A baby starts babbling at the age of
- A. 3 months
 - B. 6 months
 - C. 9 months
 - D. 12 months

xiv. The stimulus conditions which direct our behaviour and which drive us into action are called:

- A. physiological needs
- B. human needs
- C. psychological needs
- D. basic physical needs

xv. From one year of age onward a child's play becomes more

- A. physical
- B. mental
- C. imaginative
- D. destructive

For Examiner's use only

Q. No.1: Total Marks:

15

Marks Obtained:



Federal Board HSSC-I Examination
Outlines of Home Economics
Model Question Paper

Time allowed: 2.40 hours

Total Marks: 60

Note: Sections 'B' and 'C' comprise pages 1-2 and questions therein are to be answered on the separately provided answer book. Answer any twelve questions from section 'B' and two questions from section 'C'. Use supplementary answer sheet i.e., sheet B if required. Write your answers neatly and legibly.

SECTION – B
(36 marks)

Note: Attempt any **TWELVE** questions. The answer to each question should not exceed 3 to 4 lines.

- Q.2 Name the developmental directions of a child. (3)
- Q.3 How would you discourage thumb sucking in a child? (3)
- Q.4 What first aid will you provide to a heart patient? (3)
- Q.5 What points will you consider while making a time plan? (3)
- Q.6 What do you understand by work simplification? (3)
- Q.7 How will you define family income? (3)
- Q.8 Name different types of fatigue. (3)
- Q.9 What are the hand skills of babyhood period? (3)
- Q.10 Write a short note on the storage of winter clothes. (3)

- Q.11 Define Art? (3)
- Q.12 Write any four disadvantages of peer pressure. (3)
- Q.13 Briefly differentiate between exploratory and imitative play. (3)
- Q.14 Write down the effects of over-protective parents on a child's personality. (3)
- Q.15 What are different types of resources? (3)
- Q.16 Name the physical needs of a toddler. (3)
- Q.17 Define home management. (3)

SECTION – C
(Marks: 24)

Note: Attempt any **TWO** questions.

- Q.18 Management is important to achieve goals and values. Discuss the management process in detail. (12)
- Q.19 Discuss different characteristics of an infant in detail. (12)
- Q.20 What are different principles of Art? Explain balance in detail. (12)



Federal Board HSSC-I Examination
Outlines of Home Economics Practical
Model Question Paper

Time allowed: 2 hours

Marks: 25

1. Make an arrangement for a corner table with fresh flowers. (5)
 - (OR)**
 - Clean and polish a brass article. (5)
 2. Plan a month's budget for a middle income-group. (5)
 3. Practical File. (5)
 4. Projects (7)
 5. Viva Voce (3)
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