



آغا خان یونیورسٹی ایگزامینیشن بورڈ  
AGA KHAN UNIVERSITY EXAMINATION BOARD

## Teaching and Learning Resources for Grade IX Elements of Home Economics

### Recommended Key Textbook:

*Textbook of Elements of Home Economics Class 9 and 10*, New Star Book Depot Educational Publishers

Additional Recommended Resource Material				
Topic No	Topic Title	Reference Book	Topic in the Reference Book	Reference Website
1.	Introduction to Home Economics	Faqiha Abbas and Sajida Ejaz, <i>A textbook of Home Economics Class 9 and 10</i> , New Star Book Depot Educational Publishers	Chapter 1: An Introduction to Home Economics	
		Rubina Hakim, <i>Towards a Better Home</i> , Sheikh Publications	Chapter 1: House and Home	
		Ethel Su-Hsin Chong, Joyce Chiu-Fui Mok, <i>Home Economics and You</i> , EPB and Pan Pacific Publications	Module 7: Buyers be Wise Module 8: Know your Rights	

Topic No	Topic Title	Reference Book	Topic in the Reference Book	Reference Website
2.	Introduction to Food and Nutrition	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 1: Nutrition	
		Dr. Mrs Zahida Yaqoob Mir, <i>Ilmi Food and Nutrition for Class XI</i> , Salman Publishers, Ilmi Book House Lahore	Chapter 1: Food and its Relation to Health Chapter 2 to 6: Carbohydrates, Fats, Proteins, Minerals, Vitamins And Water	
3.	Understanding of Food and Diet	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 2: Providing Food for Different Needs	
		Dr. Mrs Zahida Yaqoob Mir, <i>Ilmi Food and Nutrition for Class XI</i> , Salman Publishers, Ilmi Book House Lahore	Chapter 1: Food and its Relation to Health Chapter 8: Importance of Balanced Diet in Nutrition	
4.	Food Preparation	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 4: Practical Food Preparation Chapter 5: The Kitchen	
		Rubina Hakim, <i>Towards a Better Home</i> , Sheikh Publications	Chapter 15: Storage	

Topic No	Topic Title	Reference Book	Topic in the Reference Book	Reference Website
5.	Introduction to Child Care and Development	<i>A Textbook of Home Economics for Intermediate Part I</i> , Aziz Book Depot, Urdu Bazar, Lahore	Chapter I: Child Development and Family Relations	
		<i>A Textbook of Home Economics for Degree Classes</i> , Aziz Publishers, Urdu Bazar, Lahore	Chapter 1: Child Development and Family Relations (Introduction)	
6.	Developmental Characteristics	<i>A Textbook of Home Economics for Intermediate Part I</i> , Aziz Book Depot, Urdu Bazar, Lahore	Chapter I: Child Development and Family Relations	
		Faqiha Abbas and Sajida Ejaz, <i>A textbook of Home Economics Class 9 and 10</i> , New Star Book Depot Educational Publishers	Chapter 3a: Physical Qualities of Children of Different Age Group Chapter 3b: Qualities and Requirements of Three to Five Years Old Children	
7.	Behavioural Problems of Children	Faqiha Abbas and Sajida Ejaz, <i>A textbook of Home Economics Class 9 and 10</i> , New Star Book Depot Educational Publishers	Chapter 4: Habits and Movements of Three to Five Years Old Children Chapter 5a: The Problem of Six to Ten Years Old Children Chapter 5b: Understanding and Guiding Children	

Topic No	Topic Title	Reference Book	Topic in the Reference Book	Reference Website
8.	Role of Family and Community in Human Development	Faqiha Abbas and Sajida Ejaz, <i>A textbook of Home Economics Class 9 and 10</i> , New Star Book Depot Educational Publishers	Chapter 7: Your Relation with Family Members Chapter 8: Relation with Other People	
		<i>A Textbook of Home Economics for Intermediate Part I</i> , Aziz Book Depot, Urdu Bazar, Lahore	Chapter I: Child Development and Family Relations (Family and its Mutual Relations)	

**Note:** This resource list has been prepared primarily for teachers. While it can be shared with students, students should not be required to buy multiple books. Schools are encouraged to stock these books in the library. Moreover, these are only suggestions which have been compiled for the ease of teachers and students; schools are encouraged to use other resources for teaching and learning as well, as long as they are in line with the student learning outcomes (SLOs) mentioned in AKU-EB syllabi. Unless specified, AKU-EB does not endorse any of these books or websites. You are advised to use an ad-blocker while accessing the websites. In case any website is not functional for any reason, you may inform us at [examination.board@aku.edu](mailto:examination.board@aku.edu) for an alternative or search material via any search engine. If you have any query, please contact us via email.



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## Teaching and Learning Resources for Grade X Elements of Home Economics

### Recommended Key Textbook:

*Textbook of Elements of Home Economics Class 9 and 10*, New Star Book Depot Educational Publishers

Additional Recommended Resource Material				
Topic No	Topic Title	Reference Book	Topic in the Reference Book	Website
9.	Introduction to Textile and Clothing	Faqiha Abbas and Sajida Ejaz, <i>A textbook of Home Economics Class 9 and 10</i> , New Star Book Depot Educational Publishers	Chapter 10: Art Principles and Selection of Dress Chapter 11: Clothes for daily use  Chapter 12: Methods of Washing and Protecting the Clothes	
		Zakia Asim, <i>Outlines of Home Economics Part II</i>	Chapter I: Classification of Textile Fibre  Chapter II: Cotton Chapter III: Silk Chapter IV: Wool Chapter V: Rayon or Artificial Silk Chapter VI: Nylon	

Topic No	Topic Title	Reference Book	Topic in the Reference Book	Website
		Isabel Wingate, <i>Textile Fabrics and Their Selection</i> , Prentice-Hall Publishers	Chapter 9: Cotton and the Consumer	
		Anita Webb-Lupo, <i>Clothing Decisions: Teacher's Resource Guide</i> , Glencoe/McGraw-Hill School Publishing Company	Chapter 20: Clean Clothes Chapter 21: Storing Clothes Chapter 22: Repairing and Altering Clothes	
10.	Dress Making	<i>A Textbook of Home Economics for Intermediate Classes Part II</i> , Aziz Publishers, Urdu Bazar, Lahore	Chapter 2: Clothing and Textiles Chapter 3: The Sewing Machine Chapter 4: Preparatory Steps to the Construction of Clothes	
		Dorothy Siegert Lyle, Jeanne Brinkley, <i>Contemporary Clothing</i> , Glencoe/McGraw-Hill Publishers	Chapter 12: Putting It All Together	
		Jeanette Weber, <i>Clothing: Fashion, Fabric, Construction</i> , Glencoe Publishers	Chapter 11: Understanding Colour Chapter 12: Understanding Design	

Topic No	Topic Title	Reference Book	Topic in the Reference Book	Website
11.	Clothing Requirements of Different Age Groups (Wardrobe Planning)	Faqiha Abbas and Sajida Ejaz, <i>A textbook of Home Economics Class 9 and 10</i> , New Star Book Depot Educational Publishers	Chapter 9: Dresses and Clothes Chapter 10: Art Principles and Selection of Dress	
		Jeanette Weber, <i>Clothing: Fashion, Fabric, Construction</i> , Glencoe Publishers	Chapter 10: Developing a Wardrobe Plan	
12.	Introduction to Management	Faqiha Abbas and Sajida Ejaz, <i>A textbook of Home Economics Class 9 and 10</i> , New Star Book Depot Educational Publishers	Chapter 16: Home Management	
		Rubina Hakim, <i>Towards a Better Home</i> , Sheikh Publications	Unit I: Principles of Home Managements Unit II: Management of Specific Resources	
		Bettye B. Swanson, <i>Introduction to Home Management</i> , Macmillan Publishers	Chapter 2: Values, Goals and Standards Chapter 3: Decision Making Chapter 4: The Management Process Chapter 7: Time And Energy Resources Chapter 8: Time And Energy Management Chapter 9: Money Resources	

Topic No	Topic Title	Reference Book	Topic in the Reference Book	Website
13.	Environment and Management	<i>Anubha Kaushik and C.P. Kaushik Perspective of Environmental Studies</i> , New Age International Publishers	Unit 5: Environmental Pollution	<a href="http://www.eschooltoday.com/">http://www.eschooltoday.com/</a> <a href="https://www.reference.com/home-garden/sanitation-important-6f98ffe362ae4aea#">https://www.reference.com/home-garden/sanitation-important-6f98ffe362ae4aea#</a> <a href="https://en.wikipedia.org/wiki/Sanitation#Types">https://en.wikipedia.org/wiki/Sanitation#Types</a> <a href="http://expressrecyclingandsanitation.com/2014/08/25/sanitation-methods-importance-of-waste-management/#sthash.M7hyuwli.dpbs">http://expressrecyclingandsanitation.com/2014/08/25/sanitation-methods-importance-of-waste-management/#sthash.M7hyuwli.dpbs</a> <a href="https://www.safewise.com/blog/safety-hazards-to-watch-out-for-around-the-house/">https://www.safewise.com/blog/safety-hazards-to-watch-out-for-around-the-house/</a>
14.	Art and Design	Faqiha Abbas and Sajida Ejaz, <i>A textbook of Home Economics Class 9 and 10</i> , New Star Book Depot Educational Publishers	Home Economics and Art	
		Rubina Hakim, <i>Towards a Better Home</i> , Sheikh Publications	Chapter 17: Application of Arts Elements and Principles in the Home	



Topic No	Topic Title	Reference Book	Topic in the Reference Book	Website
15.	Art in Everyday Life	Faqiha Abbas and Sajida Ejaz, <i>A textbook of Home Economics Class 9 and 10</i> , New Star Book Depot Educational Publishers	Home Economics and Art	
		Rubina Hakim, <i>Towards a Better Home</i> , Sheikh Publications	Chapter 18: Furniture Selection and Arrangement Chapter 21: Selection of Decorative Accessories	

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