

FEDERAL BOARD OF INTERMEDIATE AND SECONDARY EDUCATION
H-8/4, Islamabad

HOME ECONOMICS (SKILL BASED)
Manual

ASSESSMENT MANUAL FOR PRACTICALS
HSSC-II

Note: Candidates are required to maintain a comprehensive and neat record of all practical work in their file.

SYLLABUS CORE COMPONENTS

Clothing and Textile Practical File Requirements

1. Drafting of the following garments:
Basic bodies block and adapt it to the design of your own choice
2. Stitching of two garments:
 - i. Qameez
 - ii. Kurta
3. Embroidery any one of the following:
 - a. 6 chair backs
 - b. 2 cushions
 - c. 2 trolley cover + 1 teacosy + 6 napkins
 - d. 1 tray cover + 1 teacosy + 6 napkins
4. Clothing file
 - a. Drafting of garments, samples of 15 basics embroidery stitches, use of illustration to depict basic colour schemes and accessories
 - b. Basic seam finishing

Food and Nutrition Practical File Requirements

- A. Weighing and measuring techniques of food items
- B. Prepare selected foods involving basic principles of cookery of various food groups:
 - a. Egg cookery i.e. boiled, fried, poached
 - b. Milk cookery, sheer khurma, firni, custards (stirred, steam backed)
 - c. Meat cookery, dry and moist cookery (Shami kabab, fried fish korma, stew, White sauce)
 - d. Vegetables salads:
 - i. Tossed salad
 - ii. Arranged salad with cooking
 - iii. Fruit, salad (Gelatine Mould)
- C. **Cooking:**
Bhujias – Spinach Potatoes
 - e. Cereals:
 - i. Dual (dry and soupy)
 - ii. Chapati, Paratha

Preparation of at least 3 of the following:

f. Snacks:	i. Nan Khatai	ii. Sandwiches
	iii. Fish fingers	iv. Doughnuts

Beverages, Tea, Lassi, Lemonade

 - g. Plan a day's menu for your family and cook it

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Home Economics HSSC-II Practical Examination

Time Allowed: 3:00 Hours

Total Marks: 60

EXAMINATION STRUCTURE & MARKS DISTRIBUTION

Section	Instructions / Details	Marks
Written & Practical Exam	Q:1 Make a design sample for table napkin / handkerchief / trolley cover and embroider it using any at-least 3 stitches from syllabus.	10 Marks
	Q:2 Make a 5"×5" sample of lapped seam / French seam / plain seam / flat felled seam	05 Marks
	Q:3 Make a draft of front panel / sleeves / back panel of Qameez using your own body measurement.	05 Marks
	Q:4 Plan a day's menu for a Teenage girl / expecting mother / school going child / party menu for birthday and write down the recipe of a main dish/sweet dish/tea snacks. Prepare and serve.	10 Marks
Year Work	i. Clothing and Nutrition File (s) ii. Projects: Embroidery, Qameez, Kurta	(05+05) (05+05+05) 25 Marks
Viva Voce	Oral examination based on the practical file and curriculum concepts.	05 Marks