



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



**HOME ECONOMICS SSC-I
PRACTICAL EXAMINATION**

Time: 3:00 Hours

Total Marks: 15

S.no	INSTRUCTIONS		
1	Practical Examination	Examiner will assign cooking and presentation any food group from the curriculum	(05 marks)
2	Written examination	Plain a day menu for any age group.	(03 marks)
3	Year work and file		(04 marks)
4	Viva		(03 marks)

LIST OF PRACTICALS

HOME ECONOMICS SSC-I

FILE – I: CHILD CARE & DEVELOPMENT (PRACTICAL NOTEBOOK)

1. Definition & meaning of human development
2. Principles of growth & development
3. Behavioural problems of children
4. Role of parents, siblings, peers, etc.
5. Personality development

FILE-II: FOOD & NUTRITION (PRACTICAL NOTEBOOK)

A. Cooking of Basic Food Groups and Serving

1. Milk and milk products
2. Meat, fish, chicken
3. Vegetables & fruits
4. Cereals & pulses

B. Nutritional Needs of Different Age Groups

1. Infants
2. Pre-school children
3. Adolescents
4. Pregnant & lactating women

C. Different Cooking Methods

1. Baking
2. Boiling
3. Grilling
4. Steaming
5. Roasting
6. Frying

D. Meal Service

1. Trolley Service
2. Tray Service
3. Buffet Style
4. Formal Methods

E. Storing of Different Food Items (Choose Correct Storage Procedures)

1. Freezing
2. Drying of fruits & vegetables
3. Salting
4. Pickles, Jams