

National Curriculum of Pakistan
2022-23

HOME ECONOMICS

Grades 9-12



NATIONAL CURRICULUM COUNCIL SECRETARIAT
MINISTRY OF FEDERAL EDUCATION AND
PROFESSIONAL TRAINING, ISLAMABAD
GOVERNMENT OF PAKISTAN

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It is with great pride that we, at the National Curriculum Council Secretariat, present the first core curriculum in Pakistan's 75-year history. Consistent with the right to education guaranteed by Article 25-A of our Constitution, the National Curriculum of Pakistan (2022-23) aspires to equip every child with the necessary tools required to thrive in and adapt to an ever-evolving globalized world.

The National Curriculum is in line with international benchmarks, yet sensitive to the economic, religious, and social needs of young scholars across Pakistan. As such, the National Curriculum aims to shift classroom instruction from rote learning to concept-based learning.

Concept-based learning permeates all aspects of the National Curriculum, aligning textbooks, teaching, classroom practice, and assessments to ensure compliance with contemplated student learning outcomes. Drawing on a rich tapestry of critical thinking exercises, students will acquire the confidence to embark on a journey of lifelong learning. They will further be able to acknowledge their weaknesses and develop an eagerness to build upon their strengths.

The National Curriculum was developed through a nationwide consultative process involving a wide range of stakeholders, including curriculum experts from the public, private, and non-governmental sectors. Representatives from provincial education departments, textbook boards, assessment departments, teacher training departments, *deeni madaris*, public and private publishers, private schools, and private school associations all contributed their expertise to ensure that the National Curriculum could meet the needs of all Pakistani students.

The experiences and collective wisdom of these diverse stakeholders enrich the National Curriculum, fostering the core, nation-building values of inclusion, harmony, and peace, making the National Curriculum truly representative of our nation's educational aspirations and diversity.

I take this opportunity to thank all stakeholders, including students, teachers, and parents who contributed to developing the National Curriculum of Pakistan (2022-23)

Dr. Mariam Chughtai

Director

National Curriculum Council Secretariat

Ministry of Federal Education and Professional Training

Note: Home Economics for Grade 9-12 is offered for Humanities and Social Sciences

Home Economics Grade 9-10

Domain A: Introduction to Home Economics

Standard: Interpret the role and responsibilities of home economist in family and community

Grade 9	Grade 10
Benchmark I: Discuss the role and responsibilities of a home economist in the family and community.	
Student Learning Outcomes	
Students will be able to: [SLO:HE-09-A-01]: Define the concept of Home Economics [SLO:HE-09-A-02]: List key aspects of Home Economics [SLO:HE-09-A-03]: Describe the aims and objectives of Home Economics	

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<p>[SLO:HE-09-A-04]: Illustrate significance of Home Economics</p> <p>[SLO:HE-09-A-05]: Identify the capabilities developed through Home Economics</p> <p>[SLO:HE-09-A-06]: Formulate scope of Home Economics as a profession</p> <p>[SLO:HE-09-A-07]: Interpret the role and responsibilities of home economist in family and community</p>	
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Domain B: Introduction and understanding to Food and Nutrition

Standard: Develop a foundational understanding of food and nutrition, empowering them to make informed dietary choices and comprehend the broader implications of nutritional practices in a local and global context.

Grade 9	Grade 10
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Benchmark I: Analyze food, nutrition and nutrients in relationship with individual's nutritional requirement	
Student Learning Outcomes	
<p>Students will be able to:</p> <p>[SLO:HE-09-B-01]: Understand the definition of Food and Nutrition</p> <p>[SLO:HE-09-B-02]: Classify various function of Food</p> <p>[SLO:HE-09-B-03]: Define and Interpret basic Nutrients</p> <p>[SLO:HE-09-B-04]: Examine Malnutrition and its effects</p> <p>[SLO:HE-09-B-05]: Illustrate nutritional status of Pakistan</p> <p>[SLO:HE-09-B-06]: Define balance diet</p>	

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<p>[SLO:HE-09-B-07]: Classify basic food groups</p> <p>[SLO:HE-09-08]: Recognize nutritional needs for Individuals</p>	
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Domain C: Meal Management

Standard: Apply safety measures and hygiene in kitchen and meal preparation.

Grade 9	Grade 10
<p>Benchmark I: Apply essential safety measures and hygiene practices in the kitchen and during meal preparation to create a safe and sanitary cooking environment.</p>	
<p align="center">Student Learning Outcomes</p>	
<p>Students will be able to: [SLO:HE-09-C-01]: Apply cooking Techniques</p>	

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[SLO:HE-09-C-02]:

Demonstrate serving

[SLO:HE-09-C-03]:

Manage storing

[SLO:HE-09-C-04]:

Apply safety measures and hygiene in kitchen and meal
Preparation

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Domain D: Introduction to Human Development

Standard: Discuss various aspects of human development, including physical, cognitive and psychosocial development.

Grade 9	Grade 10
Benchmark I: Examine and discuss key milestones, challenges, and influences shaping individuals across the lifespan.	
Student Learning Outcomes	
Students will be able to: [SLO:HE-09-D-01]: Define the concept of Human Development [SLO:HE-09-D-02]: Describe physical development [SLO:HE-09-D-02]: Explain cognitive development [SLO:HE-09-D-04]: Discuss aspects of psychosocial development	

Domain E: Developmental Stages

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Standard: Analyze various development stages, their key characteristics and outcomes.

Grade 9	Grade 10
Benchmark I: Analyze development stages, articulate their key characteristics, and explain the factors shaping human development across various life stages.	
Student Learning Outcomes	
Students will be able to: [SLO:HE-09-E-01]: Define neonatal period [SLO:HE-09-E-02]: Describe the stages of child development during Infancy [SLO:HE-09-E-03]: Demonstrate the characteristics of early childhood and later childhood [SLO:HE-09-E-04]: Define adolescence	

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<p>[SLO:HE-09-E-05]: Demonstrate the characteristics of early and middle adulthood</p> <p>[SLO:HE-09-E-06]: Recognize the characteristics of late adulthood</p>	
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Domain F: Behavioral Problem of Children and role of family and community in Human Development

Standard: Evaluate the relationship of parent, child, siblings and peers

Grade 9	Grade 10
<p>Benchmark I: Examine behavioral problem and role of family and community in the span of human development</p>	
<p>Student Learning Outcomes</p>	
<p>Students will be able to:</p> <p>[SLO:HE-09-F-01]: Define human behavior</p>	

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<p>[SLO:HE-09-F-02]: Classify types and reasons of behavioral problem</p> <p>[SLO:HE-09-F-03]: Manage handling of Behavioral Problem</p> <p>[SLO:HE-09-F-04]: Identify family and community</p> <p>[SLO:HE-09-F-05]: Evaluate the relationship of parent, child,siblings and peers</p>	
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Domain G: Concept of Textiles , Clothing and family clothing

Standard: Apply principles of Practice redesigning and recycling

Grade 9	Grade 10
	Benchmark I: Identify key stages, materials, and techniques involved in the creation of textiles and clothing.
Student Learning Outcomes	

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	<p>Students will be able to:</p> <p>[SLO:HE-10-G-01]:</p> <p>Describe the field of textiles and clothing</p> <p>[SLO:HE-10-G-02]:</p> <p>Classify types of Textile Fibers</p> <p>[SLO:HE-10-G-03]:</p> <p>Manage selection, care, and storage of garments & household textile</p> <p>[SLO:HE-10-G-04]:</p> <p>Plan family wardrobe with reference to economics, social and psychological factors</p> <p>[SLO:HE-10-G-05]:</p> <p>Apply principles of redesigning and recycling</p>
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Domain H: Dress Making

Standards: Demonstrate Guideline for selection of Material and Design

Grade 9	Grade 10
	Benchmark I: Explain tailoring principles and equipment by employing guidelines
Student Learning Outcomes	
	Students will be able to: [SLO:HE-10-H-01]: Define tailoring [SLO:HE-10-H-02]: [Demonstrate handling of tailoring equipment] [SLO:HE-10-H-03]: Identify tailoring principles [SLO:HE-10-H-04]: Demonstrate guideline for selection of material and design

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Domain I: Introduction to management and environmental management

Standard: Advocate for steps towards Sustainability and Environment-friendly outcomes

Grade 9	Grade 10
	Benchmark I: Apply management process and its utilization for sustainable environmental management
Student Learning Outcomes	
	Students will be able to: [SLO:HE-10-I-01]: Analyze management and its process [SLO:HE-10-I-02]: Demonstrate management of different resources : Time, energy and money [SLO:HE-10-I-03]: Define entrepreneurship and youth engagement

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	<p>[SLO:HE-10-I-04]:</p> <p>Define concept of environment</p> <p>[SLO:HE-10-I-05]:</p> <p>Examine major environmental changes</p> <p>[SLO:HE-10-I-06]:</p> <p>Describe steps towards sustainability and environment-friendly outcomes</p>
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Domain J: Introduction and application of Art and Design

Standard: Apply concepts of design in clothing, home, interior and environment

Grade 9	Grade 10
	Benchmark I: Analyze the concept of art, design and creativity by applying them in everyday life
Student Learning Outcomes	

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	<p>Students will be able to:</p> <p>[SLO: HE-10-J-01]:</p> <p>Define art and its forms</p> <p>[SLO: HE-10-J-02]:</p> <p>Classify elements and principles of design</p> <p>[SLO: HE-10-J-03]:</p> <p>Differentiate among art, aesthetics and creativity</p> <p>[SLO: HE-10-J-04]:</p> <p>Apply concepts of design in clothing, home, interior and environment</p>
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Home Economics

11-12

Domain A: Home Management

Standard: Recognize the importance of developing goals as a means of realizing values.

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Grade 11	Grade 12
Benchmark I: Examine the importance of establishing goals and values for better home management	
Student Learning Outcomes	
Students will be able to: [SLO:HE-11-A-01]: Describe the importance of defining values and goals related to management in the home [SLO:HE-11-A-02]: Interpret some values and goal as observed by Pakistani families for home management [SLO:HE-11-A-03]: Formulate importance of developing goals as a means of realizing values	

Domain B: Resources: human and materials

Standard: Apply rules of energy conservation through work simplification.

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Grade 11	Grade 12
Benchmark I: Analyze human and material resources and their wise utilization for managing energy and simplification	
Student Learning Outcomes	
<p>Students will be able to:</p> <p>[SLO:HE-11-B-01]: Define types of resources particularly human and material</p> <p>[SLO:HE-11-B-02]: Describe time planning and its advantages</p> <p>[SLO:HE-11-B-03]: Interpret the effectiveness of wise and economical use of time in house-hold activities</p> <p>[SLO:HE-11-B-04]: Examine energy management-ways of avoiding fatigue</p> <p>[SLO:HE-11-B-05]: Identify work simplification to save time and energy</p> <p>[SLO:HE-11-B-06]: Analyze principles of work simplification</p>	

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Domain C: Income and Budgeting

Standard: Examine account keeping for a better planning of current and future expenditures

Grade 11	Grade 12
Benchmark I: Examine the various sources of income and its maximum utilization through budgeting and account keeping	
Student Learning Outcomes	
Students will be able to: [SLO:HE-11-C-01]: Describe types and sources of income [SLO:HE-11-C-02]: Identify the nature of income and expenses [SLO:HE-11-C-03]: Define budgeting and its advantages	

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<p>[SLO:HE-11-C-04]:</p> <p>Interpret the importance of family budget</p> <p>[SLO:HE-11-C-05]:</p> <p>Examine account keeping for a better planning of current and future expenditures</p>	
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Domain D: Family Housing:

Standard: Explicate management of living, working and rest areas in the house

Grade 11	Grade 12
	<p>Benchmark I: Analyze to manage storage of household items and maintenance of each area for making a comfortable home</p>
Student Learning Outcomes	
	<p>Students will be able to:</p> <p>[SLO:HE-11-D-01]:</p> <p>Define first aid and its objectives</p> <p>[SLO:HE-12-D-02]:</p> <p>Describe guidelines in giving emergency care</p>

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	<p>[SLO:HE-12-D-03]: Apply first aid treatment</p> <p>[SLO:HE-12-D-04]: Manage storage of summer and winter clothes</p> <p>[SLO:HE-12-D-05]: Administer storage of perishable and non-perishable foods</p> <p>[SLO:HE-12-D-06]: Plan storage of books, shoes, furniture and other household equipment</p> <p>[SLO:HE-12-D-07]: Apply means of ventilation, lighting and drainage for making house comfortable</p> <p>[SLO:HE-12-D-08]: Explicate management of living, working and rest areas in the house</p>
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Domain E: Child Development

Standard: Manage dealing with children problems such as fear, anger, jealousy, bed wetting and thumb sucking

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Grade 11	Grade 12
Benchmark I:	Examine the characteristics of a child developmental process and the effect of family,community and society in managing developmental traits
Student Learning Outcomes	
	<p>Students will be able to:</p> <p>[SLO:HE-12-E-01]: Describe human basic physical and physiological needs</p> <p>[SLO:HE-12-E-02]: Define principles of growth and development from birth to 5 years</p> <p>[SLO:HE-12-E-03]: Analyze child in the cultural setting, family, sibling, parents teachers, peer group and society</p> <p>[SLO:HE-12-E-04]: Interpret the characteristics of development tasks of toddler and the preschool age child</p> <p>[SLO:HE-12-E-05]:</p>

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	Manage dealing with children problems such as fear, anger, jealousy, bed wetting and thumb sucking
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Domain F: Food and Nutrition

Standard: Evaluate various nutritional programs in Pakistan to combat nutritional problems

Grade 11	Grade 12
Benchmark I:	Analyze the importance of food and nutrition and various strategies to deal food and nutrition issues in Pakistan
Student Learning Outcomes	
	<p>Students will be able to:</p> <p>[SLO:HE-12-F-01]: Define food, nutrition and dietetics</p> <p>[SLO:HE-12-F-02]: Describe malnutrition and its impact</p> <p>[SLO:HE-12-F-03]: Interpret characteristic of balanced diet</p> <p>[SLO:HE-12-F-04]:</p>

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	Analyze various nutritional programs in Pakistan to combat nutritional problems
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Domain G: Environmental Management

Standard: Examine Green marketing and its impact

Grade 11	Grade 12
Benchmark I:	Examine environmental challenges and their possible solutions to achieve sustainability
Student Learning Outcomes	
	Students will be able to: [SLO:HE-12-G-01]: Describe major environmental challenges [SLO:HE-12-G-02]: Analyzed measures to control environmental problems in Pakistan [SLO:HE-12-G-03]:

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	<p>Interpret dimensions of sustainability</p> <p>[SLO:HE-12-G-04]:</p> <p>Examine Green marketing and its impact</p>
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