





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

National Curriculum of Pakistan  
2022-23

# FUNDAMENTALS OF FOOD AND NUTRITION

Grade 11



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



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

# Fundamentals of Food and Nutrition

## For pre-Home Economics Group

### Grade 11

#### Domain A: Introduction to nutrition

**Standard:** Students will be able to explain macronutrient use and their catabolism, vitamins, minerals; their classification, functions and benefits, national nutrition surveys

**Benchmark I:** Students will be able to explain macronutrients use and their catabolism in human body, vitamins and microminerals, community nutritional needs, nutrient content of different foods and food composition tables.

#### Student Learning Outcomes

Students will be able to...

[SLO:FFN-11-A-01]:

Define and explain food, nutrition and dietetics

[SLO:FFN-11-A-02]:

Explain food groups, sources and concept of multi mix diets.

[SLO:FFN-11-A-03]:

Define and explain macronutrients and micronutrients.

[SLO:FFN-11-A-04]:

Explain digestion and absorption of nutrients.

[SLO:FFN-11-A-05]:

Explain macronutrient use and storage in fed state.

[SLO:FFN-11-A-06]:

Explain macronutrient catabolism in the fasted state.

[SLO:FFN-11-A-07]:

Identify and explain the fat soluble vitamins and water soluble vitamins.

[SLO:FFN-11-A-08]:

Discuss minerals/trace elements.

[SLO:FFN-11-A-09]:

Explain functional nutrition assessment.

[SLO:FFN-11-A-10]:

Analyze recommended dietary allowances of different foods.

[SLO:FFN-11-A-11]:

Discuss nutrition for health and fitness.

## Domain B: Nutritional assessment

**Standard:** The students will be able to explain different methods of nutrition assessment.

**Benchmark I:** The student will be able to explain nutrition assessment methods of all age groups using different screening tools.

### Student Learning Outcomes

[SLO:FFN-11-B-01]:

Define and explain anthropometric measurements.

[SLO:FFN-11-B-02]:

Discuss methods of anthropometric measurements.

[SLO:FFN-11-B-03]:

Discuss different nutrition screening tools.

[SLO:FFN-11-B-04]:

Explain the procedures for conducting nutrition assessment of all age groups.

### **Domain C: Food Preparation and Meal Planning**

**Standard:** Students will be able to demonstrate the ability to plan, prepare, and present nutritionally balanced meals of different cuisines that adhere to food safety standards.

#### **Grade 11**

**Benchmark I:** Students will be able to prepare meals of different cuisines and possess a comprehensive understanding of modern food safety practices.

#### **Student Learning Outcomes**

[SLO:FFN-11-C-01]:

Define and explain the concept of meal planning.

[SLO:FFN-11-C-02]:

Discuss diverse cuisines and advanced cooking skills.

[SLO:FFN-11-C-03]:

Discuss the concepts of food science and technology.

[SLO:FFN-11-C-04]:

Explain cultural influences on food choices in the world and in your local communities.

[SLO:FFN-11-C-05]:

Develop meal plans of different cuisines within different budgets.

### **Domain D Nutrition in lifecycle.**

**Standard:** Students will be able to explain nutritional requirements and their importance in different stages of life; from preconception to geriatric stage.

#### **Grade 11**

**Benchmark I:** Students will be able to explain human nutritional requirements and the significance of vitamins and minerals in different stages of life.

#### **Student Learning Outcomes**

[SLO:FFN-11-D-01]:

Describe the nutrition needs of infants and children.

[SLO:FFN-11-D-02]:

Describe what constitutes proper nutrition in pregnancy and lactation.

[SLO:FFN-11-D-03]:

Describe what constitutes proper nutrition in adolescence and adult years.

[SLO:FFN-11-D-04]:

Analyze the significance of iron, zinc, vitamin A and vitamin D in diet at different stages of life.

### **Domain E: Nutrition and Disease**

**Standard E1:** Students will be able to explain the role of medical nutrition therapy and balanced diet in treatment and prevention of different diseases.



**Benchmark I:** Students will explain medical nutrition therapies in different pathological conditions and role of nutrition in prevention of diseases.

### **Student Learning Outcomes**

[SLO:FFN-11-E-01]:

Discuss medical nutrition therapy for various communicable and non-communicable diseases.

[SLO:FFN-11-E-02]:

Discuss how nutrition can help in prevention of various diseases.

[SLO:FFN-11-E-03]:

Discuss the role of nutraceuticals and supplements in the human body.

[SLO:FFN-11-E-04]:

Analyze the disadvantages of various types of processed foods such as artificial ingredients, refined carbohydrates, products high in trans fat etc.

[SLO:FFN-11-B-03]:

Discuss different nutrition screening tools.

[SLO:FFN-11-B-04]:

Explain the procedures for conducting nutrition assessment of all age groups.

### **Domain C: Food Preparation and Meal Planning**

**Standard:** Students will be able to demonstrate the ability to plan, prepare, and present nutritionally balanced meals of different cuisines that adhere to food safety standards.

#### **Grade 11**

**Benchmark I:** Students will be able to prepare meals of different cuisines and possess a comprehensive understanding of modern food safety practices.

#### **Student Learning Outcomes**

[SLO:FFN-11-C-01]:

Define and explain the concept of meal planning.

[SLO:FFN-11-C-02]:

Discuss diverse cuisines and advanced cooking skills.

[SLO:FFN-11-C-03]:

Discuss the concepts of food science and technology.

[SLO:FFN-11-C-04]:

Explain cultural influences on food choices in the world and in your local communities.

[SLO:FFN-11-C-05]:



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