

TEXTBOOK OF

# ESSENTIALS OF HOME ECONOMICS FOR CLASS VI



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# INTRODUCTION TO HOME ECONOMICS

CHAPTER NO: 01

After studying this chapter students will be able to:

- ✚ Define Home Economics
- ✚ Discuss the origin of Home Economics
- ✚ Describe the development of Home Economics as a field of study
- ✚ Differentiate between past and present studies of Home Economics









The philosophy of Home Economics is the philosophy of home and family. Home is the sweetest of all the institutions. People have fought wars and sacrificed their dearest possessions just to protect their home. They forget their hardships and problems when they enter home. At home people learn good and bad habits. They learn to work with people and respect them and to take care of their families. Learning home economics is very important for the Homemaker. Homemakers sacrifice their life to take care of their families and their home. Most homemakers are mothers who sacrifice their life when they have children. Homemakers are concerned with the development and wellbeing of individuals and families, which is what home economics teaches. Home economics is concerned with what enables people to maintain a meaningful and comfortable life.

Managing the affairs of home is called home economics. Home economics is a combination of many Sciences and Arts. It aims at achieving better, healthier and happier homes. It combines knowledge



from basic sciences such as nutrition, clothing, childcare, home nursing, home management, psychology, human relations and economics.

A Home Economist can perform the following duties much better:

-  Care for personal routine.
-  Planning and purchasing.
-  Preparation and serving meals.
-  Food preservation.
-  Selection of garments.
-  Care for clothing.
-  Care of house hold equipment.
-  Getting along with children and adults

So, it can be said that Home Economics is domestic science and arts (Home & economics).

### **1.2: ORIGIN OR HISTORY OF HOME ECONOMICS:**

In the olden days, girls participated with their mothers in the house- hold work and management. The woman was the nurse, the social worker and manufacturer of house hold goods. She was the butcher and the baker. She made the soap and made clothing for the family. Homemaking Education in those days was in the home itself.

In 1700, the DAME School flourished in America where young girls were taught needle work and cooking. Two earliest educators who taught that preparation for home making were Mrs. Emma Hart Willard and Miss. Catherine Beecher. It was said that Mrs. Willard discovered science and arts (Home & Economics) as a school subject and that Miss Beecher developed it.

Mrs. Willard believed that home making might be greatly improved through school institutions. In 1822 Miss Catherine established a private school for girls, wrote two Home Economics books and laid foundation for education on this subject.

Mrs. Mary Hemingway was another leader who did a lot to include domestic science into the public school in Boston. In 1872 it was declared legal by the state. In 1887 the Boston Normal School for cooking was established. It was the first sector for training teachers on the subject.

### 1.3: DEVELOPMENT OF HOME ECONOMICS:

In 1909 an association named "The American Home Economics Association (A.H.E.A)" was formed. A.H.E.A formally recognized Home Economics as a profession. Mrs. Allen H. Richards was the first president of this association.

Before Pakistan's independence in 1947 education for women was limited. A professional career was restricted to teaching and medicine. However, the need of education for woman in various fields was recognized in the 1960s. A Commission of National Education for girls to be equal to that of boys. In addition, along with the regular subjects, special subjects for girls were introduced. It was recognized that Home Economics should be a compulsory subject in lower secondary level and it should be offered as an optional subject in class 9<sup>th</sup> and 10<sup>th</sup>.

☞ The first Home Economics College was opened in 1955 in Lahore. It was named "The College of Home Economics and Social Science". This was officially changed to "College of Home Economics" later. Pakistan Home Economics Association (P.H.E.A) was registered in 1988.

☞ Begum Liaquat Ali Khan, who was the president of all Pakistan Woman Association (A.P.W.A.) initiated the need of a Home Economics College and was recognized as the founder of the college in Karachi in 1952. In 1961 Bachelors of Science (B.Sc) Degree in Home Economics was offered in Frontier College for women in Peshawar.

☞ The Federal government established a Home Economics College in Islamabad in 1989. Now a days, this domestic science is popular among girls in Pakistan and all across the world and this has changed family life as well as its perception.

### 1.4: PAST AND PRESENT PRACTICES:

Past and present teaching practices of Home Economics have undergone significant changes over the years, reflecting advancements in educational methodologies and shifts in societal needs and values. Here's a comparison between past teaching practices and present practices in the field of Home Economics:



Past Practices	Present Practices
1. Curriculum and subject focus:	
<p>Traditional Home Economics education focused on basic skills, such as cooking, sewing, and household management. The emphasis was on practical skills needed for homemaking and traditional gender roles.</p>	<p>Modern Home Economics education has broad scope including a wider range of topics. It encompasses not only traditional skills but also areas like nutrition, food science, living, personal finance, consumer education, and critical thinking. The curriculum now focuses on needs of different individuals.</p>
2. Teaching Methods:	
<p>Traditional teaching methods in Home Economics often relied on direct instruction and demonstrations, with students observing and replicating tasks under the guidance of the teacher. Practical experience was crucial.</p>	<p>Modern teaching practices in Home Economics includes a variety of instructional approaches. They include interactive learning, group projects, problem-solving activities, discussions, and research-based assignments. Technology is often integrated into teaching, with the use of multimedia resources and online learning platforms.</p>
3. Integration of Technology:	
<p>In the past, technology was not extensively included into Home Economics teaching. Students mainly relied on traditional tools and equipment for cooking, sewing, and other household tasks.</p>	<p>Modern Home Economics education recognizes the importance of technology in everyday life. Students are introduced to modern kitchen appliances, sewing machines, computer software for meal planning and budgeting, and digital tools for nutrition analysis. Technology is also utilized for research, presentations, and accessing online resources related to Home Economics.</p>



#### 4. Interdisciplinary approach:

Traditional Home Economics education was separate from other academic disciplines, often seen as a standalone subject focused on practical skills.

Present teaching practices, emphasize the interdisciplinary nature of Home Economics. Connections are made with science, math, social studies, environmental studies, and health education. This integration helps students understand the broader context of home economics concepts and their relevance to everyday life.

#### 5. Critical thinking and problem-solving:

Traditional teaching practices often emphasized rote memorization and following set procedures in Home Economics tasks without much room for critical thinking or creative problem-solving.

Modern Home Economics education emphasizes critical thinking, problem-solving, and decision-making skills. Students are encouraged to analyze and evaluate information, think critically about consumer choices, consider sustainability, and find innovative solutions to real-life challenges.

It is important to note that the specific teaching practices can vary depending on the educational institution, region, and cultural context. However, the shift in Home Economics teaching practices generally reflects a broader focus on equipping students with essential life skills, promoting critical thinking, and addressing needs of society.

## KEY POINTS

- ✍ Home Economics is the study of home and economics. It is the home where people grow and learn good and bad habits.
- ✍ All the responsibilities lie upon the Homemakers shoulders to make a home ideal.
- ✍ In the past there was no school for this important subject and girls helped their mothers with the house work.
- ✍ Later it has been realized that home economics should be part of the compulsory subjects at lower secondary school level for girls.

## GLOSSARY

Home	A place where a person lives with his/her family
Homemaker	a person who looks after a home rather than working outside
Sacrifice	Give life for something
Possession	Ownership or belongings
Flourish	Develop or come out
Encompass	Surround
Replicate	Make an exact copy
Rely	Depend



## EXERCISE

Encircle the correct answer from the following choices:

- Who sacrifices their life for children:  
A. Father.                      B. Mother  
C. Sister.                        D. Brother.
- Where a person forgets their problems and hardships:  
A. Office.                        B. Play Ground.  
C. Home                          D. Hospital.
- HomeMakers are usually:  
A. Women.                        B. Children.  
C. Men                              D. Elders.
- The DAME School was Flourished in:  
A. India.                          B. Pakistan.  
C. America.                        D. U.K.
- When did Miss Catherine establish a private school:  
A. 1700                            B. 1822  
C. 1870                            D. 1900
- When was the Boston Normal School established:  
A. 1887                            B. 1909  
C. 1960                            D. 1922
- First Home Economics College in Pakistan was opened in:  
A. Lahore                          B. Karachi  
C. Peshawar                        D. Islamabad
- How many Goals does a Home Economist has :  
A. 4                                B. 3  
C. 3                                D. 1
- In which class Home Economics is a compulsory subject:  
A. 9<sup>th</sup>                                B. 6<sup>th</sup>  
C. 8<sup>th</sup>                                D. 5<sup>th</sup>
- Who was the first president of A.H.E.A:  
A. Mrs. Allen                        B. Miss Catherine.  
C. Mrs. Willard.                    D. Begum Liaquat Ali Khan

**Give short answers of the following:**

1. What was taught at the DAME Schools?
2. Write names of the two pioneers of Home Economics.
3. Define home.
4. Write the qualities of a good Home Economist.
5. What do you know about A.H.E.A.?
6. How did Begum Liaquat Ali Khan serve Home Economics?
7. For which classes is Home Economics a compulsory subject?

**Write the answer of the following questions in detail:**

1. Describe the development of Home Economics in Pakistan.
2. What do you know about origin/history of Home Economics?
3. Define Home Economics and elaborate duties of a Home Economist.
4. Differentiate between past and present teaching practices of Home Economics.



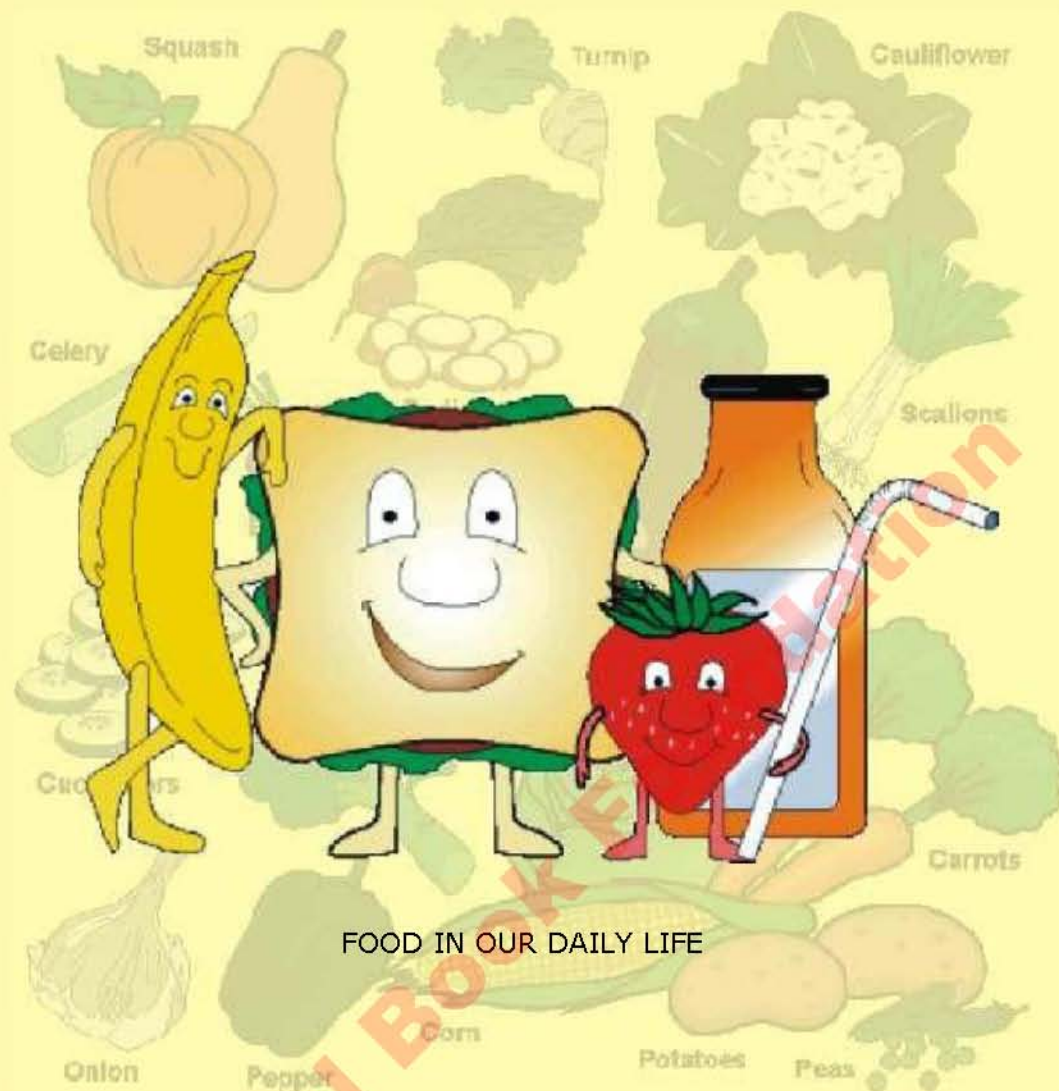
# INTRODUCTION TO FOOD AND NUTRITION

After studying this chapter students will be able to:

- ✚ Define food
- ✚ Define nutrition
- ✚ Describe the functions of food
- ✚ Discuss the relation between good nutrition and health
- ✚ List basic food groups
- ✚ Describe basic food groups using the food pyramid
- ✚ Define balanced diet
- ✚ Give examples of balanced diet

## 2.1: FOOD AND NUTRITION:

Things we eat are foods like meat, vegetables, fruits, grains etc. The foods that provide us with energy and make our body strong enough to do its daily functions are called nutrition. Human body due to its structure and functions resembles a machine or engine. We need petrol, coal, water or oil to keep the machine or engine in working order. Similarly, we need food for our body to keep it fit and healthy. We always try to eat food that is tasty, sweet or spicy. But we should remember to eat food that contains all essential nutrients. Food should be tasty and nutritious so that we can eat it happily.



### FOOD IN OUR DAILY LIFE

#### **BASIC NUTRIENTS:**

There are six basic or essential nutrients. They are:

1. Proteins
2. Fats
3. Carbohydrates
4. Vitamins
5. Minerals
6. Water

People need to consume these nutrients everyday so that their bodies can function properly.



## 2.2: FUNCTIONS OF FOOD:

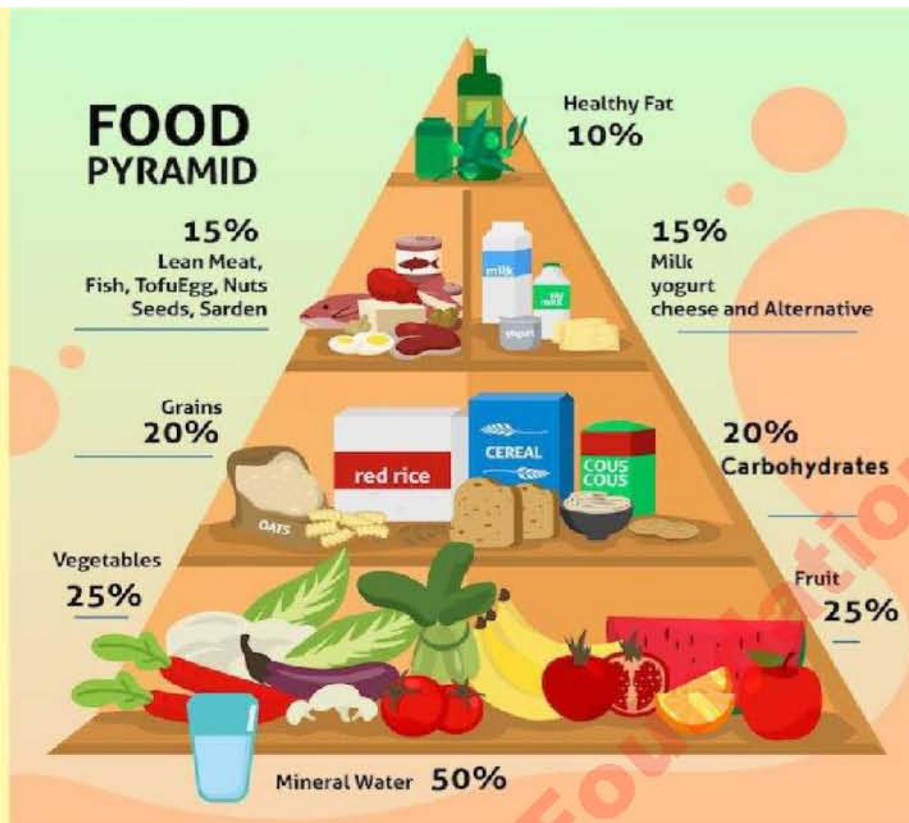
1. Food is needed for the growth and development of the human body.
2. Food provides energy which is needed for various processes in the human body.
3. Food helps produce new cells and tissues. It helps repair and replace the old worn-out tissues.
4. Food helps keep our body healthy by strengthening the immune system to fight against germs.
5. Food helps maintain normal body temperature.
6. Food helps build strong and healthy bones and muscles, healthy hair, nails , and teeth.

## 2.3: RELATIONSHIP BETWEEN GOOD NUTRITION AND HEALTH

Health is defined as physical, emotional, mental and social wellbeing of a human being. While nutrition means staying healthy. This includes a balanced diet, following proper hygiene practices, and exercising. People who practice good nutrition, hygiene and exercise develop a lifetime of habits that will keep them healthy for many years. Healthy eating does not have to mean giving up foods you like best. It means learning to balance the food choices you make. You can enjoy snacks and meals while still keeping yourself in good health. But their quantity should be appropriate to your age, energy requirement and gender. If the food you eat is nutritious and has all the basic nutrients then it is guaranteed to keep you healthy.

## 2.4: BASIC FOOD GROUPS

The Food Pyramid is one way for people to understand how to eat healthy food. Everyone wants to know how much they should eat to stay healthy. It depends on your age, gender, height, and activity level. People who are more active burn more calories, so they need more calories.



### 1- Milk group (milk and milk products)

milk, cheese, yogurt  
butter



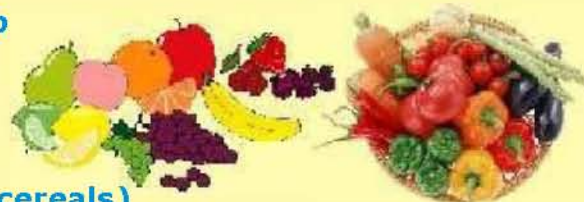
### 2- Protein group (meat and meat substitutes)

meat: chicken, fish, beef, lamb  
legumes: beans and peas  
nuts and seeds



### 3- Fruit and vegetable group

fruits  
vegetables








### 4- Grain group (breads and cereals)

whole grain breads  
enriched breads  
rice  
Pasta





## 5- Fat group

-  Meat
-  Milk and milk products
-  Butter
-  Oils
-  Nuts

### 2.5: BALANCE DIET:

A balanced diet refers to the intake of appropriate types and adequate amounts of foods and drinks to supply nutrition and energy for the maintenance of body cells, tissues, and organs, and to support normal growth and development. A balanced diet is one that includes all food groups. A well-balanced diet acts to provide sources of energy and nutrition for optimal growth and development.







A lot of the time you will find that the meals you eat are made up of parts from more than one food group. Let's take a look at some examples:

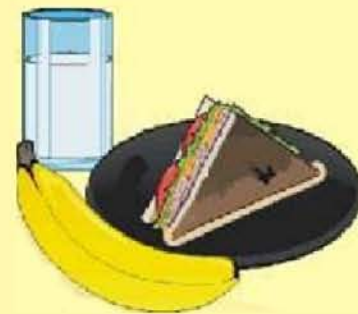







This meal includes a slice of toast with butter, an egg, two pieces of meat and a glass of orange juice. There are four different types of food groups included in this meal:



-  Butter = 1 serving from fat group
-  Eggs and meat = 2 servings from protein group
-  Orange juice = 1 serving from fruit group
-  Toast = 1 serving from carbohydrate group







This meal includes a sandwich with bread, chicken, cheese, lettuce and tomatoes, a banana and a glass of milk. There are 5 different food groups included in this meal:



- |   |                                     |                       |
|---|-------------------------------------|-----------------------|
|  | 2 slices of bread = 2 servings      | Carbohydrate group    |
|  | Chicken = 1 serving                 | Protein group         |
|  | Cheese and milk = 2 servings        | Milk and cheese group |
|  | Lettuce and 2 tomatoes = 2 servings | Vegetable group       |
|  | Banana = 1 serving                  | Fruit group           |



## KEY POINTS

-  Any nutritious substance that people or animals eat or drink in order to maintain life and growth is called food.
-  Nutrition is a process in which the human body gets its nourishment
-  Food helps our body grow, produce new cells and tissues, repair and replace old tissues.
-  Food pyramid helps guide us to select healthy food easily, maintaining our health.
-  A balanced diet is one which provides all basic nutrients to our body.
-  A balanced diet includes all food groups.

## GLOSSARY

Food	Anything that people eat to keep their bodies healthy and strong
Nutrition	Study of human diet or nourishment.
Pyramid	Structure with a flat square or triangular base and sloping sides which meet at the end.
Nutrient	A substance which provides nourishment.
Immunity	Ability to resist infection or disease.
Optimal	Highest or most favourable.
Essential	Compulsory or necessary
Moderation	Restraint or in limit
Adequate	Acceptable
Appropriate	Suitable or proper

## EXERCISE:

Encircle the correct answer from the following choices:

- Any nutritious substance that we eat or drink is called:  
A. Useless material                      B. Food  
C. Nutrition                                D. All of them
- The Food Guide Pyramid helps promote:  
A. Variety                                  B. All of them  
C. Balance                                 D. moderation
- Foods that make our body strong enough to do all its functions are called:  
A. Nutrition                                B. Energy  
C. Health                                  D. Work
- A Balanced Diet includes:  
A. All food groups                        B. Protein group only  
C. Carbohydrate group only            D. Milk group only
- Carbohydrate group has:  
A. Vegetables                              B. Fruits  
C. Pasta and Whole Grains            D. Milk
- Nuts and seeds are included in:  
A. Milk group                                B. Protein group  
C. Carbohydrate Group                D. Vegetable and fruit group
- Banana is included in which group:  
A. Protein group                          B. Vegetables and Fruit group  
C. Milk group                                D. Bread and Grain group



**Write short answers of the following:**

1. Define Food.
2. Define Nutrition?
3. Define Food Pyramid?
4. How many food groups are there in a food pyramid?
5. What is a Balanced Diet?

**Write long answers of the following:**

1. What is the importance of food and nutrition in our life? Give examples.
2. Write functions of food in detail.
3. Describe the relationship of good nutrition and health
4. What is a balanced diet write in detail with the help of examples?

**PRACTICAL:**

Prepare 3 dishes using foods from different food groups for example salads, boiled rice and daal.

# NUTRIENTS

After studying this chapter students will be able to:

- ✦ List basic nutrients
- ✦ Define basic nutrients
- ✦ Describe the importance of nutrients
- ✦ Illustrate functions and sources of six basic nutrients





### 3.1: BASIC NUTRIENTS:

Nutrients are substances or special ingredients in food that help our bodies grow, stay healthy, and have the energy to play and learn. They are the building blocks that our body needs to work properly.

Organic nutrients include carbohydrates, fats, proteins and vitamins. Inorganic chemical compounds such as minerals, water and oxygen may also be considered as nutrients. If you eat a balanced diet, you should get adequate amount of the six basic nutrients that you need for good health.

There are six basic or essential nutrients. They are:

1. Carbohydrates
2. Proteins
3. Fats
4. Vitamins
5. Minerals
6. Water



### 3.1.1: CARBOHYDRATES:

The main source of energy in food for most Asians, Africans and Latin Americans is carbohydrates. A large portion of diet consists of carbohydrates, as much as 80% in some cases.

Carbohydrates are compounds containing carbon, hydrogen and oxygen. They are broken down during metabolism to produce energy. Carbohydrates in the Human diet are mainly in the form of starch and various sugars.

#### Functions:

Functions of carbohydrates are:

- ✚ Providing energy to the body
- ✚ Storing energy
- ✚ Spare Proteins
- ✚ Prevents burning of fat

#### Sources:

Grains (rice, wheat, maize), Vegetables (potato, sweet potato), Fruits (apple, banana, berries, mango, melon) are the main sources of carbohydrates





### 3.1.2: PROTEINS:

Protein is essential as part of the six basic nutrients because the body is made of proteins. Proteins are made up of molecules called Amino Acids. Amino Acids consist of atoms of carbon, hydrogen, nitrogen and oxygen. The body needs 22 Amino Acids to make all its proteins, but can only manufacture 14 of these in its cells, the rest of the Amino Acids are derived from food in take.



#### Functions:

Functions of Proteins are:

- Development of the body.
- Body maintenance.
- Repair and replacement of worn out or damaged tissues
- Production of metabolic and digestive enzymes
- Form antibodies to fight in infections



#### Sources:

Meat, fish, poultry, dairy products and legumes are excellent sources of protein.



### 3.1.3: FATS:

Fats are the third component of the six basic nutrients. Fats are greasy substances found in the tissue of animals and some plants. There are two groups of fats.

**Saturated/visible fat:** saturated fats are solid at room temperature. Fat from animals contains more saturated fat.

**Unsaturated/invisible fat:** unsaturated fats are liquid at room temperature and are hidden in food. Fat from plant products like nuts, seeds and vegetables contains more unsaturated fats.



#### Functions:

Functions of Fats are:

- Serves as a reserve fuel in the human body
- Fat is present beneath the skin as an insulation against cold
- It keeps the body warm and maintains hair and skin health
- Fats protect vital organs

#### Sources:

Sources of Fats are:

- Oils (olive, canola, coconut, sunflower etc.)
- Meat and Fish
- Nuts and Seeds
- Eggs and Cheese

Thus, fat and even specific types of fats are essential to health. But excess intake of saturated fats is one of the risk factors associated with Heart Disease.

### 3.1.4: VITAMINS:

Vitamins are the chemicals the body needs to process nutrients, regulate the Nervous System and help build Genetic Material, Proteins, Red blood cells and hormones. The body cannot create all vitamins and therefore we need to obtain them from food and supplements. As they are a part of the six basic nutrients they are best obtained from a balanced diet rather than supplements.



Vitamins are divided into two groups

1. Fat soluble (Vitamin A, Vitamin D, Vitamin E).
2. Water soluble (Vitamin B complex, Vitamin C)

Daylight and heat can destroy vitamins. We should therefore store them for short periods and consume them fresh. We should use little water to cook vegetables and should not overcook food because it may destroy vitamins.

#### Functions:

Functions of Vitamins are:

- ✚ Help to fight infections
- ✚ Wound healing
- ✚ Make our bones strong
- ✚ Regulate hormones

#### Sources:

Sources of Vitamins are:

- ✚ Mostly found in Vegetables and Fruits
- ✚ Citrus fruits are a major source of Vitamin C
- ✚ Vitamin K and Vitamin E can be obtained from dairy products, poultry, fish, meat and eggs.

### 3.1.5: MINERALS:

Minerals form a part of the six basic nutrients needed to sustain a healthy body and mind. Minerals are inorganic substances that the body needs for forming healthy teeth, bones and blood cells, regulating body fluids and assisting in chemical processes in the body. There are two main categories of essential minerals needed for survival:

1. Macro minerals e.g. calcium and magnesium
2. Micro Minerals e.g. iodine and iron



#### Functions:

Functions of minerals are:

- ✚ Form teeth bones and blood cells
- ✚ Regulate body fluids, and thyroid functions
- ✚ Assists in chemical process of the body

#### Sources:

Sources of minerals are:

- ✚ Meat & Fish
- ✚ Cereals
- ✚ Milk and Dairy products
- ✚ Fruit and vegetables
- ✚ Nuts



### 3.1.6: Water:

Water is the most important component of the six basic nutrients. Water makes up 50% to 75% of the human body. We need at least 8-12 glasses of water a day (according to age, sex, weather and condition) to keep the body healthy. Women should drink more water than men in order to prevent premature aging. Other liquids such as herbal tea, milk and juices contain water.

organs and hair in good shape, is needed to produce digestive. enzymes, helps the body to collect the nutrients from food and liquids, helps to control the body temperature and is needed for proper cell functions.



#### Functions:

Functions of Water are:

- ✦ Cleans the body
- ✦ Keeps the skin, organs and hair in good shape
- ✦ Produces Digestive Enzymes
- ✦ Helps the body collect nutrients from food and liquids
- ✦ Helps to maintain and regulate body temperature
- ✦ Needed for proper cell functions
- ✦ Gets rid of waste through perspiration, urinations and bowel movements

#### Sources:

Sources of Water are:

- ✦ Oceans
- ✦ Rivers
- ✦ Streams
- ✦ Lakes
- ✦ Reservoirs
- ✦ Springs
- ✦ Ground Water
- ✦ Rain
- ✦ Glaciers












## Calorie and Daily Values:

Calorie is a unit of energy. It describes how much energy your body gets from eating or drinking a food or drink.

DV stands for Daily Value. The Daily Values are established by the U.S. Food and Drug Administration. DV is used in food labeling as a reference point to help people get a perspective of what their overall daily dietary needs should be. You can find the DV percentages on food labels. The Daily Values are based on a 2000 calorie intake for adults. But, the amount of daily calories an individual needs varies based on their age, gender, height and activity level.



## KEY POINTS

-  After Research experts have found that you should get an adequate amount of the six basic nutrients that you need for good health and plan a varied diet for each day .
-  Carbohydrates are essential for energy.
-  The body is made of proteins. It builds muscles and repairs tissues.
-  Fats protect the vital organs.
-  Vitamins are chemicals that the body needs for a lot of useful functions such as to build red blood cells and hormones.
-  Minerals are needed to sustain a healthy body and mind. They strengthen and build teeth.
-  Water is the most important component you need at least 8 glasses of water a day to keep the body healthy.
-  You should be very careful while selecting your diet so that it is planned to be well- balanced.
-  Calorie describes how much energy your body gets from eating or drinking a food or drink.

## GLOSSARY

Decency	Politeness, civility, courtesy
Poultry	Meat and eggs of eatable birds
Minerals	Natural resources
Vastness	Large or big in size
Yield	Give up or Surrender
Organic	Natural or Unrefined
Metabolism	Chemical processes producing energy
Perspective	Observer's point of view
Supplement	Artificial food

## EXERCISE:

Encircle the correct answer from the following choices:

1. How many nutrients are essential for good health:  
A. 5                      B. 6  
C. 8                      D. 10
2. Main source of energy is:  
A. Proteins              B. Carbohydrates.  
C. Minerals             D. Water.
3. Which one is the source of carbohydrates:  
A. Orange                B. potato.  
C. Salt                    D. meat.
4. Major source of Vitamin C is:  
A. Bananas              B. Orange.  
C. Mangoes.            D. Apple.
5. The body is made of:  
A. Water                 B. Carbohydrates.  
C. Proteins              D. Fats








**Give short answers of the following:**

- A) Name the six basic Nutrients.
- B) Describe Nutrients.
- C) Write the main function of proteins.
- D) What are the main sources of carbohydrates?
- E) What do the minerals do?
- F) Write the main functions of vitamins.

**Activity**

- A) List the seasonal foods in your community and their cost when in season and out of season.
- B) Make a poster to show foods in different food groups available during different seasons in the market.
- C) Teacher to demonstrate common kitchen practices where precautions are necessary

-  Lighting the stove.
-  Placing pans over the stoves and handling hot pans.
-  Striking matches.
-  Opening tins and bottles.
-  Using knives and graters.

## قومی ترانہ

پاک سرزمین شاد باد  
کشورِ حسین شاد باد  
تُو نشانِ عزمِ عالی شان  
ارضِ پاکستان  
مرکزِ یقین شاد باد

پاک سرزمین کا نظام  
قُوّتِ اُحُوّتِ عوام  
قوم، ملک، سلطنت  
پائندہ تابندہ باد  
شاد باد منزلِ مراد

پرچم ستارہ و ہلال  
رہبرِ ترقی و کمال  
ترجمانِ ماضی شانِ حال  
جانِ استقبال  
سایہ خدائے ذوالجلال