

TEXTBOOK OF

ESSENTIAL OF HOME ECONOMICS

7



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Textbook of

Essential of Home Economics

for Grade-7



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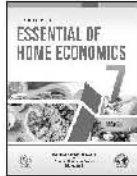
Federal Textbook Board

Islamabad



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A Textbook of **Essential of Home Economic**
for Grade 7



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Management

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Preface

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1

UNDERSTANDING HOME ECONOMICS

Contents	Learning Outcomes Students should be able to
1.1. Areas of Home Economics	<ul style="list-style-type: none">• Define Home Economics• Identify different areas of Home Economics• Explain the significance of different areas of Home Economics
1.2. Interrelationship of the areas of Home Economic	<ul style="list-style-type: none">• Discuss the relationship between different areas of Home Economics
1.3. Scope of Home Economics	<ul style="list-style-type: none">• Discuss the contribution of the study of Home Economics to the individual, family and community• Participate in group activities for welfare of School, family and society



Definition of Home Economics

According to IVOL Spafford: “Home Economics relates to all those elements which have an effect on the personal and family life of people such as eating, dressing up, living styles, effective use of means and resources”. The subject Home economics is related to well-being of the family.

1.1 AREAS OF HOME ECONOMICS

Home Economics is an important discipline, supporting the smooth functioning of the home, which is the basic institution of any society. The study of Home Economics has gained recognition in 1899. Home Economics is a dynamic and fascinating subject - dynamic because it has to keep pace with a fast-changing environment, and fascinating because it deals with the affairs of Home which is the basic unit of a society.

Significance of different areas of Home Economics

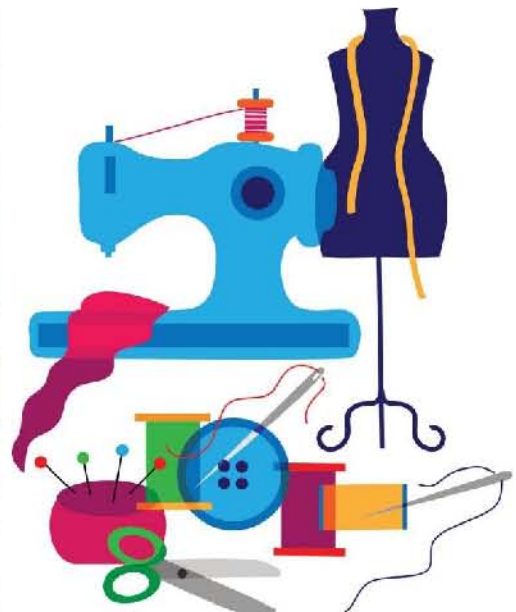
Home economics aims at giving an insight to a home manager at the various fields of household affairs, such as food, clothing, hygiene, child development, etc. in short every aspect of human activities which are home centered. It tends to provide modern tool and skills to deal with them in an effective and useful manner thereby economizing the time energy and resources for providing better and happier homes.

- It aims at developing knowledge of Home Economics with special reference to family living.
- Strengthen the family as basic unit of the society.
- Integrate and apply knowledge from all areas of Home Economics.
- To develop problem solving abilities in the students.
- To develop skills in independent learning and time management.
- To develop good values and healthy attitudes.

1.2 INTERRELATIONSHIP OF THE AREAS OF HOME ECONOMICS

Home economics is concerned with the development and wellbeing of individuals, families and communities. It is a professional field comprising of the following disciplines i.e., Food and Nutrition, Clothing and Textiles, Human Development and Family Studies, Housing, Home Management and Art and Design. These combinations of disciplines groom and train students to make a positive contribution not only to the families but to the nation as a whole.

Home Economics education in Pakistan currently offers higher education in specialization such as food and nutrition, Clothing and Textile, Art and Design, Human development and Family studies, Home management and Interior designing etc. Home Economics is a useful subject which is combination of many different arts and science subjects.



1.3 SCOPE OF HOME ECONOMICS

Students well versed in the study of Home Economics are better able to understand and appreciate the environment around them and are better able to make decisions and take actions. A home economist can specialize in any major subject of Home Economics. Following are some careers in Home Economics.

- Dietitian, Food editor, Food technologist.
- Marketing and sales, product research, interior designing, fashion designing. Textile designing consumer consultant, Teaching, Research, Child care worker, human service assistant.
- The purpose of Home Economics education is to improve the attitude of people and teach them such life skills which can help them to improve their life style and career or occupation.
- Participate in group activities for welfare of the school, family and Community. The study of Home Economics covers all domestic progress but it also lays stress upon economic development of Country. Home Economics gives us information regarding different subjects which are linked with family and Society in this manner that the matters and problems of daily life are resolved keeping in view all these instruction and guidance.
- Making the Society better by arranging welfare programs for Society and helping in their implementation.
- Taking part in the welfare programs of Society.

Activity

- Students under the supervision of teacher will collect litter from class and ground, and will make paper collage on A-4 size paper.



Exercise

1. Define Home-Economics. What is the Significance of Home Economics?
2. Discuss the relationship of Home Economics with different area of Home Economics.
3. Write down the contribution of the study of Home Economics to the individual, family and community.
4. Fill in the blanks with appropriate words: -
 - a. _____ is the basic unit of any society.
 - b. Home Economics is concerned with the development of _____.
 - c. Study of Home Economics enables students to understand _____.
 - d. Home Economics is a _____ field.

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2

MEAL MANAGEMENT

Contents	Learning Outcomes Students should be able to
2.1 Definition of meal management	<ul style="list-style-type: none">• Define meal management
2.2 Principles of meal management	<ul style="list-style-type: none">• Explain the principles of meal management
2.3 Menu planning and its importance	<ul style="list-style-type: none">• Define menu planning• Explain the importance of menu planning
2.4 Principles of menu planning	<ul style="list-style-type: none">• Describe the principles of menu planning
2.5 Nutritional needs of family members	<ul style="list-style-type: none">• Discuss the nutritional needs of family members
2.6 Food fads and fallacies	<ul style="list-style-type: none">• Discuss the effects of fads and fallacies on the health of an individual



2.1 DEFINITION OF MEAL MANAGEMENT

"The planning, shopping, preparing and serving meals, so that they are nutritious, flavorful, and attractive and served according to the needs of the family is called meal management".

A good meal, whether it is breakfast, lunch, or dinner, requires planning. It is important to manage your meals because half of the man's time and energy is spent on food including the money earned to buy food and time to prepare it. The health of a family is the reward of well-chosen meals, wise selection furnishes the necessary element and good cooking.

2.2 PRINCIPLES OF MEAL MANAGEMENT

Preparing a meal is somewhat like running a three-ring circus because several things are going on at once and all must be finished at the same time. Much of the last-minute rush can be avoided if everything is planned ahead of time. When planning for meals following principles should be kept in mind.

1. **Nutrition:** That is, the foods necessary for good health are available.
2. **The family:** The number of people, their ages, health, occupations, activities, likes and dislikes should be considered for whom meal is being planned.
3. **The budget:** It is important to know how to get the most out of the amount of money allowed for food without exceeding that amount.
4. **Time:** The fourth principle of meal management is the time you have available. How long it will take to prepare a meal, the amount of experience you have had to cook the food in that time limit.
5. **Variety:** Fifth principle of meal management is the kind of food, the color, the size and shape, the texture, the flavor, and the methods of preparation should be considered in order to add variety in meals.

2.3 MENU PLANNING AND ITS IMPORTANCE

Definition of Menu Planning

Menu planning is the processes of deciding what you will eat for each meal, including main dishes, side dishes and desserts.

The meaning of the word 'menu' is list of what's served at the meal in terms of human diet, it means the "content of human meal at breakfast, supper or dinner"

• Importance of Menu Planning

Planning menus in advance saves time, energy and money and assures nutritious, flavorful, attractive meals. It gives a way that the family members get the food they need each day. It also results in adding more variety in meals. It gives an opportunity for preparation of more meals at one time. It also reduces the number of trips to the grocery store. It eliminates last minute rush and the need to decide every night what to have for dinner.

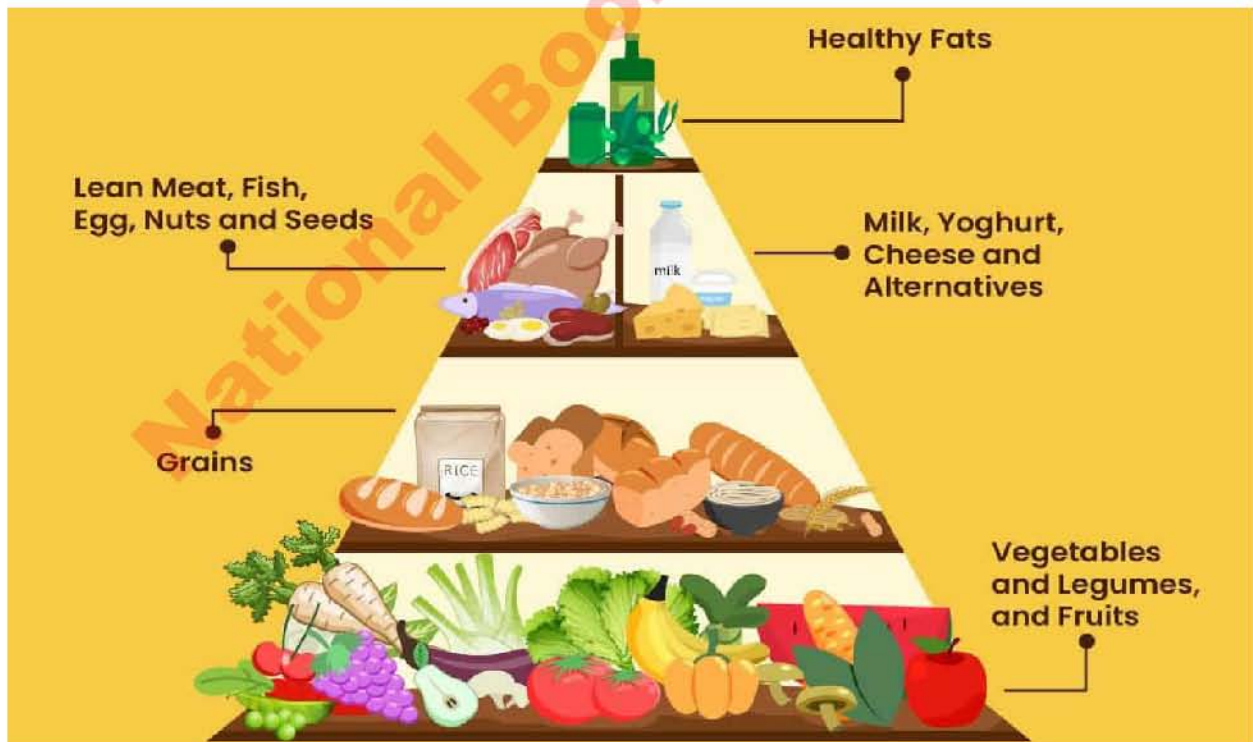
2.4 PRINCIPLES OF MENU PLANNING

There are three principles that should be kept in mind while planning menu:

- i) Nutritional needs.
- ii) Cost in money, time and energy.
- iii) Variety of food

i) Nutritional needs

Food should be carefully selected, keeping in mind the basic food groups as a guide. A healthy family meal or all the meals throughout the day must consist of all the food groups to ensure good health of family. The family needs must be kept in mind so that changes can easily be made. Some other factors governing needs are the special needs e.g., overweight, underweight, etc.



Basic food group

1. Milk and its products
2. Meat poultry, fish, eggs,
3. Grain products or cereals, legumes, nuts
4. Fruits and vegetable

ii) Cost in money, time and energy

It is the most important principle of menu planning. For most families especially those who are from low financial backgrounds tends to spend more money on food than any other item. When money is limited better planning is needed. Careful planning could be carried out in some ways e.g.

- Using powdered milk instead of fresh milk.
- Select whole grain cereals instead of highly refined one.
- Beef in place of mutton or chicken etc.

iii) Variety of food

The third principle of menu planning is "variety" of food that is to keep in mind different colors, textures, flavors, form etc. while preparing a meal:

- Do not repeat one kind of food in the same meal.
- Avoid using all one type of food stuff in one meal such as all starch food or all protein foods.
- Food must be appealing to eyes as it is said that eyes eat first.
- Colors in meal should not clash and have variety of forms.
- Do not serve too much food at one meal.
- Consider the season of the year when planning meals.
- Plan a heavy dessert with a light meal, and a light dessert with a heavy meal.



General Rules of Menu Planning

- Plan the breakfast and then plan the other meals, so that the day's nutrient need is met.
- Use some food from each of the food groups.
- Use some raw food at least once a day.
- Combine soft food with crisp foods and have variety, color and form.
- Include foods which have staying quality or satiety value e.g., chicken, meat, paratha.
- Combine simple, easy to digest foods with hard to digest food.

Writing Menu

1. List the foods in the order in which they are to be served.
2. List together foods that are to be served together.
3. List the beverage last or with the dessert.
4. Capitalize the names of all dishes.
5. Leave a margin around the list.

Sample Menu of the Day

Breakfast

Fried Egg Toast
Milk/tea

Lunch or Supper

Meat curry Vegetable salad
Chapati
Seasonal fruit

Tea

Tea
Biscuit/Cake

Dinner

Vegetable Pulao Shami Kabab
Raita
Fruit Trifle

Bet Time

Milk

Activity

Plan a Menu for a teenage girl.

2.5 NUTRITIONAL NEEDS OF FAMILY MEMBERS

- **Nutrition throughout the life cycle**

The nutritional requirements of individuals vary depending upon several factors including age, gender, activity, income, climate, environment, habit, and other factors.

- **Infant Nutrition**

Nutrition during first year of life is important, because it is a period of rapid growth and development. Therefore, healthy balanced and adequate diet is required. Mother's milk is considered the primary food for the infant. It fulfills the nutritional requirement of the infant. It is a good source of carbohydrates, proteins, vitamins and mineral elements. Milk is the only source of galactose (component of lactose, the milk sugar) that is essentially required for building nerve tissues. The increase in the number of brain cells is most rapid during the first 5-6 months after birth.

- **Weaning food**

Semi solid and solid foods which are soft and easily digestible are gradually introduced at the age of 6 months. And typically, at 6-9 months, finely chopped fruits and juices are introduced. At 9-12 months minced meat, egg yolk and variety of other chopped foods can be given. After feeding the baby, teeth and gums should be cleaned by a soft damp piece of cloth. Teeth decay rapidly especially if the baby sleeps with bottle in the mouth. Hence feeding sweetened liquids by bottle should be avoided.

- **Child Nutrition**

The nutritional requirement of the children increases with age. They are in a rapidly growing state. They must be provided with sufficient energy and proteins along with other nutrients to cope with their body needs. Their diet should include foods from each food group. They must be provided with suitable nourishing snacks for the school. It is suggested that whole wheat flour be used for chapatti making and preferably blended with about 10%-gram flour (besan). This will increase the protein content of the flour.

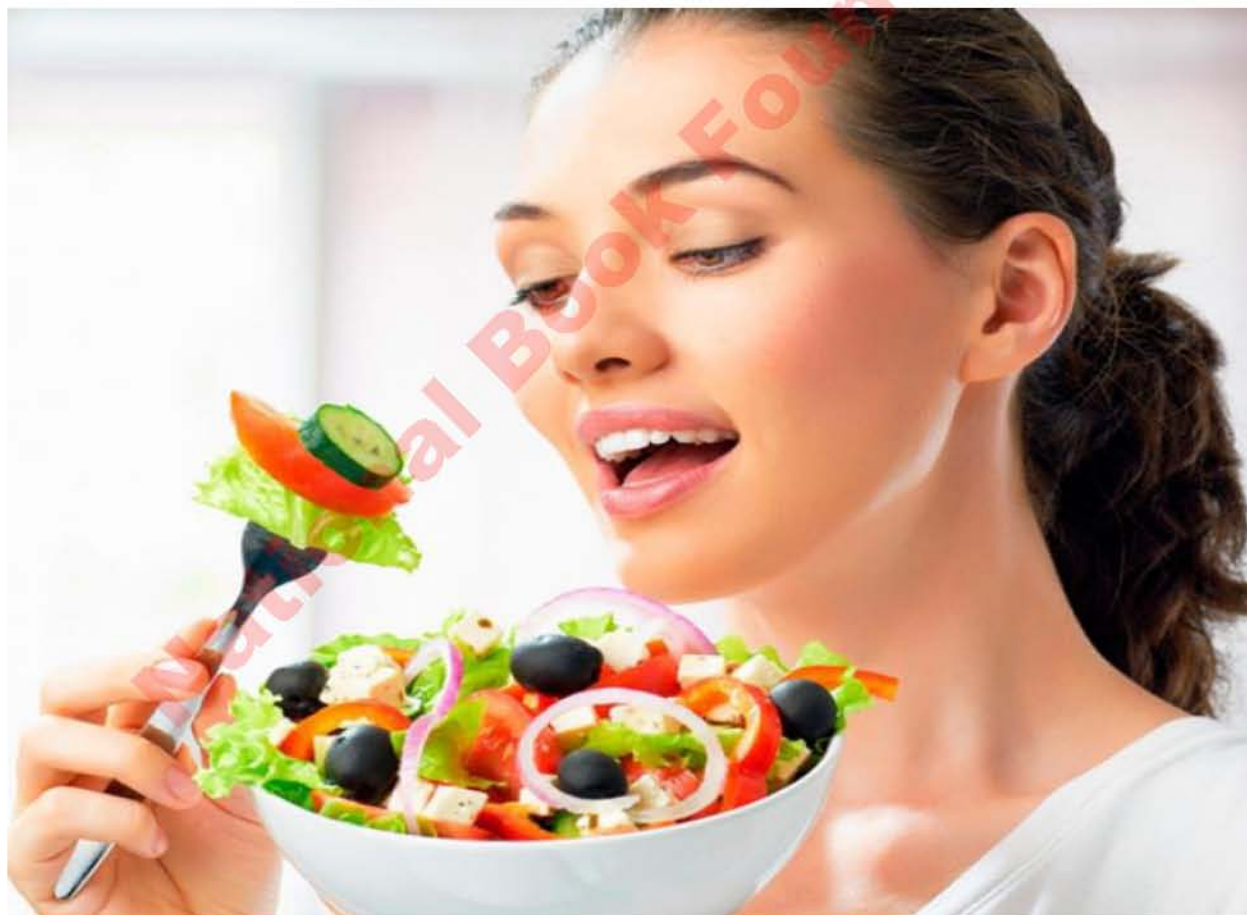


Nutrition in Adolescence

Adolescence is the period of transition from childhood to adulthood. Many physical and emotional changes take place at this stage of life. In general, the body requirements are increased with more nourishment for boys of the same age than girls. The nutritional requirement of boys at age of 12 to 15 and girls at age of 10 to 13 years is increased.

- **Adult Nutrition**

The adulthood is a stage where one has attained maximum growth. No new body structures are formed. Adults need a maintenance ration. They require energy for various purposes. The average calorie requirement for a sedentary adult man is 2400 Kcal, while a physical laborer needs 3800 Kcal or even more. Proteins are needed to replace worn out tissues and build the essential enzymes and hormones. About one gram protein per kg body weight is needed for both men and women. Fats and oils should provide not more than 30 to 40% total energy. Among the mineral elements, women needs more iron (2mg / day) than men.



- Table recommended calorie allowance of infant's children, adolescence and adult man and women.

Age group	Calorie requirements (Energy Kcal)
0-6 months	108 / kg wt.
1-3 years	1240 calories
2-3 years	1000 calories
3-8 years	1200-1400 calories
7-9 years	1950 calories
10-12 years boys	200-2200 calories
10-12 years girls	1800-2000 calories
13-15 girls	200-2200 calories
16-18 boys	2400-2800 calories
10-18 girls	2000-2200 calories
30-50 years (Men)	2400 Kcal
30-50 years (Female)	2200 Kcal

2.6 FOOD FADS AND FALLACIES

In every group of people customs have arisen concerning foods that should and should not be eaten. Although there is little or no scientific basis for these taboos. They are rigidly held so that changes likely to be restricted. This is a fact that fads and fallacies can cause malnutrition among people in developing countries. Some of the fads and fallacies in families are, e.g It is common concept that eating fish and drinking milk together cause certain skin disease. It is another concept is that beef is harmful for health.

- **Definition**
 - Food fads and fallacies means certain misconception about foods
 - Food fallacy is wrong opinions about the consumption of certain foods.
- **Effects of fads and fallacies on health.**

There can be no society without fallacies and fads, especially when mankind loves to eat food. These food fads and fallacies aftermath mankind all the time. They affect the health of the different age groups especially infants and women. Nutritionally sound health is achieved by eating balanced diet. If we follow these food fads and fallacies, we would become ill health and ill tempered.



Exercise

1. Define Meal Management. Explain the principles of meal management.
2. Define menu planning. Explain the importance of menu planning.
3. Discuss the nutritional needs of children and adults.
4. Describe the principles of menu planning.
5. Define food fads and fallacies and identify some existing food fads and fallacies in our society.
6. Fill in the blanks: -
 - a. A good meal requires _____.
 - b. Preparing a meal is like running a _____.
 - c. The third principle of menu planning is _____ of food.
 - d. The word menu means _____.
 - e. The average calorie requirement for an adult man is _____.

PRACTICAL

1. Plan a day's menu for your family.



3

FOOD PREPARATION

Contents	Learning Outcomes Students should be able to
3.1 Consideration selection and purchase of food.	<ul style="list-style-type: none">• Define purchase• Describe the factors to be kept in mind while selecting and purchasing of food.
3.2 Methods of preparing food.	<ul style="list-style-type: none">• Describe the appropriate methods of preparing food.
3.3 Various techniques of cooking.	<ul style="list-style-type: none">• Illustrate different cooking methods.• Explain the different techniques of cooking.
3.4 Safety in the kitchen	<ul style="list-style-type: none">• Explain the safety measures that should be taken during the preparation of food in the kitchen.



Definition of Purchase:

Food purchasing is the act of buying food from the producer, farmer, market. Food purchasing is an activity of buying food material either in rates processed or any familiar form to fulfill family needs.

3.1 CONSIDERATION, SELECTION AND PURCHASE OF FOOD

Food is an expensive item in a family budget, so it is important to shop economically and carefully. Following factors should be kept in mind while selecting and purchase of food.

1. Crisp, ripe, but not over mature vegetables which are firm in texture and free from blemishes should be selected.
2. Fruits may be selected as fresh, canned or preserved, dried or frozen. They should be free from blemishes.
3. As fruits ripens, there is an increase in the sugar content and volatile flavoring compounds. Fruits should not be overripe when used, since unripe fruit lacks the flavor and aroma.
4. While purchasing eggs, the quality of eggs is determined by the condition of the shell, the air cell, the yolk and the white.
5. They shell of the egg should be chalky, clean, strong and unbroken.
6. Meat and fish purchase should be fresh. Fresh meat is juicy and have sweet odour.
7. The flesh of young animal is pinkish red. The flesh of an older animal is blackish or grayish red in colour.
8. Fresh meat maintains its shape and carries a stamp from the health department.
9. While purchasing packed food items, always read expiry date.
10. Cereals should be clean, dried and contain fresh smell.

3.2 METHODS OF PREPARING FOOD

Choosing, preparing and cooking food is a worldwide activity and a highly prized skill in many communities. Many people find it creative, enjoyable, satisfying and an important part of their lives.

To preserve the vitamin and mineral content food should be prepared as follow: -



• Vegetables, Preparation of Vegetables.

1. If the vegetables require peeling, peel it very thinly, as there are vitamins and minerals under the skin which could easily be removed.
2. Prepare vegetables just before cooking to prevent the destruction of vitamins by enzymes. They can be placed in a plastic bag in a cool place to prevent the oxidation of vitamins.
3. Wash the vegetables but do not soak them in water, as this will cause water soluble vitamins and minerals to be lost.
4. Cook the vegetables in the minimum amount of boiling water. Placing them in boiling water destroys enzymes and so helps to preserve the vitamins. This process is called blanching
5. They should be cooked for the minimum time, with a lid on the pan.
6. When vegetables are just tender, they should be drained and served immediately. If kept hot, there will be further losses of vitamins C.



• Fruits, Preparation of Fruits

Most fruits can be eaten raw when ripe, but they can be cooked for various dishes.

1. All fruits should be washed thoroughly to remove, dirt, sprays and insect contamination.
2. Berries should be kept in a refrigerator until they are to be used, since they mold easily and become mushy if washed in advance.
3. Some fruits such as bananas, apples, pears, and peaches darken quickly after the skin has been removed and should be served as soon as possible after cutting. A sprinkling of lemon juice will stop discolouration.



• Preparation of Meat for cooking

The main objective of cooking the meat is to increase its taste and flavour and make it palatable and digestible. All the germs and parasites present in the meat are killed by cooking.

1. Remove hair and other particles from fresh meat. Wash it under running water once or twice and cook it.
2. Frozen meat should not be soaked in water. It should be cooked directly.
3. Always cook meat on low heat cooking meat on high heat makes it stiff. Meat cooked on low heat is tender and delicious.
4. Use only required quantity of water for cooking.



• Methods of Preparation of Cereals

1. Cereals are cooked in order to soften or rupture the cellulose walls so its make it more digestible.
2. Cooking of cereals also improves their flavour.
3. Too much rubbing during washing should be avoided.
4. The water in which cereals are soaked should be used for cooking. Water soluble vitamins are wasted when excessive water is thrown away.
5. Rice should be boiled in required quantity of water.

Activity

Take at least 3-fruits and 3-vegetables and learn how to wash and peel them properly.

• Methods of Preparation of Milk

Fresh milk should be stored in a cool and dark place, preferably a refrigerator and covered to prevent exposure to dust, bacteria and contamination by strong flavors from other foods.

1. Milk should be boiled in a double boiler to prevent scorching.
2. Milk should be cooked on low heat.

Activity

Prepare a dish for infant and toddler using milk (any two) e.g. kheer, sago (dishes)

3.3 DIFFERENT COOKING METHODS

The preparation of many foods involves the application of heat (cooking). Methods of cooking can be classified according to how heat is applied.

- Moist methods: heat applied through the medium of a liquid.
- Dry methods: heat applied directly to food.
- Frying: heat applied through the medium of fats and oils.
- Microwave: heat generated by electromagnetic waves.

Examples of method of cooking are boiling, grilling, roasting, steaming, frying (deep & shallow frying), sautéing, pressure cooker and baking.

• Various techniques of cooking

Boiling, grilling, roasting, steaming, frying, pressure cooker and baking are the most commonly used methods of cooking.

• Boiling

Boiling is a common method of cooking. The liquid (usually water) is heating to boiling point and the heat is then lowered until the liquid is bubbling. This is used for boiling egg, rice pasta etc.

• Grilling

Grilling is the cooking of food under a gas or electric grill. The surface of the food is quickly sealed and the flavour is well developed. The food to be grilled should not be more than 2.5 - 3.5 cm thick to allow heat the penetrate. Chops, steaks, cutlets are examples of food which can be grilled.

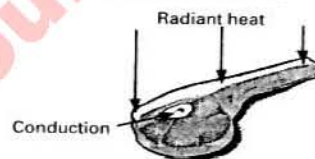
Summary of heat transfer in the cooking of food

The different methods of cooking food each rely mainly on one method of heat transfer, although in some cases two or more transfers are involved

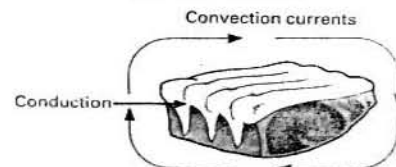
Boiling an egg



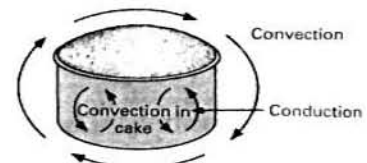
Grilling a chop (bone in)



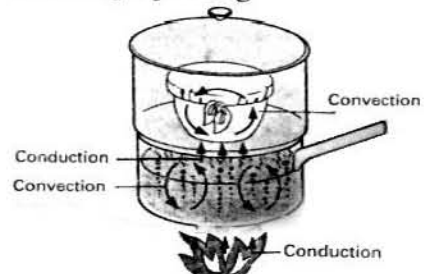
Roasting a rib of beef



Baking a cake



Steaming a pudding



- **Roasting**

Roasting is generally described as the cooking of meat or vegetables in the oven, basting them with hot fat to prevent drying and to developed colour and flavor.

- **Steaming**

Food that is steamed does not come into direct contact with the water, but is cooked in the steam rising from boiling water. Food is covered with a water proof lid or wrapping to prevent water vapor from spoiling the dish.

- **Suitable foods**

Puddings - sponge, meat, Fish, Potatoes and other vegetables

- **Frying**

Frying is a quick, convenient and popular method of cooking, which involves high temperatures. Solid fats or oils are used.

There are four types of frying:

- deep frying
- dry frying
- shallow frying
- stir frying

Deep frying involves the immersion of a food in a pan of hot fat, so that the food is covered by the fat while frying. Shallow frying involves the cooking of food in small amount of fat or oil.

Suitable foods for frying

Doughnuts, scotch eggs, kababs, pokoras etc.

- **Pressure cooker**

At normal atmospheric pressure, water boils at 100°C. But if the pressure is increased, the water will boil at a higher temperature. This forces steam through food so that it cooks more rapidly and save energy. Pressure cookers are used for this type of cooking. They are made of aluminum which is thicker than an ordinary pan.

Suitable food, Stews, Meat, Soups & stocks, vegetables

- **Baking**

Baking is the cooking of foods such as flour mixtures (cakes, pastries, bread, biscuits) and fruits and vegetables (baked apples, potatoes) by convection in the oven, without the addition of fat, except to prevent mixtures sticking to cooking utensils e.g., baking tins, etc. The source of heat in an oven will affect the way in which baking tins should be placed and the evenness of baking.

3.4 SAFETY IN THE KITCHEN

The kitchen is a working room and in order for it to be easy and efficient to work in, it must be well planned. Every year, thousands of accidents occur in the home. The kitchen is one of the main areas of danger. Many accidents can be prevented and only happen because insufficient attention is paid to safety precautions. This does not mean that people should be constantly on guard, but that living safety should become a habit.



Following safety measures should be taken during the preparation of food in the kitchen.

1. **Clothing:** Keep sleeves rolled up, scarves, ties etc.; tucked in, tie hair back out of the way of flame. Avoid wearing high heeled or loosely fitting shoes which may cause a fall.
2. **Knives:** Keep knives sharp, use on a chopping board, cutting away from the body. Store away from the reach of children.
3. **Cooker:** Fit a pan guard around the hob to stop children pulling pans down. Always use gloves to remove items from the oven. Turn off the burners after use.

4. **Steaming:** Keep face away from pan when removing lid. Do not allow pan to boil dry.
5. **Floor spillages surface:** Wipe up immediately. Do not polish the surface too highly or put loose mats on a polished surface. Ensure that there are no curled edges or broken tiles which could be tripped over.
6. **Frying:** Never overfill pan with fat. Heat to required temperature and no higher. Keep pan handle turned inwards.



Exercise

1. Define purchase. Describe the factors to be kept in mind while selecting and purchasing of food.
2. Describe the appropriate methods of preparing vegetable and meat.
3. Illustrate different cooking methods with the help of diagrams.
4. Explain the different techniques of cooking.
5. Explain the safety measures that should be taken during the preparation of food in the kitchen.
6. **Fill in the blanks:** -
 - a. Vegetables should be peeled _____.
 - b. _____ amount of water should be used for cooking of fruits.
 - c. _____ meat should not be soaked in water.
 - d. Cereals are cooked to rupture the _____.
 - e. Milk should be cooked on _____ heat.
7. Tick ✓ in on the correct statement: -
 - a. Frying involves low temperatures.
 - b. Grilling is the cooking of food under a gas or electric grill.
 - c. At normal room temperature water boils at 98°C.
 - d. Roasting is the cooking of meat or vegetables in the oven.
 - e. Do not wipe the flour spillage surfaces immediately.

PRACTICAL

1. Prepare any milk dish for infants
2. Prepare any seasonal vegetable

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قومی ترانہ

پاک سر زمین شاد باد! کشورِ حسین شاد باد!
تو نشانِ عزمِ عالی شان ارضِ پاکستان
سرکزِ یقین شاد باد!

پاک سر زمین کا نظام قوتِ اخوتِ عوام
قوم، ملک، سلطنت پائندہ تابندہ باد!
شاد باد منزلِ مسراد!

پرچمِ ستارہ و ہلال رہبرِ ترقی و کمال
ترجمانِ ماضی، شانِ حال جانِ استقبال
سایہٴ خدائے ذوالجلال!

