

**ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD**

**Course Title:** Home Economics

**Home Economics 2 — (Code: 6484)**

**Level:** B.Ed (1.5 / 2.5 / 4 Years)

**Credit Hours:** 3

**Total Marks:** 100      **Pass Marks:** 50

**Semester:** Autumn 2025

**Instructions for Students**

1. All questions carry equal marks; however, marks will be distributed according to the nature of each question.
2. Read all questions carefully and answer according to the requirements of the question.
3. Handwritten or scanned assignments will **not** be accepted. Only students writing in Urdu or Arabic may upload scanned handwritten assignments. The maximum file size should be **5MB** while uploading on the LMS portal.
4. Typed assignments in **Word or PDF format** must be uploaded on the LMS before or on the due date.
5. After the due date, assignments cannot be uploaded. The entire responsibility will lie on the student.
6. Your analytical and conceptual style of writing will be appreciated.
7. Avoid irrelevant discussion, unnecessary details, and copying directly from books, study guides, or other reading materials.

**Assignment 1 (Units 1 to 4)**

**Question 1:**

- (a) Explain the relationship between food and health in detail.
- (b) Which foods, in your observation, have a positive or negative effect on health? Give examples.

**Question 2:**

- (a) Deficiency of basic food components leads to which diseases?
- (b) What practical steps would you recommend to prevent these diseases?

**Question 3:**

- (a) Identify common diseases caused by nutritional deficiencies in women.
- (b) What measures are necessary to improve the nutrition of such women?

**Question 4:**

- (a) Describe the problems caused by deficiency or excess of minerals.
- (b) How can the balanced use of minerals be ensured? Give a household example.

**Question 5:**

- (a) What is the impact of malnutrition on the health of children and women?
- (b) What have you observed or learned about nutritional deficiency in your village/city?

## **Assignment 2 (Units 5 to 9)**

### **Question 1:**

- (a) Which methods of maintaining daily health are considered effective?
- (b) What methods do you personally use to maintain your health?

### **Question 2:**

- (a) What food precautions should be taken during illness?
- (b) What difference did you or someone close to you experience by adjusting food intake during illness?

### **Question 3:**

- (a) What should be considered to ensure health protection while working with people?
- (b) What health principles did you apply during any group project or activity?

### **Question 4:**

- (a) What are the basic principles of health education?
- (b) If you were to run a health awareness campaign, what points would you include?

### **Question 5:**

- (a) How can priorities be set for promoting health?
- (b) Based on the health situation in your area, what priorities would you recommend?