CLOTHING MODULE
TEACHER'S RESOURCE PACKAGE
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CLOTHING CHOICES

Why do you wear what you do? Many factors influence your clothing choices. Describe what you are wearing right now.

Here's a list of influences on clothing choices. Put a (x) in front of each one that explains why you chose the clothes you have on.

- __ habit
- __ weather
- __ occasion/activity
- __ latest fad
- __ current fashion
- __ religious beliefs
- __ colour
- __ ethnic identification
- __ regional style
- __ family influence
- __ peer influence
- __ self-image
- __ advertising
- __ comfort
- __ personality
- __ safety
- __ school dress code
- __ cost
- __ body size
- __ favourite celebrity
- __ only clothes available

To explain more about the influences you checked, select the 3 that are most significant and tell how each influenced what you are wearing.
NAME: ______________________
CLASS: _____________________

KEEPING WARM OR COOL

Climate influences clothing choices. Your need to keep warm or cool helps determine what you wear.

Dressing for Warmth
In winter, layers of clothing can help keep you warm. Body heat is trapped between the layers of fabric. When you are very active, the outer layer can be removed to allow you to cool down.

Here are some suggestions for layering.

1. **The breathing layer:** This layer is next to the skin; it traps body heat and absorbs moisture. Lightweight, loosely-woven fabrics (cotton, light wool, acrylic) are used. Examples are T-shirts, turtle-necks and lightweight insulated underwear.

2. **The insulating layer:** The second layer creates an airspace that traps heat from the first layer. Bulky sweaters or other thick garments help insulate. Wool and cotton are recommended.

3. **Protecting layer:** The outer layer keeps out cold and damp. It is the last to trap body heat. Windbreakers and down vests are good examples.

Dressing to Keep Cool.
On hot days you cool off more quickly if water evaporates from your skin.

Here are some ideas that help:

1. Wear thin fabrics that allow heat and moisture to be released.
2. Wear natural fibres and open weave fabrics.
3. Wear loose fitting clothes to allow air to circulate.
4. Wear as few layers as possible.
5. Open neckline, unbutton cuffs, and roll up sleeves.

**Indicate** how would you dress for each situation below:

2. Reading indoors, cool temperatures, 15C
3. Walking to school, warm sunny winter day, melting snow.
4. Supervising children in playground on a hot summer day.

Clothing
1.2g
THE BEST BUY

Read the section "Clothing Stores" in Creative Living (pages 399-400). Make a list of the types of clothing stores and their characteristics. Then complete the assignment below.

1. ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________

2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________
6. ____________________________________________

Assignment

   By using newspaper advertisements or looking through local stores, "shop" for 3 of the following items. For each item, list three (3) different types of stores and the prices found in each store. Indicate the store that offers the best buy - the best quality at the best price for each item.

   Items: (select 3 to "shop for")
   blue jeans  blouse/shirt  sneakers
   socks       T shirt     winter coat
   sweatshirt  

   On separate paper, make a chart similar to the one shown for each item you shopped for.
<table>
<thead>
<tr>
<th>Item</th>
<th>Type of Store (and name)</th>
<th>Price</th>
<th>Best Buy (best quality at the best price)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter Coat</td>
<td>(i)</td>
<td></td>
<td>Mark the best buy with a check ( )</td>
</tr>
<tr>
<td></td>
<td>(ii)</td>
<td></td>
<td>Explain the reasons for your choice.</td>
</tr>
<tr>
<td></td>
<td>(iii)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Clothing
1.2j
THE LANGUAGE OF CLOTHING

Clothing choices influence the impression you make on other people. For example, the way you dress for a job interview can either help you get the job or put you out of the running.

For each of the pictures shown in class, write a one or two sentence description of the person.

A. ____________________________________________________________

B. ____________________________________________________________

C. ____________________________________________________________

D. ____________________________________________________________

E. ____________________________________________________________

In what ways were your comments influenced by the clothing each person is wearing?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
MAKING A CLOTHING DECISION

Pretend that you have to buy a winter coat (or any important clothing item). Go to a major store in your community that will have a large selection of coats, or consult the catalogue. Try to find several coats that you like. Don't rule out a coat because it is a colour that does not go with your other clothes, or because it costs too much money. Write down the same information about every coat: what the fabric is made of; how much it costs; what colour and style it is; what care it requires; what its advantages and disadvantages are. Do this for at least 3 coats.

Now go home and check the factors that affect your choice. Consider the colour of coat that would suit you, the fabric that would work best, how much you can spend, etc. Go over the list of coats you found while you were shopping. Which coat is the best purchase?

Neatly record the information you discovered about each coat. Then, write out the steps in the decision-making method and show what ideas belong to each step.

Which coat is the best purchase? Why?
SCAVENGER HUNT

Refer to the charts in Creative Living (p. 386-387). List several examples of natural and synthetic fibres in the spaces provided below.

Natural Fibres (made from plants or the hairs of animals):


Synthetic Fibres (made all or in part by chemicals):


Complete the following assignment at home.

Look through your clothes closet for garments made of different types of fibres. Find one garment made of natural fibres, one made of synthetic fibres, and one made of a blend of fibres. To find these garments, you’ll need to look at the labels. When you’ve located your three garments, copy the information from the care labels into the spaces provided. (Do not cut the labels off the garments).

<table>
<thead>
<tr>
<th>Garment 1</th>
<th>Fibre Content</th>
<th>Care Label Information</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Clothing 3.1a
<table>
<thead>
<tr>
<th>Garment 2</th>
<th>Fibre Content</th>
<th>Care Label Information</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Garment 3</th>
<th>Fibre Content</th>
<th>Care Label Information</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
WASH DAY

It's Chris's turn to do the family wash. When the dirty clothes basket was emptied, this is what was found:

<table>
<thead>
<tr>
<th>Grass-stained blue jeans</th>
<th>New red sweatshirt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellow bath towels</td>
<td>Bath mat</td>
</tr>
<tr>
<td>Wool toque</td>
<td>Bloodstained white t-shirt</td>
</tr>
<tr>
<td>Panty hose</td>
<td>Nylon slip</td>
</tr>
<tr>
<td>Light-blue nightgown</td>
<td>Rubber-soled slippers</td>
</tr>
<tr>
<td>Navy socks</td>
<td>White shirt</td>
</tr>
<tr>
<td>Mint-green dish towels</td>
<td>White sheets and pillow cases</td>
</tr>
<tr>
<td>Undershirts</td>
<td>Blue-yellow print blouse</td>
</tr>
<tr>
<td>Baby sweater</td>
<td>Throw rugs</td>
</tr>
<tr>
<td>White socks</td>
<td>Mauve slacks</td>
</tr>
<tr>
<td>Beige work pants with dirt and grease</td>
<td>Grey shirt</td>
</tr>
</tbody>
</table>

Help Chris with the wash.
- Sort the clothes into groups by writing the items to be washed together in Section A of the chart.
- List items to wash separately in Section B.
- Identify items needing pretreatment, and describe what to do with these, in Section C.
- In Section D, list each laundry group and show the required information for washing and drying the group. Then, list the items to be washed separately and provide the cleaning information required.
# WASH DAY

## Section A: Laundry Groupings

<table>
<thead>
<tr>
<th>I</th>
<th>II</th>
<th>III</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>IV</th>
<th>V</th>
<th>VI</th>
</tr>
</thead>
</table>

## Section B
Items to wash separately:

---

## Section C
Items needing pretreatment. (Describe what to do)

---

Clothing
3.2d
## Section D: Washing Instructions

<table>
<thead>
<tr>
<th>Laundry items and Individual items</th>
<th>How to wash</th>
<th>Water Temp.</th>
<th>Laundry Products</th>
<th>Drying Method</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hand or machine (regular, perm. press, delicate)</td>
<td>hot/warm/cold</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clothing</td>
<td></td>
<td></td>
<td></td>
<td>3.2d</td>
</tr>
</tbody>
</table>
### STEPS TO EFFICIENT LAUNDERING

A large amount of energy is used to heat water, wash, and dry clothes. What energy-saving steps do you use when caring for your clothes? Each statement in the questionnaire suggests a good practice for laundering. Place an X in the column under the word that best describes what you do.

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Sometimes</th>
<th>Frequently</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I use a warm-water wash for lightly or moderately-soiled garments.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>I use cold-water for rinsing clothes.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>I have a suds-saver* washing machine that recycles water.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>When using cold water, I dissolve the detergent in the wash water before adding the clothes.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>I use hot water only to wash very dirty clothing.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>For small loads, I use a low water level.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>I sort clothes by colour, fabric, and amount of soil before washing them.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>I wash clothes in full loads rather than many small loads.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td>I treat and wash stained clothes as soon as possible so they are easier to clean.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Some appliance manufacturers produce an automatic washer that will recycle wash water. The wash water is emptied into an adjacent laundry tub for storage and then reused for the next wash, thereby resulting in savings of water, heat, and soap. These models are available on request from the retailer.

Clothing 3.2e
<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Sometimes</th>
<th>Frequently</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>10. When weather permits, I dry clothes outdoors rather than in the dryer.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. When using the dryer, I dry the clothes no longer than necessary to avoid wrinkles and conserve energy.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. Everytime I use the dryer, I clean the lint trap.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. I hang garments of wool or pile fabric in the bathroom so steam from hot water will remove wrinkles.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. If there are clothes to be ironed, I iron large amounts rather than small ones.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15. I follow care label directions to keep my clothes looking their best.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total "X's" in each column

Add up your Energy Efficiency Score by giving yourself zero (0) points for every time you answered "Never", two (2) points for "Sometimes", three (3) points for "Frequently", four (4) points for "Often", and five (5) points for "Always". Are your laundering habits energy efficient? Check your score below.

Total Score __________

Circle the range your score falls into

60-75 Excellent  45 - 59 Good  25 - 44 Average  0 - 24 Poor

Clothing 3.2e
CLOTHING CARE

Complete each of the following sentences with the best word or phrase from the list supplied.

- pilling
- care label
- shoe trees
- stiffer
- wooden
- sorting
- ice cubes
- cotton
- distilled
- cedar
- lint brush
- wrinkles
- wrong side
- apron
- starch

1. Many people use _______ water in their steam irons to prevent mineral deposits.
2. To prevent moths from damaging woollen clothing you can store it in _______ - lined drawers or boxes. It is important that all garments are clean before being stored.
3. _______ will preserve the shape and extend the life of leather shoes.
4. Damp clothes should be hung on _______ or plastic hangers to prevent rust stains.
5. To prevent _______, clothes should be hung loosely in a closet rather than being crammed in.
6. _______ fabrics often require dampening followed by a hot iron to remove wrinkles.
7. Always read the _______ to determine whether a garment is machine washable.
8. Ironing dark coloured fabrics on the _______ will often prevent shininess.
9. Turn knit clothes inside out before washing to prevent _______.
10. If you wear an ______, you will avoid having your clothes soiled with spots and stains while cooking.

11. ______ are useful for removing gum from clothing.

12. An important laundering step to make sure your clothes look their best is ______.

13. A tool which is used to remove surface dirt and dust is a ______.

14. ______ is used mainly on ______ fabrics to make them ______.
CLOTHING CARE, TEACHER'S KEY

1. Many people use distilled water in their steam irons to prevent mineral deposits.
2. To prevent moths from damaging woollen clothing you can store it in cedar-lined drawers or boxes. It is important that all garments are clean before being stored.
3. Shoe trees will preserve the shape and extend the life of leather shoes.
4. Damp clothes should be hung on wooden or plastic hangers to prevent rust stains.
5. To prevent wrinkles, clothes should be hung loosely in a closet rather than being crammed in.
6. Cotton fabrics often require dampening followed by a hot iron to remove wrinkles.
7. Always read the care label to determine whether a garment is machine washable.
8. Ironing dark coloured fabrics on the wrong side will often prevent shininess.
9. Turn knit clothes inside out before washing to prevent pilling.
10. If you wear an apron, you will avoid having your clothes soiled with spots and stains while cooking.
11. Ice cubes are useful for removing gum from clothing.
12. An important laundering step to make sure your clothes look their best is sorting.
13. A tool which is used to remove surface dirt and dust is a lint brush.
14. Starch is used mainly on cotton fabrics to make them stiffer.
STITCHING GUIDE

Use this diagram to practise controlling the sewing machine.

Place paper in the threadless machine, feed the paper through carefully, following the lines.