

CLOTHING MODULE
TEACHER'S RESOURCE PACKAGE

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NAME: _____
CLASS: _____

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.

- | | | |
|--|--|--|
| <input type="checkbox"/> habit | <input type="checkbox"/> ethnic identification | <input type="checkbox"/> personality |
| <input type="checkbox"/> weather | <input type="checkbox"/> regional style | <input type="checkbox"/> safety |
| <input type="checkbox"/> occasion/
activity | <input type="checkbox"/> family influence | <input type="checkbox"/> school dress code |
| <input type="checkbox"/> latest fad | <input type="checkbox"/> peer influence | <input type="checkbox"/> cost |
| <input type="checkbox"/> current
fashion | <input type="checkbox"/> self-image | <input type="checkbox"/> body size |
| <input type="checkbox"/> religious
beliefs | <input type="checkbox"/> advertising | <input type="checkbox"/> favourite
celebrity |
| <input type="checkbox"/> colour | <input type="checkbox"/> comfort | <input type="checkbox"/> 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.

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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:

1. Cross country skiing, -10C, windy and overcast.
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.

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1.2g

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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
socks
sweatshirt

blouse/shirt
T shirt

sneakers
winter coat

On separate paper, make a chart similar to the one shown for **each** item you shopped for.

Item	Type of Store (and name)	Price	Best Buy (best quality at the best price)
Winter Coat	(i) _____ (ii) _____ (iii) _____	_____ _____ _____	Mark the best buy with a check () Explain the reasons for your choice.

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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?

NAME: _____
CLASS: _____
DUE DATE: _____

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?

Clothing
2.1g

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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).

Garment 1	Fibre Content	Care Label Information
_____	_____	_____
	_____	_____

Garment 2

Fibre Content

Care Label Information

Garment 3

Fibre Content

Care Label Information

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WASH DAY

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

grass-stained blue jeans	new red sweatshirt
yellow bath towels	bath mat
wool toque	bloodstained white t-shirt
panty hose	nylon slip
light-blue nightgown	rubber-soled slippers
navy socks	white shirt
mint-green dish towels	white sheets and pillow cases
undershirts	blue-yellow print blouse
baby sweater	throw rugs
white socks	mauve slacks
beige work pants with dirt and grease	grey shirt

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.

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WASH DAY

Section A: Laundry Groupings

I	II	III
IV	V	VI
Section B Items to wash separately:		

Section C

Items needing pretreatment. (Describe what to do)

Laundry items and Individual items	How to wash Hand or machine (regular, perm. press, delicate)	Water Temp. hot/warm/cold	Laundry Products	Drying Method

Clothing 3.2d

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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.

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

continued ...

* 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

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

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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.

