

SANGAM SKM COLLEGE -NADI

LESSON NOTES-WEEK 1

YEAR 11

HOME ECONOMICS

Strand: HEC 11.3 Clothing and Textiles

Sub Strand: HEC 11.3.2.1 Care of Fabrics, Renovating and Recycling

Achievement Indicator: At the end of the lesson, students should be able to:

- ✓ Differentiate and discuss the importance of recycling and renovation
- ✓ Identify forms of recycling
- ✓ Explain the factors that influence recycling

TEXTILE RECYCLING

Textile recycling is the process by which old clothing and other textiles are recovered for reuse or material recovery. If these used products are disposed of in an appropriate, environmentally friendly way, the process of recycling has been set in motion.

Advantages	Disadvantages
<ul style="list-style-type: none">● Recycle textile provide low-cost quality clothing.● Keeping used textile out of trash reduces disposal cost of government 3● Lesser energy is consumed while processing.● Protecting the planet for future generation.● Textile recycling saves energy and reduces pollution.● Recycling provides both environmental and economic benefits.● Textile recycling reduces pressure on new resources.● Textile recycling reduces the demand for dyes and fixing agents.	<ul style="list-style-type: none">● High upfront capital costs● Recycling sites are always unhygienic, unsafe and unsightly.● Products from recycled waste may not be durable● Recycling might not be inexpensive

FACTORS INFLUENCING RECYCLING OF CLOTHING

Economic	Fashion & Design	Personal
<ul style="list-style-type: none"> ● Save money, the cost of buying a new garment may prove to be expensive and unnecessary. ● The cost of renovation would be less than buying a new outfit. 	<ul style="list-style-type: none"> ● Seasonal colour and style, type of fabric and fabric finishes change. ● A style, colour or design may become fashionable or out – of – fashion after a period of time, therefore, pre-owned garments may be recycled 	<ul style="list-style-type: none"> ● Sentimental (it can be a gift), hereditary and aesthetic values. ● The garment could have been passed from another generation, a gift from a loved one or has an appealing/ unique style line and the fabric is in good condition

TEXTILE RENOVATING

- Renovation (also called remodeling) is the process of improving an outdated garment. Additionally, renovation can refer to making something new, or bringing something back to life and can apply in social contexts

Advantages	Disadvantages
<ul style="list-style-type: none"> ● Reduces the amount of waste sent to landfills and incinerators. ● Conserves natural resources such as timber, water and minerals. ● Increases economic security by tapping a domestic source of materials. ● Prevents pollution by reducing the need to collect new raw materials. ● Saves energy. ● Supports Fijian manufacturing and conserves valuable resources. ● Helps create jobs in the recycling and manufacturing industries in Fiji 	<ul style="list-style-type: none"> ● More pollution and energy consumption. ● Result in pollutants. ● Require stricter and more stringent implementation. ● Good products are not guaranteed. ● Generally ineffective.

REVIEW QUESTIONS

1. Differentiate between recycling and renovating.
2. State one benefit of reusing clothing items.
3. Explain how fashion and design can contribute to recycling.
4. Explain one factor that influences recycling.

SANGAM SKMNCOLLEGE NADI 2021

WEEKLY HOME STUDY PACKAGE FOR 12th – 16th JULY

DEPARTMENT OF HOME ECONOMICS

Year: 11

Subject: Home Economics

Strand: HEC 11.3.3 Clothing and Textiles

Sub Strand: HEC 11.3.3.1 Clothing Needs and Selection

Achievement Indicator: At the end of the lesson, students should be able to:

- ✓ Discuss the clothing requirements at each stage of the life cycle.
- ✓ Explain the factors that affect the availability of clothes in Fiji
- ✓ Demonstrate through wear the appreciation of traditional costumes for the different cultures in Fiji

Infancy

Infants out-grow their clothes very quickly. The following points will help purchase clothes for infants.

- Garments should easily fasten and unfasten. Use of snap fasteners and Velcro can be helpful.
- Openings at suitable positions for easy change of diaper.
- No ribbons or strings that can wrap around the neck; can cause choking.
- Made of stretchable fabric.
- Buy one size ahead of child's actual age.

Childhood

Toddlers 1 – 2 ½ years

- Clothes should be comfortable and when he's more active, it should allow easy movement.
- Brightly coloured clothes are useful if your toddler wanders off - he'll be easier to spot them.
- Buy clothes with elasticised waistbands and trousers or skirts with shoulder straps so that they can be let down.
- Fabrics need to be very strong but pliable – stretch fabrics are best.

Pre – scholars 3 – 6 years

Children are more independent and begin to make known their personal preferences in clothing.

- Fabrics should be strong and easy to wash.
- Comfort is still a dominant factor, and dressing and undressing should be simplified with easy buttoning so that the child can dress him or herself.
- Store clothing in drawers and cupboards your child can get to easily. Label clothing drawers with a picture or word to describe the clothing that's in the drawer.

- Teach undressing first – it’s easier than dressing, which needs more coordination, planning and body awareness.

School age 6 – 12 years

The growth rate of children is stable during these years and clothes seem to fit for longer periods of time.

- They require a variety of clothes.
- The most important need here is to conform in order to belong to a certain group. Peer group pressure can be so great that children may reject clothing which is not accepted by their peers.
- Garments should be attractive, made from strong fabric and be easy to care for.
- Children prefer clothes which are comfortable for easy movement.

Adolescence

School and beyond 12 – 15 years

- Peer group pressure is even stronger at this stage, and the desire to be seen wearing clothes just like the rest, is very strong.
- Everything in fashion is copied – from hairstyles, to clothing, to shoes.
- Looking very similar to friends is more important in many cases than individualism.
- This could be called the experimental period of clothing, as this age group likes to try various types of clothes, fabrics, colours, textures and designs.
- The need for strength of fabric and quality is not as important at this stage as the clothes are not worn for a long time.

Adulthood

Young adult

- Adulthood is the time when individuality is expressed they do not notice peer group pressure, therefore an individualistic approach to clothing is more likely to be followed.
- Changes in life style and role take place during this period which changes clothing needs.
- There is also a very high interest in personal appearance which makes decisions in selecting clothes more difficult.
- Clothes should be versatile, well-constructed, with easy to look after fabrics, designed to suit the life style of the individual.

Middle age

- Cost is not the major concern during the middle age years as most people are well established in careers. Financial commitments, such as children’s education, are usually diminishing.
- A general interest in clothing and appearance is maintained with preference often given to clothes that are well styled, constructed and made from durable fibres which withstand wear.

Pregnancy

- Clothes should be comfortable and attractive.
- Choose appropriate size that last throughout pregnancy.

- Foundation garments should support the body gently without being too tight.
- You should also avoid synthetics like polyester that hold heat to the skin and any clothing with dyes that rub off when you hold them.

Old age

- As people age, it is a fact that their clothing needs and fashion preferences change. Many factors impact the type of attire older adults might choose to wear, including the type of activities they engage in on a regular basis, as well as health factors.
- We select fabrics that are comfortable for the elderly to wear with patterns, designs and colours that are appropriate.
- We choose fabrics that are easy to launder and wear without the need for ironing.

REVIEW QUESTIONS

1. Give a reason for the following statement:
 - i. Always choose one size ahead of your baby's actual age
 - ii. When sales shopping, get clothes for the coming months
 - iii. If you are tempted by expensive clothing for your baby, consider whether it is good value for money.
2. Discuss two clothing for the following age groups:
 - i. Toddlers
 - ii. Teenagers
 - iii. Elderly
3. State one reason why caps and booties are important for infants.

SANGAM SKMNCOLLEGE NADI 2021

WEEKLY HOME STUDY PACKAGE FOR 19th – 23rd JULY

DEPARTMENT OF HOME ECONOMICS

Year: 11

Subject: Home Economics

Strand: HEC 11.1.2 Home Management

Sub Strand: HEC 11.1.2Resources

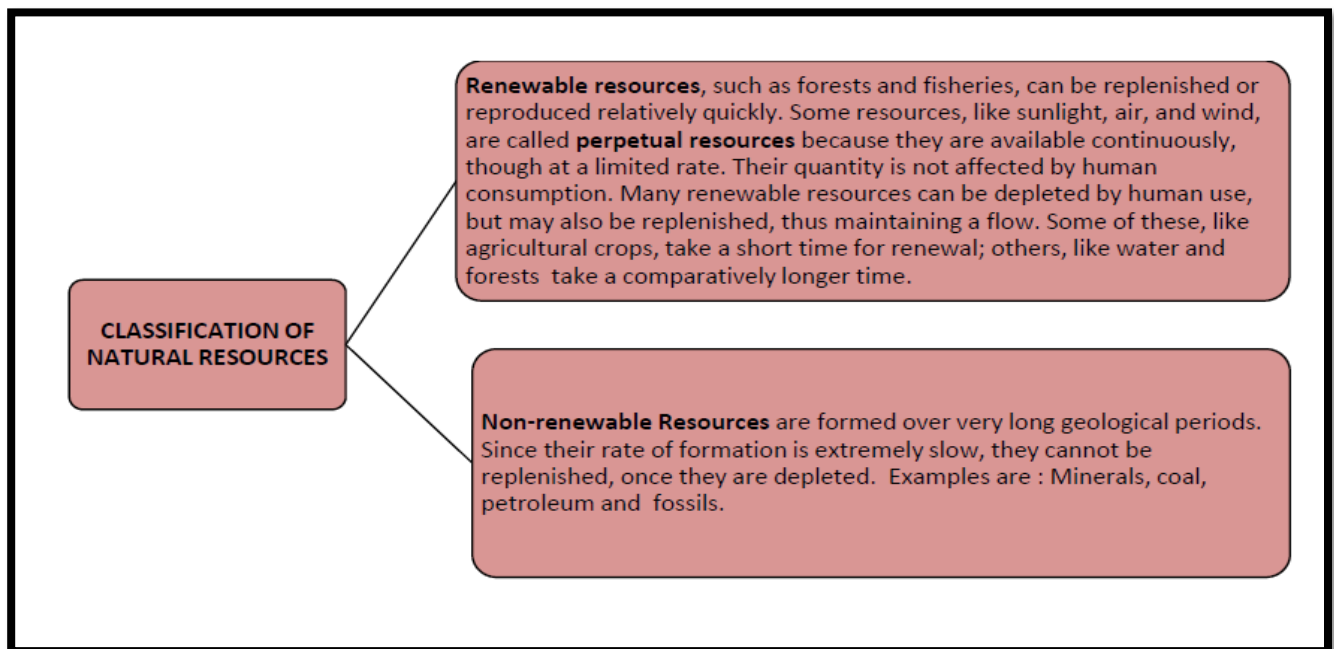
Achievement Indicator: At the end of the lesson, students should be able to:

- a) Classify the natural resources and explain the importance of conserving/managing them
- b) Distinguish the two categories of natural resources
- c) Determine practical ways of managing resources

RESOURCES

Resources: are things we can use to achieve our goals.

Natural RESOURCES occur naturally within environments that exist relatively undisturbed by humanity, in a natural form

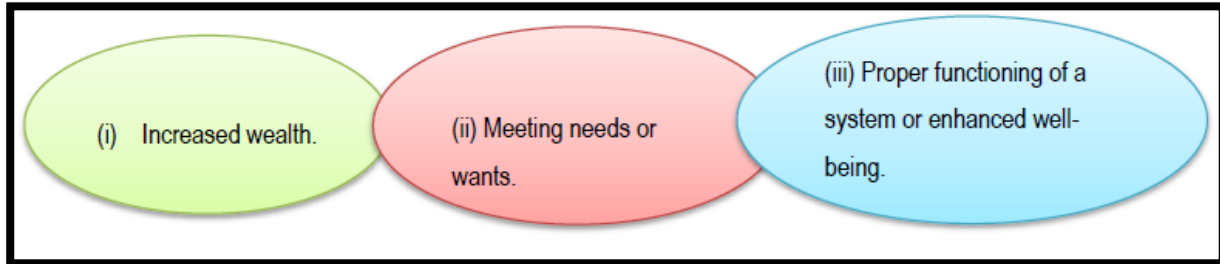


WHAT IS CONSERVATION

Conservation is the management of natural resources with the goal of sustainability. Natural resources may be further classified in different ways.

IMPORTANCE OF CONSERVATION OF NATURAL RESOURCES

- Resources are features of environment that are important and value to human.
- However, the advancement of modern civilization has had a great impact on our planet's natural resources. So, conserving natural resources will bring sustainability.



WAYS TO SUSTAIN NATURAL RESOURCES

Resources	Ways To Sustain
1. Natural Gas	Use hydro, solar or wind power. These are all healthy and great alternatives to conserving natural resources as they do not emit or produce harmful gases or toxin into our environment like that of the burning fossil fuels. At the same time they are renewable as well as are not easily depleted.
2. Fossil Fuels	- Use Hydro-power and solar power to generate energy as fossil fuels will not last forever. -To conserve fossil fuels one can choose to buy a hybrid car. Some of these cars will run on electricity combined with using small amounts of gas. Some hybrid cars just run on electricity.
3. Trees	Natural resource like trees can be conserved through recycling process. Many products come from the trees like papers, cups, cardboards and envelopes. By recycling these products you can reduce the number of trees cut down a year. One should make the most use of these paper products without being wasteful and then recycle them. This is one great way for conserving natural resources.

USING 4R's TO SUSTAIN RESOURCES

RECYCLE	REDUCE	REUSE	REFUSE
<ul style="list-style-type: none"> • Recycling requires much less energy and therefore helps to preserve natural resources. 	<ul style="list-style-type: none"> • To reduce the amount of waste created in the first place is probably the best way of reducing 	<ul style="list-style-type: none"> • Re-using items rather than throwing them away and buying new keeps them out of the 	<ul style="list-style-type: none"> • Our throw-away culture is one in which it is often cheaper to buy new items rather than have old ones

<ul style="list-style-type: none"> • Recycling at the same time being earth friendly can help our planet a better place to live in. • Recycling minimizes the need for raw materials so that the rainforests can be preserved. 	<p>the waste footprint.</p> <ul style="list-style-type: none"> • Reducing waste saves energy, reduces the waste that ends up in landfill or incinerators and saves valuable resources and raw materials. 	<p>waste stream.</p> <ul style="list-style-type: none"> • Reusable bags for shopping • Example liquid waste includes wash water from homes, liquids used for cleaning in industries and waste detergents. 	<p>repaired.</p> <ul style="list-style-type: none"> • There are numerous items that can be repaired rather than thrown out: TVs, bicycles, shoes, clothes and furniture • Buying clothes from charity shops are examples of reuse.
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REVIEW QUESTIONS

1. Differentiate between **renewable** and **non- renewable** resources.
2. State one benefit of good resource utilization.
3. Define perpetual resources.
4. Explain one way of conserving energy in the home.
 - **Reusing**