PENANG SANGAM HIGH SCHOOL
P.O.BOX 44 RAKIRAKI
HOME ECONOMICS
YEAR 11

Strand	Clothing And Textiles
Sub strand	Chapter 14 Patterns/Designs
Content learning outcome	• take body measurements and determine the size. • apply the knowledge of figure types to select appropriate styles. • create patterns using basic free hand pattern drafting technique.

CHAPTER 14 PATTERNS/DESIGNS

BODY SHAPE	ILLUSTRATION	DESCRIPTION
Apple		The apple is round and luscious. You carry most of your weight around your generous tummy but have a great pair of breasts to top it off...
Rectangle		The rectangle is straight up and down and can get away with most styles. However, if you crave more curves, simply...
Pear		The pear is a bottom heavy beauty. Bigger around your hips, bottom or thighs and petite up top. Your body is the epitome of a womanly shape...
Inverted Triangle		The bearer of large breasts, a generous tummy and a broad back to support your ample front. You're an inverted triangle. Balance your figure...
Hourglass		Curvy hourglass girls go in at the middle, often with a fuller bust and bottom to contrast with the smaller waist. You're blessed with a sexy...

Taking body measurements

To choose the correct size pattern, you‘ll need to follow three basic steps:

• Take your key body measurements.

• Determine your figure type.

• Select the correct pattern size within your figure type.

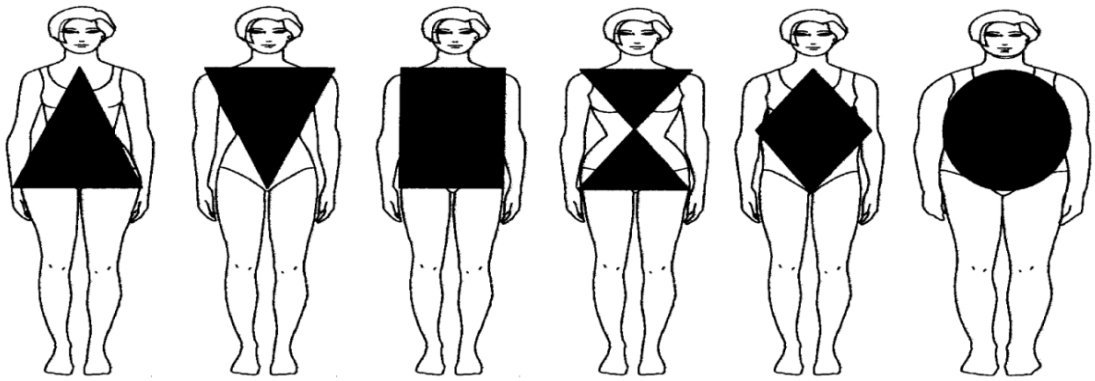
How to take body measurements to determine size

• You will need a tape measure and may find it easier in front of a mirror.

• The Bust Measurement: Wearing a good fitting bra, measure the circumference of your bust at the largest point keeping the tape measure level and snug but not tight.

• The Waist Measurement: Standing up straight find the narrowest part of your torso (often just above the belly button) and place the tape measure around. This is your natural waist.

• The Hip Measurement: Place the tape measure around the widest part of your hips, where the curve is most prominent when standing side on.

Activity

Identify the most suitable type of clothing for the different figure types given below