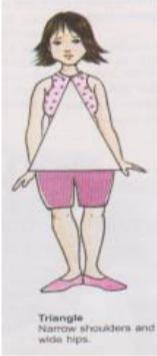


LESSON NOTES WEEK 12

Subject: Home Economics Year/Level: 10

Strand	Clothing and Textiles
Sub Strand	Designing
Content Learning Outcome	<ol style="list-style-type: none"> 1. Identify and describe the different figure types 2. Discuss clothing suitable for different figure types 3. List the elements and principles of design 4. Select designs for different figure types

Figure Types

<p>RECTANGLE Shoulders, waistline and hips are of the same size.</p>  <p>Rectangle Shoulders, waistline and hips are of the same size.</p>	<p>INVERTED TRIANGLE Wide shoulders and small hip</p>  <p>Inverted triangle Wide shoulders and small hips.</p>	<p>TRIANGLE Narrow shoulders and wide hips.</p>  <p>Triangle Narrow shoulders and wide hips.</p>	<p>HOURL-GLASS Hip and shoulders of equal size.</p>  <p>Hour-glass Small waist, chest and hips equal.</p>
--	--	--	--

1. Rectangle or Banana

- Banana shape figure has same size from shoulders to hips.
- People with an athletic body, smaller bust size and toned arms often fit into this category.
- If waist measures less than 9 inches (23cm) smaller than your bust or hips, you are banana shaped.

2. Inverted Triangle or Apple shape

- Apple shaped figures are rounded with larger busts and smaller hips.

- Wider at the top, smaller at the bottom. (opposite of pear)
- Women who are apple shaped have broader shoulders, larger busts and narrower hips.

3. Triangle or Pear shape

- Have small busts and larger hips.
- Looks like a triangle- smaller at the top, wider at the bottom.
- The hips are more than 5cm (2 inches) larger than the bust and the waist about 24cm (9½ inches) smaller.

4. Hourglass

- Larger at the bust and hips and smaller at the waist.
- Bust and hips are about the same size with a small waist.
- If the difference between the bust and waist measurements and waist and hip measurements is 23cm (9 inches), it is considered as a perfect hourglass.

Suitable clothing for the Different Figure Types

Figure types	Line	Colour	Design	Fabric
Rectangle	Horizontal line, yokes & belts, pockets	Contrasting. Separates light bright	Waist/hipline interest. Flared & cuffed trousers. Gathered skirts/ pleats.	Bulky textures, plaids, checks, florals.
Inverted triangle	Vertical. Horizontal on hip.	Contrast with darker colors on top.	Simple bodice. U or V neckline. Plain sleeve.	Light weight. Plain textures for tops.
Triangle	Horizontal in upper area. Yokes, gathers,	Contrasting. Bright prints & patterns on top.	Neckline interest. Shoulder pads. Simple skirt pattern.	Texture fabric for tops. Simple texture for skirts or trousers.

	tuck.			
Hour glass	Vertical	One color	Slimming dress	Simple and lightweight.

Principles and Elements of Design

Elements of Design in Clothing

Elements	Effects on human figure
Line	<ul style="list-style-type: none"> • Diagonal lines from shoulder to waist cut height. Diagonal lines from shoulder to hem, add height. • Vertical lines or sharp steep diagonals increase height and decreases width. • Continued vertically striped fabrics can add width, depending in width of strips and spaces between them. • Horizontal lines cut height and increase width.
Color	<ul style="list-style-type: none"> • Whiter, lighter tints and warm colors (red, orange, yellow) make shapes look larger. • Black and darker shades make shapes look smaller. • Cool colors (blue, green, violet) have a slimming effect.
Texture includes: shine, feel, appearance, handle	<ul style="list-style-type: none"> • Clinging fabrics tend to emphasize rounded curves and bumps. • Shiny fabrics reflect more light, so shapes look larger. • Heavy textures add bulk and increase in size. • Crisp, stiff fabrics stand away for the body and tend to increase size. • Dull matt fabrics slenderize as they do not absorb light. • Lightweight, fine fabrics do not increase size as those with a lot of bulk.
Shape	<ul style="list-style-type: none"> • Flared, full hemlines cut height and can camouflage a larger bust or wide shoulders. • Straight skirts give an illusion of height and taller proportion.

	<ul style="list-style-type: none"> • A narrow, triangular silhouette is slimming. • A triangular silhouette adds width at the widest part of the triangle can be used to camouflage figure defects.
--	---

Principles of Design in Clothing

Principle	Effects on human figure
Proportion	A yoke at bust level and no waist can make a short-waisted person appear longer waisted. Equal proportions are generally considered less interesting than unequal ones.
Balance	Symmetrical/ formal balance (equal parts are seen in both sides). Asymmetrical/ informal (unequal sides) Radial (repeated) patterns are used around the center point.
Emphasis	The center of interest is the point of emphasis ie the point which attracts the eye; a decorative belt would emphasis the waist.
Rhythm	This principle developed as a result of a repetition of a particular feature. Repeating the same shape in the design, repeating lines or details to form a pattern or repeating colors.

Activity

Complete the sentences below.

1. Vertical stripes will make the figure look _____
2. Horizontal stripes will make the figure look _____
3. Large prints tend to make a figure look _____

