

**PENANG SANGAM HIGH SCHOOL**  
**P.O.BOX 44 RAKIRAKI**  
**HOME ECONOMICS**  
**YEAR 11 (week 18)**

<b>Strand</b>	Clothing and Textiles
<b>Sub strand</b>	CLOTHING NEEDS AND SELECTION/CLOTHING CONSUMER (cont. from wk 17)
<b>Content learning outcome</b>	a. Identify the clothing requirements at each stage of the life cycle. b. Explain the factors that affect the availability of clothes in Fiji

**Pregnancy**

During this phase the body undergoes physical transformation and demands soft and comfortable clothing.

The best garment for pregnant women is the one that allows the abdominal area to expand, as it is imperative for both the mother and the baby.

Here are some do's for the expecting mother:

- Choose light and comfortable clothes; do not wear extremely snug or figure-hugging outfits.
- Choose traditional clothes that are tailored to your shape & style and is in your budget.
- Wear clothes that provide support to the stomach.
- Keep garments simple and flaunt any dress that is liked, but be confident about it

**When to start wearing maternity clothes**

- Most women can wear their normal clothes for most of the first trimester (3 months).
- But you might need to consider a larger bra or looser fitting clothes for comfort during this time.
- When you are around 4 or 5 months pregnant, you may have to start wearing larger clothes. Most women switch to maternity wear when they are about 6 months pregnant



## Elderly

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 colors that are appropriate. We choose fabrics that are easy to launder and wear without the need for
- Clothing that is neat and clean, fits well, and feels good can boost anyone's morale.
- Older people in your care often are concerned about their appearance.
- They may be uncomfortable wearing the clothes they have, especially if those clothes are out of date, are in colors or designs that are no longer flattering, are mismatched, or simply no longer fit properly.
- But in addition to requiring your care—whether in their own home, your home, or a nursing home—they may need your help to select and purchase new clothing. They also may need help to take care of their existing clothing that they do enjoy wearing

## Activity

Discuss two

- *Clothing requirement for pregnant woman.*
- *Factors to consider when selecting clothes for elderly*