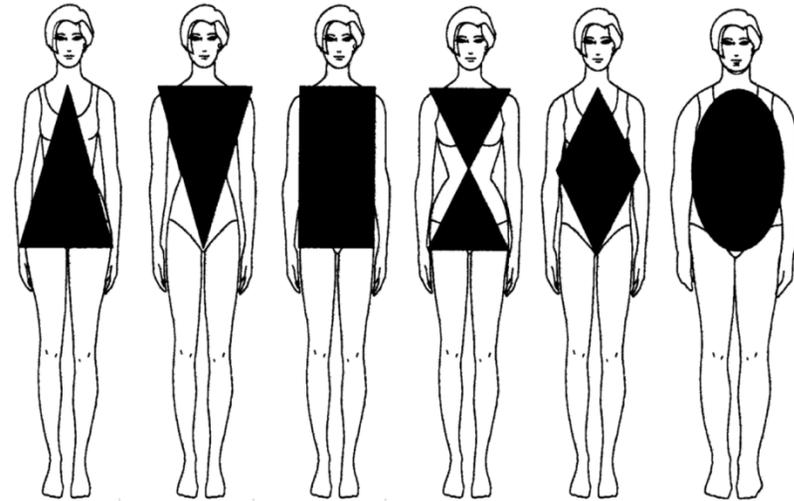


PENANG SANGAM HIGH SCHOOL
P.O.BOX 44 RAKIRAKI
HOME ECONOMICS
YEAR 11 (week 19)

Strand	Clothing and Textiles
Sub strand	Patterns and design
Content learning outcome	<ol style="list-style-type: none"> 1. Take body measurements and determine the size. 2. Apply the knowledge of figure types to select appropriate styles. 3. Create patterns using basic free hand pattern drafting technique.



Triangle shape	Inverted triangle shape	Rectangle shape	Hourglass shape	Diamond shape	Rounded shape
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6 Types of Women's Shapes or Figures

1. Triangle/Pear

- A female with this shape has a round, heavy bottom with a defined waist but hip size are always wider than the bust and shoulders. Short legs with full thigh are common characteristics.

2. Inverted Triangle

- A woman with this shape has broader shoulders, a large bust, narrow hips, slim legs, flat bottom. Fat is mainly distributed in the abdomen, chest, and face.

3. Rectangle/Straight

- A female with this figure has a boyish look with small/medium bust, slender arms and legs. Most times, the hip has the same width as the waist and also emphasizing a flat bottom.

4. Hourglass

- This is a curvy female with the hips and bust of the same width which emphasizes a defined waist

5. Diamond

- This shape has an undefined waist with a large and high stomach. The female may also have full or flat bottom.

6. Rounded/Oval

- This shape has an overall appearance of being round especially around the waist region, the stomach are large, the hips are wide, and upper thighs are full. The bottom could be full or flat.

Fashion Tips for the Various Shapes

Triangle

For triangular-shaped women, your style aim is to balance her top half to bottom half by creating the appearance of a wider upper body.

Do wear:

accessories and designs to draw attention to your upper body
short-sleeved tops
shoulder pads to broaden your shoulders
medium to high necklines
garments to emphasize your waist
skirts and dresses that are straight or slightly flared
low rise pants to avoid gaping at the waist
boot leg and straight pants

Don't wear:

baggy garments and garments that add bulk to your hips (hems or design lines at hip-line will only add more size to your hips)
pleated skirts or pants

ACTIVITY

List the type of clothing suitable for female who has a triangular figure also state the accessories that can complement her outfits?