

**PENANG SANGAM HIGH SCHOOL**  
**P.O.BOX 44 RAKIRAKI**  
**HOME ECONOMICS**  
**YEAR 11 (week 20)**

<b>Strand</b>	Clothing and Textiles
<b>Sub strand</b>	Patterns and design (cont. from week 19)
<b>Content learning outcome</b>	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.

***Inverted Triangle***

- For you to dress to flatter your inverted triangle body shape, your main style aims are to create the illusion of the perfect hourglass body shape by balancing your lower body to your upper body and to draw attention away from your upper body.

***Do wear:***

- flowing fabrics
- V-necklines
- three-quarter length sleeves
- well-adjusted bra
- tops and dresses that flow through the waist
- A-line skirts
- flared pants
- skirts with satin, denim and tweed fabrics, because they create interest to your lower body

***Don't wear:***

- bulky fabrics and styles that will emphasize your shoulders
- high necklines
- big collared shirts
- tapered skirts and pants

***Rectangle***

- For a rectangular-shaped woman, your main style aims are to add curves by defining your shoulder, hips and your waist.

***Do wear:***

- shoulder pads to emphasize your shoulders and give you a feminine body figure (but please don't do it in excess)
- semi-fitted clothes
- short-sleeved and sleeveless tops and dresses if you don't have a very small upper arm
- medium to high neckline dresses
- dresses that wrap or flow through the waistline
- straight to gently flared flat-fronted pants
- A-line shirts

***Don't wear:***

- clingy fabrics and fitted clothes, because they will make you look very straight
- low necklines will emphasize your flat bust so avoid them
- baggy tops and baggy pants are not good choices

- narrow skirts will emphasize your flat bottom and are not flattering (avoid them)

### ***Hourglass***

- Your main style aims are to emphasize your curves, especially your waist, without adding bulk.

#### ***Do wear:***

- fitted and semi-fitted clothes
- soft, clingy, flowing fabrics
- low to medium-low necklines
- dresses with defined waistlines
- straight and gently flared pants
- straight and gently flared shirts
- accessorize your waist with belt to flatter your figure
- anything comfortable for you

#### ***Don't wear:***

- bulky fabrics or baggy styles, because they will hide your figure

### ***Round/Oval***

- Rounded/oval shaped women's main style aims are to draw attention upwards towards your shoulders and face.

#### ***Do wear:***

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earrings, necklaces and other focal points designed to draw an observer's eyes up towards your shoulders and face

- semi-fitted and loose fitting clothing
- very fitted bras and support underwear to minimize your stomach
- tops and bottoms in the same colours are better worn together
- low necklines
- un-tucked tops that do not emphasize the rounded stomach
- tops and dresses that flow through the waistline
- straight pants in soft, flowing fabric are a good choice

#### ***Don't wear:***

- clingy fabrics
- tight fitted clothes
- fabric with large patterns
- high necklines
- tucked-in tops
- pleated skirts, because they add more volume to your figure

### ***Diamond***

- The diamond-shaped female's main style aims are to create the illusion of a longer, inverted triangle body shape and to draw attention upwards towards their shoulders and face.

#### ***Do wear:***

- earrings, necklaces and other focal points designed to draw an observer's eyes up towards your shoulders and face
- semi-fitted and loose fitting clothes
- good fitting and well-adjusted bras and support underwear
- tops and bottoms in the same colors
- low necklines
- un-tucked tops
- tops and dresses that flow through the waistline
- straight flat-fronted pants in soft, flowing fabric
- straight and slightly flared skirts

***Don't wear:***

- clingy fabrics
- fitted clothes
- fabric with large patterns
- high necklines
- belts
- tucked-in tops
- pleats
- narrow or tapered skirts/pants

**ACTIVITY**

**COMPLETE THE TABLE GIVEN BELOW**

<i>Figure type</i>	<i>Suitable clothes</i>	<i>Accessories</i>	<i>Should not wear</i>
<i>Hour glass</i>			
<i>Apple shape</i>			
<i>Inverted triangle</i>			