

SEWING-----INDIVIDUALIZED ACTIVITY

Name _____ Class _____

SHOPPING LIST

Using the measuring chart, decide what type and size of pattern you need to buy.

1. Pattern type _____
2. With a friend, help each other measure the following areas:
Bust/chest _____
Waist _____
Hip _____
Back waist length _____
Neckband _____
3. What size of pattern will you buy? _____

Using the pattern envelope, complete the following information:

1. Which view will you make? _____
2. What size is the pattern? _____
3. How much fabric will you need to purchase? _____
4. What type of fabric should you buy? _____
5. What notions do you need to buy? _____

FOCUS ON FIT

Fit is the best thing you can wear. Fit is what makes the pockets of your jackets fall at your hips and not somewhere below your knees.

There is no one perfect or average body. Everyone is different. Whether you are making your clothes or buying them, fit is extremely important.

Ready-to-wear clothes, as well as clothing patterns, are made in many sizes to suit the many types of people. The difficult part of choosing clothes or patterns is getting items that fit well.

Perfect fit for the imperfect body means:

1. Identify your body type. The figure types do not refer to age. Your figure type is based on your height, your proportions and your silhouette or shape. Look at your body profile in a mirror.
2. Measure carefully and find your correct size. To measure accurately, work with a partner.
 - Do not measure over heavy outer clothing.
 - Keep the tape measure straight around the body and do not let it twist.
 - The chest measurement is taken at the fullest part of the chest.
 - It is helpful to tie a string around the waist to find the smallest part between the chest and hips.
 - The hip measurement is taken at the fullest part, usually at 7-9 inches below the waist.
 - Choose a blouse or dress pattern according to the chest measurement.
 - Choose a skirt or pair of pants according to the hip measurement, unless the skirt is quite full, then buy according to the waist measurement.
 - Choose a shirt size for men or boys by the neck measurement.
3. Identify any special problems you have--narrow shoulders, long torso, short legs, etc.
4. Make adjustments on your pattern according to your measurements. Lengthening or shortening a garment is a very easy adjustment. Other adjustments are more difficult.
5. Select clothing that will maximize your good points and minimize less perfect areas.

All clothing and patterns have extra fabric in them so movement is possible. The term for this extra allowance of fabric or breathing room is ease. More ease is allowed for the chest and hips than at the waist. Knits and patterns for knits have less ease than others. This is because knits stretch. A regular amount of ease would be too much.

Name _____

Class _____

FOCUS ON FIT PYRAMID

DIRECTIONS: Read the Student Guide--"Focus on Fit". Read the clues below and fill in the blanks on the pyramid below. Count the X's that separate the words as part of the answer.

1. _ _ _

2. _ _ _ _

3. _ _ _ _ _

4. _ _ _ _ _ _

5. _ _ _ _ _ _ _

6. _ _ _ _ _ _ _ _

7. _ _ _ _ _ _ _ _ _

8. _ _ _ _ _ _ _ _ _

9. _ _ _ _ _ _ _ _ _ _

10. _ _ _ _ _ _ _ XX _ _ _ _ _

11. _ _ _ _ _ _ _ _ _ _ _

12. _ _ _ _ _ _ XX _ _ XX _ _ _ _ _

13. _ _ _ _ _ _ XX _ _ _ _ _ _ _ _

14. _ _ _ _ XX _ _ _ _ _ _ _ _ _

15. _ _ _ _ _ _ XX _ _ _ _ _ _ _ _ _

1. The answer to: Does anyone have a perfect body?
2. The key to having your clothes look great.
3. Extra fabric added to clothing for breathing room.
4. Buy a blouse or dress pattern according to this measurement.
5. One of the measurements needed to determine your figure type.
6. Do not measure over these if you want accurate results.
7. These are used by people who make their own clothing and are based upon standardized measurements, the same as clothing in stores.
8. Measure this way for the most accurate results.
9. Another name for your body shape.
10. The way your body is built and shaped, not based on age.
11. Use a tape measure to take these correctly.
12. Clothes you buy in a store.
13. If you have been outside in cold weather, be sure to remove this before taking measurement.
14. Buy pants pattern size according to this measurement.
15. If a skirt is full, use this measurement to identify the correct size you should buy.

FOCUS ON FIT PYRAMID--KEY

1. NO
2. FIT
3. EASE
4. CHEST
5. HEIGHT
6. CLOTHES
7. PATTERNS
8. CAREFULLY
9. SILHOUETTE
10. FIGURE TYPE
11. MEASUREMENTS
12. READY TO WEAR
13. OUTER CLOTHING
14. HIP MEASUREMENT
15. WAIST MEASUREMENT