**YEAR 11 - HOME ECONOMICS WORKSHEETS - WEEK 2**

**SUBSTRAND: HEC 11.2 Food planning and product development**

**CLO: HEC11.2.6.1 Design nutritious meals by highlighting the integration and appreciation of multicultural food**

**LESSON: 47**

1. **Cooking Methods - Indian / Asian**
2. **Stir frying**

* is a cooking technique in which ingredients are fried in a small amount of very hot oil while being stirred in a wok. Stir-frying is a fast and fresh way to cook.
* Simply toss and turn bite-sized pieces of food in a little hot oil in a wok over high heat, and in five minutes or less, the work is done. Vegetables emerge crisp and bright.

1. **Deep frying**

* Deep frying is a method of cooking where the food is entirely submerged in hot fat.
* *Deep frying is a dry-heat cooking method that yields foods that have a crunchy golden brown surface and tender interior.*

1. **Steaming**

* Steaming works by boiling water continuously, causing it to vaporize into steam; the steam then carries heat to the nearby food, thus cooking the food.
* Such cooking is most often done by placing the food into a food steamer, typically a circular container made of metal or wood and bamboo

1. **Grilling**

* Grilling is a form of cooking that involves dry heat applied to the surface of food, commonly from above or below.
* Grilling usually involves a significant amount of direct, radiant heat, and tends to be used for cooking meat and vegetables quickly.

***Students please take note that from lesson 48-56 is meal planning thus you have to continue writing/ pasting your notes do not leave spaces for lesson 48-56.***

**LESSON 57**

STRAND: HEC 11.3 CLOTHING AND TEXTILES

SUB-STRAND: HEC 11.3.5 PATTERNS AND DESIGN

LEARNING OUTCOME: TAKE BODY MEASUREMENTS AND DETERMINE THE SIZE

**TAKING BODY MEASUREMENTS:**

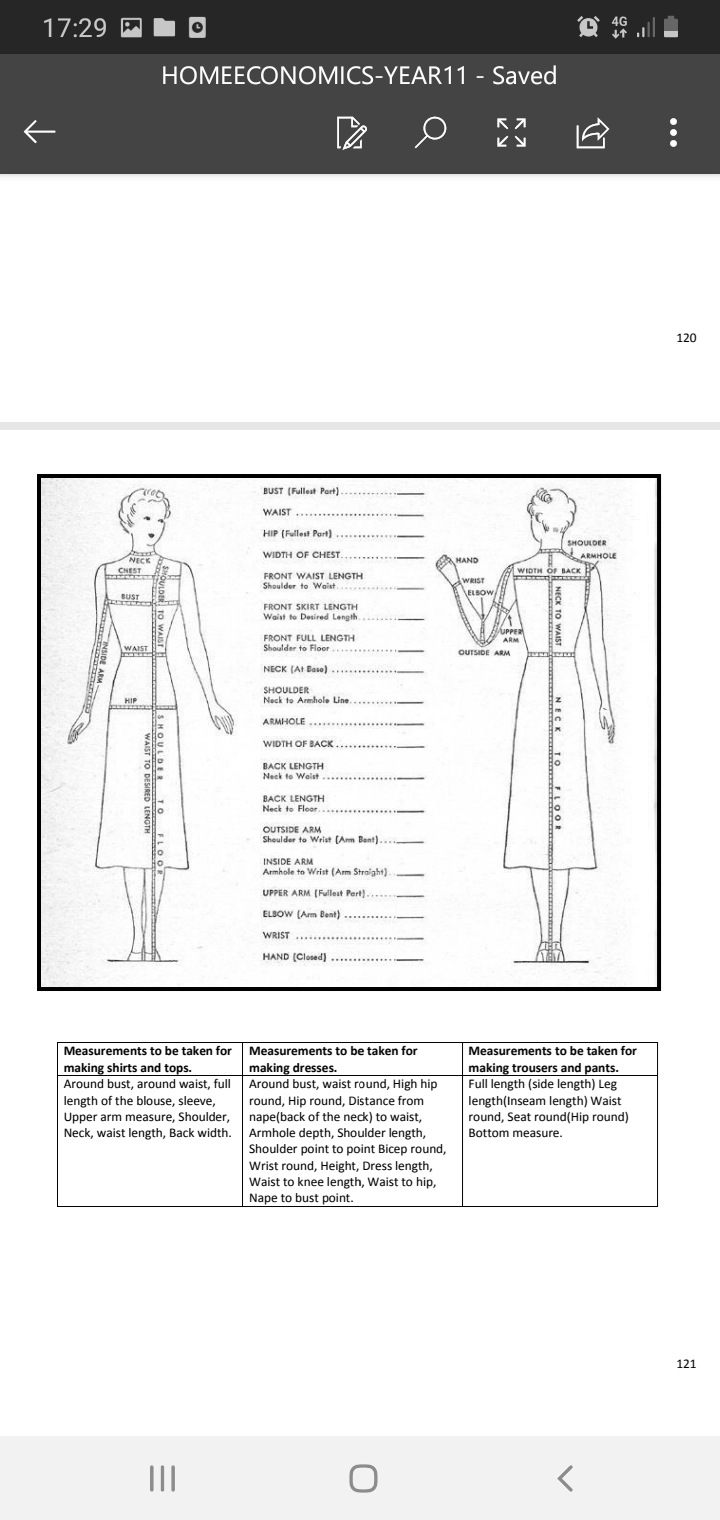
HOW TO TAKE BODY MEASUREMENTS TO DETERMINE SIZE

1. You will need a measuring tape and you may find it easier in front of the mirror
2. Bust measurement: wear a good fitting bra, measure the *circumference* of your bust at the largest point keeping the tape measure level and *snug* but not tight
3. Waist measurement: stand up straight find the *narrowest* part pf your *torso* [often above the belly button] and place the tape measure around. This is your natural waist
4. Hip measurement: place the tape measure around the widest part of your hips, where the curve is most *prominent* when standing side on.

VOCABULARY:

1. CIRCUMFERENCE-bust: measured around the chest over the fullest part of the breasts, while standing straight with arms to the side, and wearing properly fitted bra.
2. SNUG: comfortable
3. NARROWEST: of small width in relation to length
4. TORSO: the neck to the groin [area in between your legs under your abdomen and near the genitals]
5. PROMINENT: important

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| --- | --- | --- |
| **MEASUREMETNS TO BE TAKEN FOR MAKING SHIRTS AND TOPS** | **MEASUREMENTS TO BE TAKEN FOR MAKING DRESSES.** | **MEASUREMENTS TO BE TAKEN FOR MAKING TROUSERS AND PANTS** |
| Around bust, around waist, full length of the blouse, sleeve, upper arm measure, shoulder, neck, wasit length, back width | Around bust, wasit round, high hip rpund, hip round, distance from nape [baack neck] to waist, armhole depth, shoulder length, shoulder point to point bicep round, wrist round, height, dress length, wasit to hip, nape to bus point. | Full length [side length] leg length [inseam length] waist round, seat round [hip round] bottom measure |

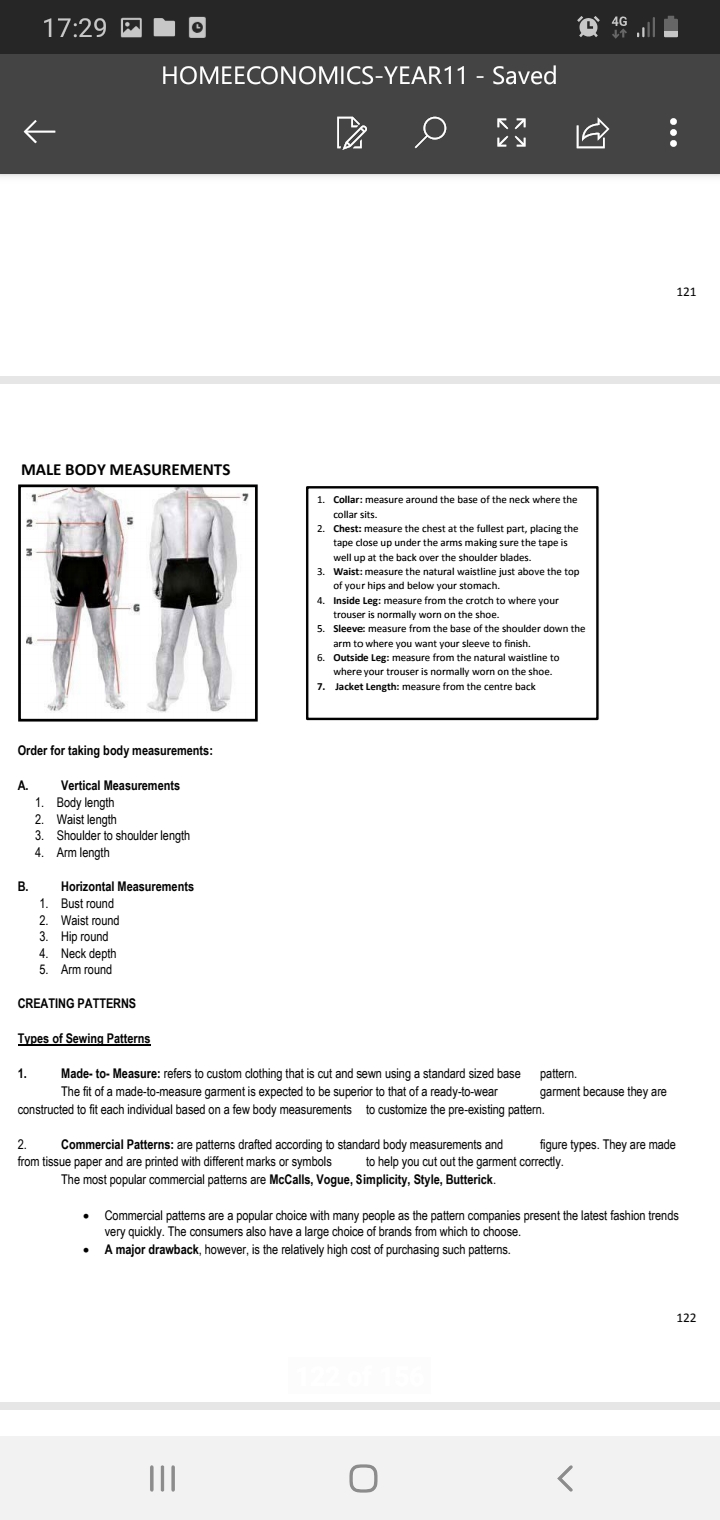
**FEMALE BODY MEASUREMENTS:** **[CUT AND PASTE THE PICTURE BELOW IN YOUR BOOK]**

**LESSON 58:**

STRAND: HEC 11.3 CLOTHING AND TEXTILES

SUB-STRAND: HEC 11.3.5 PATTERNS AND DESIGN

LEARNING OUTCOME: TAKE BODY MEASUREMENTS AND DETERMINE THE SIZE

MALE BODY MEASUREMENTS. **[CUT AND PASTE THE PICTURE BELOW IN YOUR BOOK]**

|  |  |
| --- | --- |
| Order of taking body measurements: | |
| 1. Vertical measurements | 1. HORIZONTAL MENSUREMENTS |
| 1. Body length 2. Waist length 3. Shoulder to shoulder length 4. Arm length | 1. Bust round 2. Waist round 3. Hip round 4. Neck depth 5. Arm round |

**HOW TO DETERMINE YOUR BODY SHAPE**

1. TAKE YOUR MEASUREMENTS

* to determine which areas of your body are the widest and thinnest.
* Start with your bust, which will help you determine how large your upper body is.

1. TAKE YOUR WAIST MEASUREMENT- this is a second of your basic measurements, and often helps in determining how wide your midsection is.
2. YOUR HIP MEASUREMNT-

* is the third and final basic you need.
* Knowing your hip measurement helps you determine how large or small your lower body is.

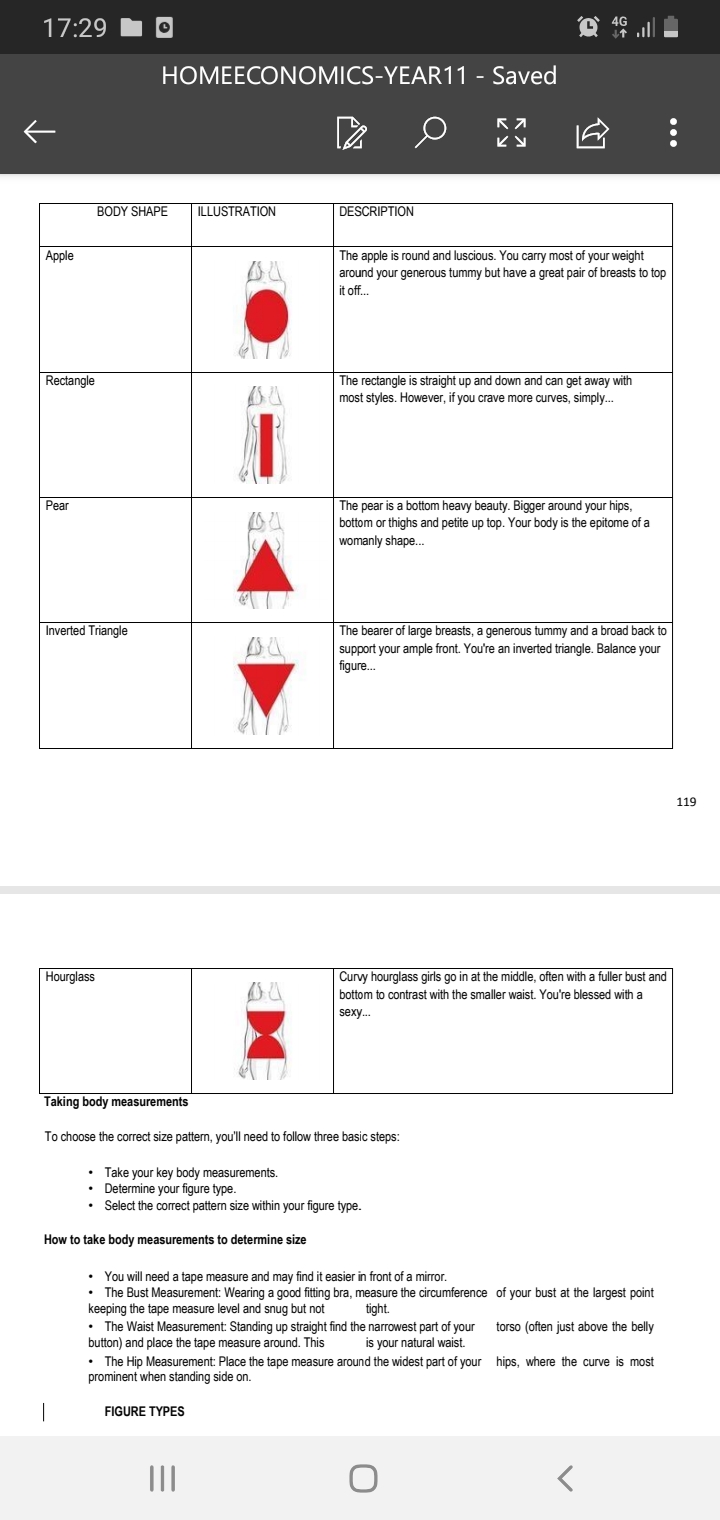
1. Once you’ve studied your shape and know your measurements, compare them against the basic features of the five most common body types.
2. Decide which description matches your features best in order to determine which shape your body belongs to.

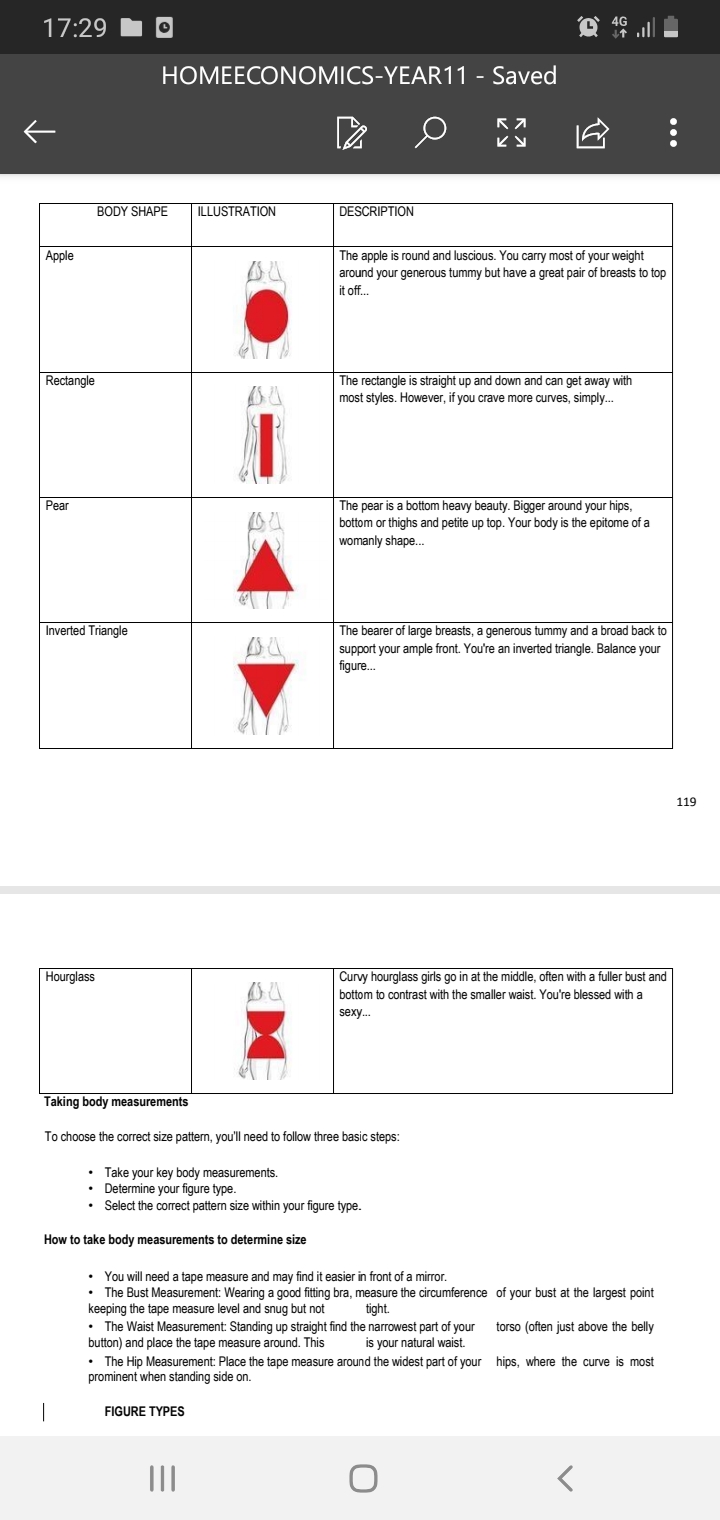
**LESSON 59**

STRAND: HEC 11.3 CLOTHING AND TEXTILES

SUBSTRAND: HEC 11.3.5 PATTERNS/DESIGN

LEARNING OUTCOME: APPLY KNOWLEDGE OF FIGURE TYPES TO SELECT APPROPRIATE STYLES.

**FIGURE TYPES**



**THE PATTERN CATALOGUE**

* Pattern catalogues are produced by the countries that make paper patterns for home dressmaking.
* They contain the latest fashion designs, grouped into categories such as:
* Dresses [for different age or size group]
* Separates
* Bridal wear
* Lingerie
* Men’s and boys clothes, accessories, etc
* **Illustrations in the catalogues show:**
* Different styles that can be made from the pattern
* Back view
* Suitable fabric
* Amount of fabric required
* Notions required
* **At the back of the book are:**
* Guidelines for selecting patterns
* Body measurements charts
* Index pf patterns

**FREE-HAND DRAFTING:** this involves garment construction without the use a commercial pattern. Detailed measurements are taken and used to project the body and design directly onto the fabric.

**LESSON 60**

**WORKSHEET 2 WEEK 2**

*Attempt this worksheet in your activity/ exercise book.*

1. State **two** important measurements that you will take when you are constructing a sulu chamba.

2. List **two** points that need to be considered before cutting **any one way design** fabric.

3. List four important measurements that would be taken to make a dress.

4. State **two** points to remember before cutting out.

5. List atleast four measurements that are used to construct a full length evening dress.

6. Write down the **names** of the pattern markings and **its meanings** in the table below.

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| --- | --- | --- |
| Pattern symbol | Name | Meaning |
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