

8

Lesson Exemplar for TLE

Quarter 3

Lesson

4

GOVERNMENT PROPERTY
NOT FOR SALE

Lesson Exemplar for TLE Grade 8
Quarter 3: Lesson 4 (Week 4)
SY/TP 2025-2026

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I. CURRICULUM CONTENT, STANDARDS, AND LESSON COMPETENCIES	
A. Content Standards	The learners demonstrate an understanding of the principles of drafting patterns in making garments.
B. Performance Standards	The learners draft a pattern in making garments following safety precautions.
C. Learning Competencies and Objectives	<p>Learning Competency</p> <ul style="list-style-type: none"> Discuss the Concepts in Making Garments <p>Learning Objectives</p> <p>At the end of the lesson, the students are expected to:</p> <ol style="list-style-type: none"> Classify various types of clothing based on their styles, purposes, and occasions; Identify sewing supplies and materials commonly used in garment production; Examine different types of fabric and their characteristics by creating a fabric swatch book; Appreciate the importance of understanding the concepts in making garments
D. Content	<ul style="list-style-type: none"> Introduction to Garments <ul style="list-style-type: none"> Types of garments Trends and innovation Ergonomics Supplies and Materials Used for Making Garments <ul style="list-style-type: none"> kinds of fabric finishing materials
E. Integration	<p>SDG 12: Responsible Consumption and Production: Promote sustainable garment production, emphasizing eco-friendly materials, efficient manufacturing, and waste reduction.</p> <p>SDG 9: Industry, Innovation, and Infrastructure: Showcase advancements in garment manufacturing, including technology and sustainable practices. Explore how these innovations enhance efficiency and sustainability while upgrading industry infrastructure.</p> <p>SDG 3: Good Health and Well-being: Highlight the importance of ergonomic design in garments to promote the health and well-being of wearers.</p>

II. LEARNING RESOURCES

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III. TEACHING AND LEARNING PROCEDURE

NOTES TO TEACHERS

A. Activating Prior Knowledge

DAY 1

1. Short Review

Facebook - What's on your mind?

- The teacher writes "clothing" or "garments" at the whiteboard's or chalkboard's center.
- The class is divided into small groups.
- Each group takes turns brainstorming and shouting out words or phrases related to clothing preferences.
- Encourage the groups to think of adjectives, styles, colors, fabrics, or other related terms.

2. Feedback (Optional)

After the time is up, review the word association web together as a class, discussing the various generated terms. Use the word association web as a springboard for a brief discussion about the diversity of clothing preferences and the factors influencing individual choices. (Good for 3-5 minutes)

B. Establishing Lesson Purpose	<p>1. Lesson Purpose Imagine you're tasked with designing a new line of clothing for teenagers. Your goal is to create garments that not only look stylish but also address common concerns and preferences among your target end-users. How would you approach this design challenge, and what factors would you consider in the process?</p> <p>2. Unlocking Content Area Vocabulary</p> <ul style="list-style-type: none"> •Ergonomics - refers to designing clothing that fits comfortably, allows for ease of movement, and minimizes discomfort or strain on the wearer's body. •Garments - a piece of clothing, made of fabrics or textiles for wearing the human body and for human beautified reasons. •Sewing Aids - These tools help makes sewing job easier and productive. They are usually used when cutting and sewing. •Sewing Equipment - consists of machines and power tools you need for a particular job or activity. •Sewing supplies- Tools, equipment, and materials utilized in the process of sewing or stitching fabric pieces together to create garments, accessories, or other textile items. •Sewing tools - are handheld devices that aid in accomplishing tasks •Sewing materials- Various items or components employed in sewing projects, including fabrics, threads, buttons, zippers, trims, and interfacings. These materials are essential for constructing and embellishing sewn items. 	<p>Before diving into the lesson, consider prompting student engagement and critical thinking by asking this scenario question.</p>
C. Developing and Deepening Understanding	<p>DAY 1 SUB-TOPIC 1: Introduction to Garments</p> <p>1. Explicitation Types of Garments</p> <p>The art and skill of sewing are imaginative and captivating. The stitching of a garment unites its various components to create a well-finished item. The technical feat of making a garment involves applying fundamental sewing techniques, such as gathers, pleats, darts, stitches, and edge finishing. For a product of high quality, it must be used appropriately in the garment-building process. If the finer details are adequately attended to and the clothing fits nicely, it will look beautiful.</p>	<p>Discuss the topic with the class.</p>

Clothing is essential, and there are a variety of ties between different people. Dress norms and expectations vary among nations and countries due to several factors such as modesty, religious, social, and historical protection, as well as uses and functions. One crucial component of our life is clothing. In addition to serving the practical function of covering our body, it dramatically impacts our self-expression and public persona. Different kinds of clothing can be categorized according to various factors, including style, the reason we wear it, the event, the purpose, particular qualities, and many more.

These are the different types of garments we have to use for different purposes:

Casual wear is very cozy, carefree apparel appropriate for daily activities. It is meant to be worn casually and is rarely worn for formal occasions. Examples of casual clothing are sneakers, sweaters, jeans, shorts, and T-shirts.

Formal attire is worn on special occasions and events that require a more elegant and sophisticated appearance. It includes gowns, blazers, suits, dress shirts, and formal shoes. In terms of formality, formal dress codes can range from black tie to semi-formal.

Activewear is designed for sports, exercise, and various physical endeavors. It encompasses items such as yoga pants, athletic shorts, sports bras, running shoes, and moisture-wicking shirts. Typically, activewear is made from breathable and flexible fabrics to facilitate easy movement. Accessories like sweatbands, visors, and wristbands are also considered part of activewear.

Outerwear includes garments worn over other clothing to offer warmth and protection from environmental conditions and harsh elements. This category includes jackets, coats, raincoats, and parkas. Jackets come in many styles, including denim, leather, and bomber jackets. Coats are typically longer and more formal and can be made of wool, cashmere, and synthetic blends. Raincoats and parkas are designed to protect against rain and other wet conditions and are often made of water-resistant materials like Gore-Tex.

Sleepwear, also called nightwear or pajamas, is worn when sleeping or relaxing. It includes pajama sets, nightgowns, sleep shirts, and robes. Sleepwear is usually made from soft and breathable fabrics like cotton or silk to keep you comfortable while resting.

Swimwear is made for activities in water, like swimming or sunbathing. It comes in many styles to fit different body types and tastes. Common swimwear items are swimsuits, bikinis, trunks,

and swim shorts.

Ethnic clothing is the traditional dress of specific cultures and regions. It includes sarees, kimonos, kilts, dashikis, and hanboks. Ethnic clothing shows the rich cultural heritage of different communities and is often worn during festivals or ceremonies.

Business casual attire is a more relaxed version of traditional office wear. It includes dress pants, blouses, dress skirts, and loafers. Business casual outfits balance professionalism and comfort, making them suitable for some workplaces and professional events.

Uniforms are specific outfits worn by members of an organization or profession. They help identify and represent the group, like military, school, or airline uniforms. Uniforms have unique colors, logos, and insignia.

Evening wear is formal clothing for evening events and special occasions like galas or parties. It includes ball gowns, cocktail dresses, tuxedos, and evening shoes. Evening wear is usually more glamorous, using luxurious fabrics and detailed designs.

Accessories and footwear are important for completing and enhancing an outfit. Accessories include handbags, belts, hats, scarves, sunglasses, and jewelry. Footwear comprises sneakers, sandals, boots, heels, and flats, each suited for different purposes and styles.

Trends and Innovation and Ergonomics

Trends and innovations in garments are constantly changing due to technology, consumer tastes, sustainability concerns, and cultural influences. Here are some key trends and innovations in the garment industry:

Sustainable Fashion: With growing awareness about environmental issues, the fashion industry is increasingly focusing on eco-friendly practices. This includes using organic fabrics, recycled materials, upcycling, and implementing ethical manufacturing processes. Innovations include fabrics made from recycled fibers, organic cotton, hemp, bamboo, and even materials derived from agricultural waste, such as pineapple leaves (Piñatex) or orange peels (Orange Fiber).



Image from the Department of Trade and Industry

Smart Fabrics and Wearable Technology: Clothes with sensors, microchips, and conductive fibers are becoming more common. These smart fabrics can track biometric data, adapt to temperature changes, give haptic feedback, or produce energy.

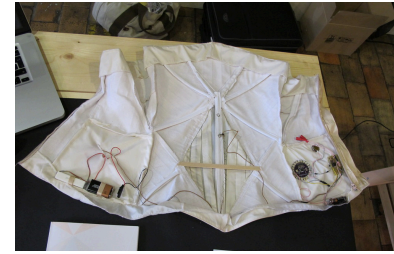


Image from [Flickr](#)

Customization and Personalization: Brands now offer more personalized shopping, letting customers customize clothes based on their preferences, sizes, and styles. Technologies like 3D body scanning and augmented reality (AR) help create made-to-measure clothing.

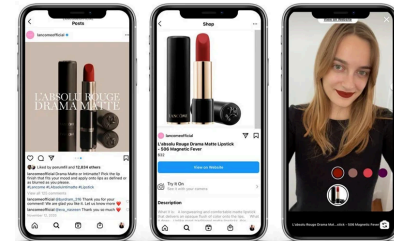


Image by ModiFace L'Oréal, from [Free Malaysia Today](#)

Innovative Textiles: New fabrics are driving progress in the garment industry. These include materials with moisture-wicking, temperature regulation, UV protection, antimicrobial, and self-healing properties.



Image from [Stockcake](#)

Circular Fashion Economy: Circular fashion aims to reduce waste and extend the life of clothes through recycling, upcycling, and clothing rental or resale. Brands are designing products for longevity and creating closed-loop systems for textile production.



Image from [The Textile Think Tank](#)

Continue the discussion on the concepts of making garments

Gender-Neutral Fashion: There's a growing movement towards gender-neutral or unisex fashion, challenging traditional notions of clothing design and expanding inclusivity in the industry.



Image from [Pexels](#)

These trends and innovations are transforming the garment industry, leading to more sustainable, inclusive, and tech-savvy clothing solutions.

DAY 2

Ergonomics

Ergonomics in clothing refers to the design and construction of garments to maximize comfort, functionality, and efficiency for the wearer. It involves understanding the biomechanics and movements of the human body and incorporating this knowledge into the design process to create clothing that fits well, supports natural movements, and minimizes strain or discomfort.

Key considerations in ergonomics for clothing design include

- 1. Fit and Sizing:** Proper fit is essential for ergonomic clothing. Garments should be designed to accommodate the varying shapes and sizes of the human body while allowing for ease of movement. This may involve using stretch fabrics, incorporating adjustable features like drawstrings or elastic, or offering different sizing options.
- 2. Seam Placement:** Seams can affect comfort and mobility. Ergonomic clothing design minimizes seams in areas that might cause irritation or restrict movement, such as underarms or around joints.
- 3. Fabric Selection:** Fabric choice is crucial for comfort and performance. To help control body temperature and avoid overheating or perspiration, fabrics should be lightweight, breathable, and moisture-wicking. Additionally, stretch fabrics can enhance flexibility and range of motion.
- 4. Construction Techniques:** The construction of a garment impacts its comfort and durability. Ergonomic clothing may utilize techniques such as flatlock seams, which reduce chafing, or strategic reinforcement in high-stress areas to enhance durability without sacrificing flexibility.

	<p>5. Functionality: Ergonomic clothing is designed with the wearer's activities in mind. This could include incorporating pockets for storage, ventilation panels for airflow, or reflective elements for visibility in low-light conditions.</p> <p>6. Accessibility: Accessibility considerations are also important in ergonomic clothing design. This includes features like adjustable closures for individuals with limited mobility, easy-to-open fastenings, and clothing that requires little work to put on or remove.</p> <p>7. Aesthetics: While functionality is paramount in ergonomic clothing, aesthetics should not be overlooked. Design elements such as color, pattern, and silhouette can influence the wearer's confidence and overall satisfaction with the garment.</p> <p>Ergonomics in clothing design is not only important for specialized athletic wear or work uniforms. Still, it can also enhance everyday apparel, ensuring that individuals can move comfortably and confidently in their clothing throughout their daily activities.</p> <p>2. Worked Example</p> <p>Reflective Question:</p> <ul style="list-style-type: none"> • Reflect on the role of personal expression in clothing choices. How can we express our individuality and creativity through the types of garments we wear? • Imagine designing a new type of garment that doesn't currently exist. What would its purpose be, and how would it differ from existing garment types? <p>3. Lesson Activity: Clothing Sorting Game</p> <p>The teacher will divide the class into small groups and distribute pictures of various types of clothing to the students. The teacher will then instruct the groups to categorize the clothing items based on their styles, purposes, and occasions. For example, they can create categories like "casual wear," "formal wear," "sports attire," "winter clothing," "summer clothing," etc. Encourage students to discuss and justify their categorization choices within their groups. After a set amount of time, have each group present their <i>categorized wall</i> to the class, explaining the reasoning behind their classifications.</p> <p>DAY 3</p> <p>SUB-TOPIC 2: Supplies and Materials Used for Making Garments</p>	<p>Post these reflective questions after the discussion. These questions encourage students to think critically about what they've learned and how it applies to their experiences and future practices.</p> <p>For the <i>categorized wall</i>, the teacher can give each group manila paper during the group presentation.</p>
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Images from [PickPik](#)

1. Explicitation

Basic sewing supplies are required for beginner activities. A few must be used to make an object that is sewn. As you progress in your sewing skills, include other supplies for more advanced projects. These supplies make the process easier.

Tape Measure. It is used to measure distances and to take body measurements. It measures 150 centimeters on the front and 60 inches on the other.

Sewing Gauge. This is used to measure small hem areas and short distances, such as hem folds, seam allowances, buttonholes, pleats, and tucks.

Ruler. This joins two points when drawing a straight line. It could be constructed from shellacked wood or transparent plastic.

Meter stick or Yardstick. This is used to measure fabric length by yard or meter.

L-Square. This is a 90-degree metal ruler used to measure parallel lines and draw perpendicular lines.

Hip Curve. This tool shapes the hipline and other areas of garments that need to be curved.

French Curve. This tool connects arcs and semicircles, such as the neckline, armholes, and collar. It is made of flat metal or wood.

Cutting shears. This tool is best for cutting fabrics, usually 7-12 inches long.

The teacher may ask the students to determine the name of the sewing supplies in the photos. Encourage discussion by asking questions such as:

- What is the purpose of this tool?
- When and how would you use it in garment making?
- Are there any variations of this tool?
- Have you used this tool before? If so, what was your experience?

Clarify any misconceptions and provide additional information about the tools as needed.

	<p>Pinking shears. This is used on various fabric types to produce decorative edges, finish seams, and smooth raw edges.</p> <p>Scissors. These are used for cutting excess seam fabrics, hanging threads, and other purposes. They are made of plastic with metal or all metal.</p> <p>Buttonhole scissors. These are used for cutting buttonholes.</p> <p>Embroidery scissors. It is a sharp pointed scissors usually 4-5 inches long used in cutting fine delicate cloth and thread in embroidery work.</p> <p>Seam ripper. This tool is intended for taking or ripping out stitches of a seam.</p> <p>Thread Clipper. This tool is intended only for cutting thread and is not meant to cut cloth.</p> <p>Tailor's chalk. It is used to mark the fabric. It comes in a variety of colors.</p> <p>Tracing wheel. It is used to transfer the marks of the pattern to the cloth.</p> <p>Dressmaker's carbon paper. It is paired with the tracing wheel to transfer the marks from the pattern paper to the cloth.</p> <p>Pin. It is used to fasten two or three materials together.</p> <p>Pincushion. It holds pins and needles to prevent them from scattering in the workplace.</p> <p>Hand needles. These are used for temporary stitches, hemming, and other sewing purposes.</p> <p>Thimble. This tool looks like a small cup placed on the tip of the middle finger to protect it from pricking while sewing. It is made of metal or plastic.</p> <p>Threader. This tool is used to insert the thread through the needle.</p> <p>Kinds of Fabric Fabric is created by intertwining fibers. Typically, a fabric takes its name from the fibers used to make it, and sometimes, it blends with various fibers. The name of the fabric is determined by the fiber(s) used, its pattern and texture, and how it's made. Some fabrics also take into account the source of the fibers.</p>	<p>Before discussing the kinds of fabrics, ask probing questions to gauge students' prior knowledge and stimulate their thinking. Like,</p> <ul style="list-style-type: none"> • What do you already know about different types of fabrics? • Can you name any fabrics you've encountered before? What were they used for?
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	<p>Fabrics are divided into two main categories: based on the fibers used natural and synthetic. Additionally, they can be categorized by production processes into woven and knitted fabrics.</p> <p><u>Natural vs. Synthetic</u> Fabrics vary based on the fibers used, which fall into two categories: natural and synthetic.</p> <p><i>Natural fibers</i> derived from plants and animals include cotton from plants and silk from silkworms.</p> <p>In contrast, <i>synthetic fibers</i> are entirely man-made from synthetic materials.</p> <p><u>Woven vs. Knitted</u> The second differing detail is the production process used.</p> <p><i>Woven fabrics</i> involve yarn interweaving on a loom horizontally and vertically. This creates a non-stretchy fabric with a weft (across the width) and a warp (down the length). Types include plain, satin, and twill weaves, with popular fabrics like chiffon, denim, and satin.</p> <p><i>Knitted fabrics</i>, akin to hand-knit scarves, form interconnecting loops, allowing for significant stretching. They come in warp-knitted and weft-knitted varieties, with examples like lace, lycra, and mesh.</p> <p>Now, let's look at the 12 different fabric types.</p> <p>Chiffon is a sheer, lightweight woven thinly from twisted yarn, giving it a subtle texture. Typically crafted from silk, nylon, polyester, or rayon, chiffon's lightweight quality allows for easy dyeing. It's commonly used in scarves, blouses, dresses, and even formal wear like wedding gowns and prom dresses.</p> <p>Cotton, globally renowned as the most popular material, is a lightweight, soft, natural fabric derived from the cotton plant's seeds through ginning. After extraction, the fluffy fibers are spun into woven or knit cloth. Praised for its comfort, versatility, and durability, cotton is hypoallergenic and breathable, although it doesn't dry quickly. Despite its tendency to wrinkle and shrink, it's a staple in various types of clothing, including shirts, dresses, and underwear.</p>	<ul style="list-style-type: none"> Have you ever noticed any differences between fabrics in terms of texture, thickness, or appearance? <p>After investigating, have each group share their findings and observations about the fabric samples they investigated. This activity introduces students to various fabrics and their characteristics through interactive exploration and discussion. Highlight in the activity that they can discover more fabric types besides the lesson.</p>
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	<p>Crepe is a lightweight, plain-woven fabric known for its rough, bumpy surface that resists wrinkling. Made from silk, wool, cotton, or synthetic fibers, it's highly versatile and often named after its primary fiber, like crepe silk or chiffon. Soft, comfortable, and easy to work with, crepe is favored in suit and dressmaking. Georgette, a type of crepe fabric, is commonly found in designer clothing. Additionally, crepe is used in blouses, pants, scarves, shirts, and skirts.</p> <p>Denim is a woven cotton twill fabric, known for its robust texture, durability, and comfort. Typically dyed with indigo, it's commonly used for blue jeans, jackets, and dresses.</p> <p>Lace, prized for its elegance and delicacy, is crafted from looped, twisted, or knitted yarn or thread. Originally made from silk and linen, modern lace utilizes cotton, wool, or synthetic fibers. It comprises two main components: the intricate design and the ground fabric holding the pattern together. A luxury textile, lace demands skill and time to create its open-weave design and web-like patterns. Often used to accent or embellish clothing, especially in bridal gowns and veils, it also finds its way into shirts and nightgowns.</p> <p>Leather, made from animal hides, is durable and stylish. Different treatment techniques are used depending on the animal source, such as cows, crocodiles, pigs, or lambs. Leather is known for its durability, wrinkle resistance, and stylish appearance.</p> <p>Linen is a strong and lightweight fabric made from flax fibers. It is absorbent and cool. Although it wrinkles easily and requires regular ironing, it's commonly used in clothing like suits, jackets, dresses, and blouses and in household items like drapes, tablecloths, and towels.</p> <p>Satin, a luxurious textile weave, is characterized by its tightly knit structure rather than being made from a specific fiber. Originally crafted from silk, it's now commonly produced using polyester, wool, and cotton. Satin's glossy, elegant surface contrasts with its matte underside, giving it a sleek and smooth feel. Lightweight and versatile, satin is favored for evening gowns, wedding attire, lingerie, blouses, skirts, coats, outerwear, and even as backing for other fabrics.</p> <p>Silk, a luxurious fabric known for its softness and shimmer, is sourced from the cocoons of silkworms in China, South Asia, and Europe. It's prized for being hypoallergenic, durable, and exceptionally strong, though it requires delicate handling. Due to its tendency to tighten or pucker when washed, silk is best cared for through hand or dry cleaning. Often associated with luxury, silk is commonly used in wedding gowns, evening wear, shirts, suits, skirts, lingerie, ties, and scarves. Shantung and Kashmir silk are among the most popular varieties.</p>	<p>Request the class to bring the sample swatch beforehand for this activity. Present the worksheet to the class to guide them through the activity.</p>
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Synthetics encompass various fabric types, including nylon, polyester, and spandex. Unlike delicate fabrics, synthetics typically don't shrink and are resistant to water-based stains.

Nylon, composed of polymers, is a fully synthetic fiber known for its strength, flexibility, and resilience. Its durability makes it a common choice for outerwear like jackets and parkas.

Polyester, a synthetic fiber derived from petrochemicals, is known for its strength, durability, and resistance to wrinkles and stains. However, it lacks breathability and absorption, instead wicking moisture away from the body. Commonly found in T-shirts, trousers, skirts, and sportswear. Spandex, also known as Lycra or elastane, is another popular synthetic material made from polyurethane. Its lightweight feel, elasticity, and strength make it a favored choice when blended with other fibers. It is widely used in jeans, hosiery, dresses, sportswear, and swimwear for its comfortable, form-fitting qualities.

Velvet, known for its softness and opulence, has long been associated with royalty. Its dense, shiny pile, crafted through a complex production process, creates a smooth surface on one side. The density and anchoring of the pile tufts assess quality. Velvet can be crafted from cotton, silk, or polyester, offering versatility and elasticity. Commonly used in blouses, coats, skirts, and evening wear, it remains a staple in fashion.

Wool is a natural fiber sourced from sheep, goats, llamas, or alpaca fleece, and it can be either knitted or woven. Despite being hairy and itchy, wool is prized for its ability to keep the body warm and durable. It's also wrinkle-free and resistant to dust and wear and tear. However, wool can be expensive as it requires handwashing or dry-cleaning. It's commonly used in garments like sweaters, socks, and gloves.

Finishing Materials

Finishing materials in garments refer to the materials used to complete a garment's final touches or details, enhancing its appearance, durability, and overall quality. These materials are often applied during the final stages of garment production. Common finishing materials in garments include:

Thread: is used for stitching various parts of the garment, such as seams, hems, and decorative elements. Depending on the fabric and desired outcome, different thread types, such

as cotton, polyester, silk, or nylon, may be used.

Buttons: serve both functional and decorative purposes in garments. They can be made from various materials, such as plastic, metal, wood, or shell, and come in different shapes, sizes, and designs.

Zippers: these are used as closures in garments, allowing for easy wearing and removal. They are available in various lengths, styles, and materials, such as plastic, metal, or nylon.

Trims: include ribbons, lace, bias tapes, and braids used for decorative purposes or to add accents to garments. They can be sewn along edges, seams, or hems to embellish the garment's design.

Fasteners: like hooks, snaps, and Velcro secure garment openings or closures, such as waistbands, collars, or cuffs.

Elastic: is a stretchy material that provides flexibility and snugness in certain garment areas, such as waistbands, sleeves, or cuffs.

Patches: can be sewn onto garments for decorative purposes or to cover imperfections or holes, adding visual interest and style.

2. Worked Example: Exploring the World of Textiles

- Set up fabric exploration stations around the classroom, each featuring a different type of fabric. Display fabric samples on each station along with magnifying glasses for closer inspection.
- Divide students into small groups and assign each group to a fabric exploration station. Students will examine the fabric samples closely, using the magnifying glasses to observe finer details.
- After investigating the fabric samples, challenge students to identify each type based on their observations. Provide hints or clues if needed, such as referring to the fabric identification guide or discussing common uses or characteristics of each fabric type.

DAY 4

	3. Lesson Activity: Textile Swatch Book (See worksheet activity no.1 for students to accomplish.) <ul style="list-style-type: none"> • Students will create a Textile Swatch Book by collecting different fabric swatches to learn about various types of textiles and their properties. • After completing their swatch books, allow students to share their creations with the class. • Students can discuss the fabrics they chose, what they learned about each fabric and any interesting observations or insights they made during the activity. 	
D. Making Generalizations	DAY 4 1. Learners' Takeaways How do the concepts discussed in making garments, such as understanding individual references, addressing ergonomic principles, and considering practicality, influence the overall design process and the creation of clothing that meets the needs of diverse clients? 2. Reflection on Learning As we discuss different types of clothes, fashion trends, and new ideas, how can we ensure we're choosing and creating clothes in a way that's good for the environment (like using eco-friendly materials and reducing waste), helps improve how clothes are made (using better technology and sustainable methods), and ensures people feel comfortable and healthy wearing them?	Encourage students to reflect on and consolidate their understanding of the key concepts discussed in making garments.

IV. EVALUATING LEARNING: FORMATIVE ASSESSMENT AND TEACHER'S REFLECTION				NOTES TO TEACHERS
A. Evaluating Learning	1. Formative Assessment: Doodle Notes Instruct students to visually represent their understanding of garment concepts by doodling or drawing a picture on a blank sheet of paper, using symbols, shapes, and illustrations to convey their understanding of the lesson. 2. Homework (Optional)			Encourage creativity and imagination in their drawings, reminding students to include its positive and negative aspects.
B. Teacher's Remarks	<i>Note observations on any of the following areas:</i>	Effective Practices	Problems Encountered	The teacher may take note of some observations related to the effective practices and problems encountered after utilizing the different strategies, materials
	strategies explored			

	materials used			used, learner engagement and other related stuff. Teachers may also suggest ways to improve the different activities explored/ lesson exemplar.
	learner engagement/ interaction			
	others			
C. Teacher's Reflection	<p><i>Reflection guide or prompt can be on:</i></p> <ul style="list-style-type: none"> ▪ <u>principles behind the teaching</u> What principles and beliefs informed my lesson? Why did I teach the lesson the way I did? ▪ <u>students</u> What roles did my students play in my lesson? What did my students learn? How did they learn? ▪ <u>ways forward</u> What could I have done differently? What can I explore in the next lesson? 			Teacher's reflection in every lesson conducted/ facilitated is essential and necessary to improve practice. You may also consider this as an input for the LAC/Collab sessions.