

SECTION

2

THE CONCEPT OF CLOTHING



STRAND: CLOTHING AND TEXTILES

Sub-Strand: Psychosocial Aspect of Clothing

INTRODUCTION

This section introduces you to the psychosocial aspects of clothing that will help you understand what clothing is; the various categories of clothing, and the reasons for wearing clothes. We wear clothes, among others, for protection against the weather, for adornment, for status, and for identification. Studying this section will enable you to select suitable clothing and dress appropriately. In the subsequent lessons, you will also learn the various ways of caring for and maintaining clothes. Caring for clothes includes the usage, cleaning and storage to maintain their freshness. Caring for and maintaining clothes properly can extend their lifespan, keep them looking their best, and save money in the long run. You will then be introduced to the process of planning a wardrobe, selecting suitable clothes, accessories and cosmetics that are in style, good in design as well as appropriate for present and future use of individuals, families, and societies. Lastly, you will learn about good grooming, its importance and how it relates to dress sense. Dressing well enhances one's personal appearance and builds one's confidence.

At the end of this section, you should be able to:

- Explain the Concept of Clothing.
- Classify Clothes Under Various Categories.
- Discuss the Reasons for Wearing Clothes.
- *Analyse various ways/techniques for caring for and maintaining clothing.*
- *Discuss wardrobe planning.*
- *Plan a wardrobe.*
- Explain Good Grooming to Dress Sense

Key Ideas

- Clothing is anything worn or carried on the body to enhance one's appearance.
- Clothing is categorised into clothes, cosmetics, and accessories.
- Clothing is worn for varied reasons. e.g., protection, adornment, mood expression, belongingness, identification, culture, and climate.
- Caring for and maintaining clothing properly can extend their lifespan, keep them looking their best, and save money in the long run.
- Ways and techniques for effective clothing care include reading care labels, sorting, drying and stain removal.
- A wardrobe is a collection of clothes, accessories and cosmetics.

- Wardrobe planning is the process of selecting clothes, accessories and cosmetics that are in style, and good in design as well as appropriate for present and future use of individuals, families, and societies.
- Good Grooming means having a pleasing appearance and conduct or poise (composure). It is simply taking care of yourself and your body.
- Personal grooming and personal hygiene include dental care, skin care, hair care, nail care and care of your clothing.
- Good grooming to dress sense therefore means the ability to dress well in an attractive combination of clothes that suit you. It is also a good instinct (drive) for selecting garments which suit the wearer.
- The importance of good grooming is to build self-confidence, gives vitality (liveliness) and attracts social approval.

Concept of Clothing

Clothing refers to any item worn or carried on the body to enhance personal appearance. Also known as clothes, garments, apparel, attire, or dress, clothing includes not only fabrics or textiles but also accessories and cosmetics that complement one's look. Historically, clothing has been made from materials such as animal skins and other natural resources available in the environment. The primary purpose of clothing extends beyond protection and modesty; it also reflects cultural identity, personal style, and social status.



Fig. 2.1: Smock



Fig. 2.2: Dress



Fig 2.3: Jewellery



Fig 2.4: Handbag



Fig 2.5: Perfumes



Fig 2.6: Hats



Fig 2.7: Cosmetics



Fig 2.8: Shoes



Fig 2.9: Umbrella

Activity 2.1

1. Research the psychosocial aspects of clothing. This may be internet-based research or research from other sources, such as magazines, journals, or information from local clothing or textile shops. Use various forms of presentation, such as posters, pictures, catalogues, and PowerPoint to present your findings to the class and teacher for review.
2. Individually, create a list of various types of clothing that people wear in different situations, such as casual, formal, traditional, and sportswear. For each type, briefly explain when it is commonly worn and its main features. Do this task in your notebooks.

Activity 2.2

In pairs, choose a specific culture in Ghana and research the traditional clothing associated with it.

Write a brief report highlighting the key features, significance, and occasions for wearing that traditional attire. Present your findings using either a chart or a poster that illustrates the clothing style and its cultural meaning.

Classification of Clothing

Clothing can be classified into various categories based on factors such as purpose, function, occasion, and cultural significance. These classifications help us better understand how and why different types of clothing are worn in specific contexts. From casual wear and formal attire to traditional garments and specialised clothing for specific activities, each category plays a unique role in fulfilling practical, social, and cultural needs. Understanding the classification of clothing provides insight into how people dress for different occasions and purposes.

Clothing classified according to uses and functions are as follows:

1. **Clothes:** Clothes refer to items worn to cover the body. Examples are shown in the table below:

Clothes	Examples
Under/Foundation garment	Corsets, panty girdles, panties, brassiers, boxers, singlets, etc.
Inner garment	Shirts, blouses, etc. (a shirt or blouse becomes an inner garment when a coat is worn over it).

Clothes	Examples
Outer garment	Shirt, blouse, T-shirt, jacket, dress, slit and kaba.
Casual/informal	T-shirts, shorts, trousers, blouses, jackets, and dresses.
Formal/Occasional wear	suit, smock, slit and kaba, kaftan, (all of which can be worn to some of these events' i.e. weddings, dinners, churches, mosques, festivals, and workplaces).

Table 2.1: Examples of clothes

2. **Cosmetics:** these refer to products, procedures, or practices that are designed to enhance a person's appearance, primarily in terms of their physical features and aesthetics. Examples of cosmetics:
 - a. Pomade
 - b. Powder
 - c. Perfume
 - d. Body paint
 - e. Lipstick

3. **Accessories:** Accessories are items that are worn or used to complement an outfit, enhance personal style, or add a finishing touch to one's appearance. Examples of accessories:
 - a. Jewellery
 - b. Footwear
 - c. Eyeglasses
 - d. Handbags (carried objects)
 - e. Hosiery (stockings, socks, and tights)

Activity 2.3

Imagine you are part of a group tasked with organising a fashion show at school. To ensure a diverse range of outfits, your group must classify the different types of clothing that will be showcased. Think about the various categories clothing can fall into, such as casual wear, formal wear, traditional attire, and sportswear.

Task:

1. In your group, discuss the different classifications of clothing and compare their functions.
2. Create a visual display that showcases the types of clothing under each category. Use images from magazines, online resources, or your own illustrations to represent each category.

3. Create posters, or an album to represent your findings. The poster or album should include labels and short descriptions to guide viewers through the different types of clothing.
4. Present your visual display to the class, explaining your classification choices.

Activity 2.4

Zakia is a 16-year-old SHS 1 student preparing for an important cultural event in her community. She needs to decide what to wear for different parts of the event: a morning procession, an afternoon discussion forum, and an evening dance. Each of these activities has specific expectations regarding attire, and Zakia needs to select suitable outfits.

Imagine you are in Zakia's situation. Classify the types of clothing you would wear for each segment of the event. Categorise your clothing choices based on the following classifications:

1. Formal or Informal Wear
2. Cultural or Contemporary Clothing
3. Seasonal or Functional Attire

Tasks

1. Identify suitable clothing types for each part of the event and justify your choices based on their classification and function.
2. Create a simple chart or visual display that shows the classification of the selected clothing.
3. No discussion is required for this task; work independently to develop your classification and presentation.

Reasons for Wearing Clothes

We wear clothing for various reasons. Some of the reasons are for:

Protection: Clothing offers physical protection to the body, shielding it from the effects of climate and environmental hazards.



Adornment: An accessory or ornament worn to enhance the beauty or status of the wearer.



Mood expression: For example, when one is bereaved, one wears black or red; and when one is happy, one wears white to express their feelings.



Status: Clothing defines one's position or rank in comparison to others, e.g., queen mothers, chiefs, and lawyers.



Modesty: This refers to covering the body according to the code of decency established by society. Dressing to expose some vital parts of the body is not modest.





<p>Identification: It establishes who you are and what you do. For example, students wear school uniforms for identification, and national football players wear national sports jerseys.</p>	
<p>Worn accessories to complement outfit in one column.</p>	

Table 2.2: Some reasons for wearing clothes

Activity 2.5

Case Study

Emefa visited the market and noticed a large, noisy crowd in front of a shop. As she got closer, she saw that the commotion was caused by a young woman wearing very tight trousers that clung to her body and a crop top. The crowd was hooting and shouting at her due to her outfit.

Answer the following questions based on the scenario described:

1. Why do you think the crowd reacted by hooting and shouting at the woman wearing tight trousers and a crop top?
2. What is your opinion on the crowd's reaction and the woman's choice of clothing?
3. What advice would you give to your peers about dressing appropriately and handling such situations?

Instructions:

1. Provide detailed answers to each question, considering social and cultural factors.
2. Use clear and thoughtful reasoning to explain your opinions and advice.

Activity 2.6

Scenario

In a local community, residents from diverse cultural backgrounds gather each year for a traditional festival. During the festival, attendees wear various clothing styles representing their culture, age, and background. Your role is to observe and understand the reasons behind the different clothing choices made by people during this event.

Task:

Imagine you are attending the festival. As you observe the attendees, think about the reasons why people wear clothes in general (e.g., protection, modesty, status, decoration). List down at least four (4) reasons based on your observations. Afterwards, create a short report summarising these reasons and link each one to a specific example from the event.

Instructions:

1. Write a list of at least four reasons for wearing clothes.
2. For each reason, describe an example you observed at the event.
3. Summarise your findings in a report, explaining how the clothing aligns with the reasons identified.

Self-Assessment

You are attending a formal musical event at your local community hall. Choose an outfit that is appropriate for the occasion and reflects your style. Explain why you selected this clothing and how it aligns with both the formality of the event and your personality.

Extended Reading

Recommended reading materials and links for more information:

Forster, P. (2014). *Clothing and textile*. Winmat Publishers Limited: Accra
 Leonardo Ai Image generator
 Pinterest.com

Click the links below to read more information on clothing and its classification <https://www.google.com/search?client=firefox-b-d&q=clothing+meaning>
<https://www.zebustore.com/blogs/fashion-1/what-is-fashion-classification-of-fashion-and-its-description>

Ways/Techniques of Caring for and Maintaining Clothing

Hello learner, ways and techniques for effective clothing care including reading care labels, sorting, drying and stain removal will be the focus of this next topic. Other processes and practical activities include washing, ironing, mending and correct storage.

Now let us look at some of the ways we can maintain and care for clothes to keep them looking their best and prolong their life span.

Ways and techniques for effective clothing care include the following

1. Reading care labels.
2. Sorting.
3. Drying and stain removal.
4. Washing.
5. Ironing.
6. Mending.
7. and correct storage.

Have you seen some of these tags on your clothes?

Below are some of the care label symbols and their instructions.



Fig 2.10: Care label symbols

Care and Maintenance of the Wardrobe

Caring for and maintaining the wardrobe is essential to ensure the clothes remain in good condition, last longer, and continue to look their best. Proper care and maintenance of the wardrobe includes, buying quality clothes, washing and ironing carefully following garment laundering instructions on the care labels, rotating clothes (changing the clothes in your wardrobe to match the needs of the season), store your cosmetics in a cool dry place and knowing how to remove stains.

Proper Storage

Storing clothes well will increase their lifespan. Use good-quality hangers to prevent stretching and distortion of clothing. Fold or hang clothes according to their fabric and structure. Delicate fabrics may be better folded, while structured items like blazers should be hung. Use garment bags for special occasion dresses, suits, and delicate items to protect them from dust and damage.



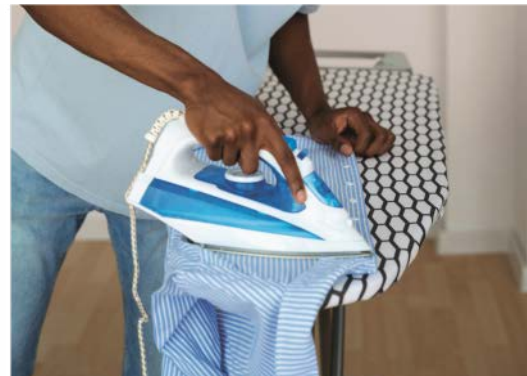
Mending



Storage



Washing



Ironing

Fig 2.11: Some techniques for Caring and Maintaining Clothes (Source: Pinterest.com)

Activity 2.7

Your mother asked you and your brother over the weekend to wash the family dirty clothes. While sorting the clothes you realised that Daddy’s two shirts have some of their buttons missing and the pocket of one of the trousers is torn, and one shirt is badly soiled, while your sibling has chewing gum stuck in her uniform. Some of the dresses are coloured, some plain with embroidery.

Using your knowledge in care and maintenance of clothing, complete the table below to describe the best ways/techniques of caring for Daddy’s shirts and trouser; sibling’s school uniform; coloured and plain dresses.

Problems	Solutions
Missing buttons on shirts	
Torn pocket on trousers	
Soiled shirt	
Chewing gum stuck on uniform	
Coloured and plain dresses	

Activity 2.8

Conduct an interview on the various ways/techniques of caring for and maintaining clothes in your community:

1. Look for three people from different cultural backgrounds in your community
2. Ask them the kind of clothes they wear or use
3. Find out from them how they wash their clothes, iron and store them.
4. Compare your findings with your classmates.

You could use a template to record your questions and their answers:

<p>Instructions: You must think of questions about the processes of caring for and maintaining clothes in the community.</p>
<p>Question:</p> <p>Example: What type of clothes do you prefer to wear?</p> <p>Answer:</p>
<p>Question:</p> <p>Answer:</p>
<p>Question:</p> <p>Answer:</p>

Activity 2.9

Perform the following activities and write a report on them.

1. Pick two shirts/dresses, one clean and the other dirty. Keep in separate bags and remove them after three days.
2. Steep white and coloured articles together and wash them with a powdered detergent.
3. Stain two pieces of fabrics with ink. Wash one with water and detergent. Then apply lemon juice and salt to the other stain and wash with a detergent.
 - a. Write your observations on the activities and share the results with your friends in class
 - b. What are the lessons learnt?

You could use a template to record the activities, the results and your observations:

Activities	Results	Your observations
Keep shirts/dresses in separate bag (1 clean/1 dirty)		
Steep white & coloured articles together & wash		
Stain fabric with ink, wash in water & detergent		
Stain fabric with ink, apply lemon juice and salt		

Extended Reading

Below are some recommended reading materials and links that you can visit or consult for more information.

Links:

<https://eco-age.com/resources/how-care-your-clothes-and-keep-them-longer/>

<https://twothirds.com/blogs/posts/10-tips-to-take-care-of-your-clothes>

<https://www.nytimes.com/guides/tmagazine/how-to-take-care-of-your-clothes>

<https://medium.com/age-of-awareness/8-ways-to-take-care-of-your-clothes-and-make-them-last-longer-aa907406fdce>

<https://simplelionheartlife.com/how-to-take-care-of-your-clothes/>

<https://www.harpersbazaar.com/uk/fashion/fashion-news/news/a36982/how-to-care-for-your-clothes/>

Wardrobe Planning

Dear learner, you will be guided in selecting appropriate garments to create an organised and functional wardrobe in this lesson.

Let us now look at the concept of wardrobe.

What is a wardrobe?

A wardrobe is a collection of clothes, accessories and cosmetics. It is the entire collection of clothing, shoes, and accessories that an individual owns and wears. For example, shirts, singlets, shorts, trousers, dresses, skirts, blouse, shoes, earring, necklace, pomade, perfume form part of a wardrobe.

Closet: refers to a small, enclosed space or room used for storing clothing, shoes, and accessories. It often has organisational systems like shelves, rods, and drawers to manage

and display clothing items. In short, your wardrobe is the collection of clothes, while your closet is one of the places where you store them.



wardrobe



closet

Fig 2.12: Forms of wardrobe

I hope you have enjoyed learning about the concept of wardrobe. Now you are going to learn about the factors to consider when planning a wardrobe, reasons for wardrobe planning and types of storage habits.

Factors to consider when planning a wardrobe

Wardrobe planning is the process of selecting clothes, accessories and cosmetics that are in style, and good in design as well as appropriate for present and future use of individuals, families, and societies. Planning a wardrobe involves careful consideration of the individual, the family style, lifestyle, and practical needs. The factors to consider when planning a wardrobe include personal style, available money, lifestyle and activities, climate and season, fit and comfort what is in the existing wardrobe.

What do you think are some of the reasons for planning a wardrobe? Now, let us learn about the reasons for wardrobe planning. You are expanding your knowledge keep it up

Reasons for wardrobe planning

When you plan your wardrobe, it helps to reduce fatigue, saves money, it will enhance personal style, extend garment lifespan and save space.

Types of storage habits

Individuals in the family store their clothes in different ways such as in bags, plastic containers, hanging on ropes or bars, others in box and baskets. Here are some samples of ways we store our clothes.

Look at some pictures below about the types of storage habits used by some individuals in our communities. Which of them do you use at home?



Hope you have enjoyed learning about the concept of wardrobe, factors to consider when planning wardrobe. Now let us look at how to plan your wardrobe.

Wardrobe Planning

The key steps to basic wardrobe planning are to identify your wardrobe needs, build your core wardrobe, review your wardrobe, optimise and filter out unwanted items.

Wardrobe designing tips – layout

Calculate the numbers or types of clothes, prioritise space for dresses or longer hanging clothes, fold knits and sweaters to avoid damage to the clothing, consider seasonal storage when designing, create a noticeable divide for a shared closet, design the layout with extra shoe storage in mind.

Guidelines for planning wardrobe

1. Define your personal style: Identify your fashion preferences, body shape, and lifestyle needs.
2. Assess your closet: Take stock of your existing clothes, shoes, and accessories.
3. Set a budget: Determine how much you can spend on new pieces.
4. Consider your lifestyle: Plan for work, formal events, casual outings, and daily life.
5. Select a range of colours that complement your skin tone and personal style.
6. Add accessories: Add hats, scarves, belts, and jewellery to complete your outfits.
7. Invest in quality: Prioritise well-made, high-quality pieces that will last.
8. Review and adjust: Regularly assess your wardrobe and make changes as needed to ensure it remains functional and stylish.

How to organise your wardrobe

1. Organise and sort: group articles of clothing that go together – tops, dresses, and pants.
2. Define your style and assess your lifestyle: go down memory lane check out some old photos and compare them with the ones recently taken. Try to evaluate which look you are most comfortable with and consider the type of events you go to.
3. Decluttering is key: evaluate whether you still need items that you have had for a long time. Invest carefully: Think of what you need do not buy items just because they are trendy or on sale.

Benefits of wardrobe planning

1. Reduces daily decision fatigue in selecting clothes for occasions or events.
2. Helps shop smart, avoid impulse buys, and invest in timeless pieces because you are guided with a budget.
3. Helps define and refine your unique style and aesthetic with your choice of clothes.
4. Reduces stress, boosts self-expression and confidence through intentional fashion choices. Extends the life of your clothes through proper care, storage, and rotation.

Activity 2.10

Prepare a well-labelled album on different types of wardrobes using resources available in the community and present for appraisal.

Materials: Get an album, glue, pen, ruler, and cutter or sharp knife.

Hint: You can use an already made album or prepare your own by using cardboard or any material.

Activity 2.11

Plan a wardrobe for yourself and write a report on the procedure and share with your friends.

Activity 2.12

Search the internet, magazines, watch videos and plan a wardrobe for the following individuals in society. Ensure that you include work clothes, casual everyday clothes and clothes for events and special occasions.

- Auto mechanic
- Footballer
- Police officer
- Bank worker

Hint: You can use an already made album or prepare your own by using cardboard or any material.

The Concept of Good Grooming

Dressing appropriately to enhance one's body figure is known as dress sense. It is also the super ability to make any informal or ordinary inexpensive clothes look amazing, attractive, and fashionable on one's figure. When one has dress sense, one is also well groomed. The type of figure you have, its proportion and characteristics should be considered when selecting the style of a garment.

Let us look at what good grooming is

What is good grooming?

Good grooming means practising good hygiene techniques and general composure. It involves caring for one's body, teeth, fingernails and hair. For example, styling hair, shaving, trimming and painting fingernails. Why do you think good grooming is important?

Now let us look at the importance of good grooming.

Importance of good grooming

1. It enhances one's personality and interpersonal relationships.
2. It gives you self-confidence since you feel good about yourself. For example, having a neat clean dress makes you approach others with ease, unlike when you dress is dirty.
3. It helps you to feel good about yourself, hence increases your self acceptance.
4. It helps you make a good first impression and win acceptance of others quickly.
5. It helps you to be conscious of hygiene always. Therefore, making you healthy and free from illnesses and diseases.
6. It gives you respect as others may admire your appearance.
7. It enhances your physical appearance and beauty.

The importance of good grooming in relation to dress sense

Good, what do you think dress sense is?

Dress sense is believed to be that super ability to make any informal or ordinary inexpensive clothes look amazing, attractive, and fashionable. It is the ability to think out of the box coupled with a great deal of insight into how your body looks, which fabric, colours and the cut of garment and how to use accessories. Accessories are items of clothing carried or worn to complete a garment or outfit. They are added or worn to make one's dressing more attractive.

Some simple ways to improve your dress sense

Here are a few aspects to pay attention to, to make sure you are choosing the best clothes for yourself:

The cut of garment

The price of the outfit does not matter but its tailoring does. Good tailoring reflects in how the fabric sits on your body, how it looks in photographs, and how attractive you look walking around in it.

Dress according to body type

Everyone is beautiful and if they dress according to their body type, they can look the best version of themselves. Evaluate your body in the mirror and find out which body type you belong to. Some body types are short and plump, tall and angular, tall plump, figure with large hips and figure with large bust. You need your clothes to highlight your best parts and overshadow your not-so-great parts.

For example:

Short and plump: If you are short and plump, wear stripes or vertical patterned designs such as panels, simple styles with vertical tucks or seams to make you look taller.

Tall and Angular (thin/slender): If you are tall and angular (slender), wear separates of contrasting colour, double-breasted coats and jackets, fabric with bright bold patterns, dresses that fall from the shoulder or yoke lines. Avoid tight-fitting garments and clinging fabrics and outfits in one colour.

Tall plump: Wear simple styles, fussy (over-elaborate) frills, interesting collar neckline. Do not wear sleeves with pleats or gathers at the sleeve head or bold all-over patterns or fabrics with shiny surfaces.

Figure with large hips: Choose styles that hang from the shoulder or chest yoke line. Wear separates with a bright top and dark-coloured skirt. Avoid tight belts and tightly fitting waist and short sleeves.

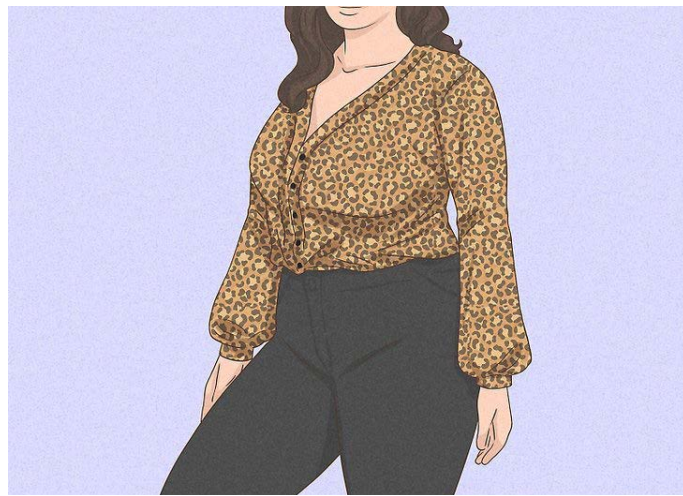


Fig 2.13: Colourful tops with dark pants

Figure with a large bust: Wear “V” necklines, one-piece dress, or hip line interest, separates with a dark top and light skirt. Avoid high neck lines, frills on the bodice and short sleeves.

Now try these activities. This will bring you closer to new discoveries!

Activity 2.13

Practice good grooming at home. E.g., proper sitting, proper walking, proper talking, proper eating manners and wearing neat clothes.

Activity 2.14

Sketch your figure type and suggest the type of dress to fit your figure type. Share this with your friend in class and compare yours with a friend.

Activity 2.15

Find out from sources such as the internet, books and magazines the suitable clothing for different body types. Report in class for further discussions.

Activity 2.16

In the classroom: Your teacher will guide you to do the following in the classroom

1. Have a panel discussion on good grooming.
2. Role-play to model aspects of good grooming to dress sense.
3. Organise a modelling session on good grooming using appropriate costumes.

Review Questions 2.1

1. What do you understand by the term clothing?
2. Akua dressed for her sister's wedding ceremony. As part of her outfit, she carried a well-decorated peach handbag and wore a golden necklace with earrings and bangles to match perfectly with the dress.

She also applied some foundation powder to brighten her face, added a dash of lipstick to her lips, and a splash of Avon perfume. Categorise Akua's outfit under the following headings:

- a. Accessories
 - b. Cosmetics
3. Eyram, a fashion designer, is hosting a focus group with a diverse range of participants to gain insights into why they choose certain types of clothing. The participants come from various backgrounds, cultures, and age groups. What information would help Eyram understand the diverse motivations behind their clothing choices?

Answers to review questions 2.1

1. Clothing is anything worn or carried on the body to enhance one's appearance. Clothing, also known as clothes, garments, dresses, apparel, or attire, refers to any item worn on the body.
2. a. **Accessories**
Jewellery- golden necklace, earring and bangles
Handbag – decorated handbag
- b. **Cosmetics**
Foundation powder
Perfume
Lipstick
3. Reasons why particular clothing was selected by the focus group:
 - For modesty,
 - To show their status
 - For cultural reasons.
 - For identification as part of a group
 - For protection from the weather.

Review Questions 2.2

1. How will you apply best practices in caring for and maintaining clothes in your home?
2. How will you store your clothes to prolong their life span?
3. How will the knowledge and skills acquired from the lesson help you appreciate the need for caring for and maintaining clothes?

Answers to Review Questions 2.2

1. I will do the following:
 - Sort clothes according to colour, degree of soil and fastness before washing to prevent discolouring other white clothes.
 - Mend torn clothes and fix buttons which have come off.
 - Steep badly soiled clothes in cold water to which a detergent has been added.
 - Boil white articles and dry them in the sunlight to improve their whiteness
 - Add a little salt to the last rinsing water when washing coloured fabrics to reduce the loss of colour.
 - Dry properly before storage otherwise they will develop mildew.
 - Dark coloured fabrics and embroidery work must be pressed or ironed on the wrong side.
 - Fabric may be pressed or ironed easily at medium to high temperatures depending on the type of fabric. For example, silk, rayon use moderate to cool heat and cotton and linen use hot to very hot heat.
2. ● Keep your clothes neat and in good condition such as dark, cool and dry place, to prevent stains and mildew.
 - Organise the closet to maintain their shape, stay clean and unwrinkled.
 - Store heavy items like coats or blankets, separately to prevent crushing or creasing lighter items.
 - Put them in a well-ventilated area with a steady temperature.
 - Store clothes in breathable containers or bags, like cotton or linen, to allow air circulation.
 - Fold or hang clothes to prevent creases and stretches.
3. ● It will enable me to buy quality clothes
 - Have fresh clothes that will last longer.
 - It will help me save money

Review Questions 2.3

1. Your friend missed the lesson on wardrobe planning. Explain the concept of wardrobe to her in your own words.
2. Zara is always late for work because she spends time searching her wardrobe for the appropriate clothing to wear. What advice would you give to Zara to address this problem?
3. How will a well-planned wardrobe benefit you?
4. Describe how you would plan your wardrobe?

Answers to Review Questions 2.3

1. Wardrobe is the clothes that an individual possesses including accessories, and cosmetics. For example, dresses, shirts, trousers, wrist watches, earrings, shoes, handbags, jewellery, ponds and lipsticks.
2. Zara needs to plan and organise her wardrobe by doing the following:
 - Organise and sort her clothes according to: tops, dresses, and pants.
 - Designate a specific space for each category or group, using storage containers, shelves, or drawers. Label them to easily navigate and select.
 - Use dividers, bins, stackable shelves, hooks, double rods or hanging organisers to keep items organised and easy to find.
 - Keep shoes in order on a shoe rack or in a shoe organiser.
 - Set aside time each week to maintain an organised wardrobe and ensure it continues to work for her.
3. ● It will help me save time, energy and reduce stress. It helps me to prioritise what I need and avoid impulse buying and therefore saves money. It also helps me make better fashion choices.
 - It will also help keep my clothes in a good condition and make the most of what I have.
 - A well-planned wardrobe can contribute to a more balanced and fulfilling life.
4. I would plan a wardrobe in the following ways:
 - I will first consider my fashion preferences, body shape, lifestyle, and personal aesthetic when selecting my clothes for the wardrobe.
 - I will also take stock of existing clothes, shoes, and accessories, and remove those that do not fit me and those that are worn out for replacement.
 - I will set a budget to determine how much to spend on new clothes to be added to my wardrobe.
 - I will consider my work or activities that I engage in and select my clothes to meet my lifestyle needs. For example, work attire, formal events, casual outings, and daily life.
 - I will select a range of colours that will complement my skin tone and personal style.

Review Questions 2.4

1. Explain in your own words, the concepts of good grooming and dress sense
2. Why is good grooming important?
3. Explain how good grooming can be applied to promote dress sense among individuals.
4. You have been invited to a friend's birthday party. How will you dress for the occasion having in mind the lesson on dress sense and figure types? Explain aspects that will help you choose the best clothes for yourself.
5. Complete the table below by suggesting how the following figure types should dress appropriately.

Figure Type	Suggested appropriate dressing
Short and plump	
Figure with large hips	
Figure with a large bust	
Tall and Angular (thin/ slender)	
Tall plump	

Answers to review questions 2.4

1. Good grooming is a neat and a pleasant appearance that is produced with care. Dress sense is when one dresses appropriately to enhance one's figure by considering the cut, figure, blend of colours. The dressing should disguise the faults and give emphasis to better parts of my figure. For example, if I have a short neck, I will choose 'V' neckline. One is well groomed when one has dress sense and dresses appropriately.
2.
 - It enhances one's personality and interpersonal relationships.
 - It gives you self- confidence since you feel good about yourself. For example, having a neat clean dress makes you approach others with ease, unlike when your dress is dirty.
 - It gives you respect as others may admire your appearance.
3. Dress according to your figure type to enhance your good points and camouflage your less good points..
4. Since I am a short and plump person, I will wear a dress with stripes or vertical patterned designs such as panels with a 'V' neckline to make me look taller. I will also wear light face powder have my nails well-trimmed. I will have my hair well combed and wear appropriate accessories to complement my dressing.

5.

Figure Type	Suggested appropriate dressing
Short and plump	If you are short and plump, wear stripes or vertical patterned designs such as panels, simple styles with vertical tucks or seams to make you look taller.
Figure with large hips	Choose styles that hang from the shoulder or chest yoke line. Wear separates with a bright top and dark-coloured skirt. Avoid tight belts and tightly fitting waist and short sleeves
Figure with a large bust	Wear "V" necklines, one-piece dresses, or hip line interest, separate with a dark top and light skirt. Avoid high neck lines, frills on the bodice and short sleeves
Tall and Angular (thin/slender)	If you are tall and angular (slender), wear separates of contrasting colour, double-breasted coats and jackets, fabric with bright bold patterns, dresses that fall from the shoulder or yoke lines. Avoid tight-fitting garments and clinging fabrics and outfits in one colour.
Tall plump	Wear simple styles, fussy (over-elaborate) frills, interesting collar neckline. Do not wear sleeves with pleats or gathers at the sleeve head or bold all-over patterns or fabrics with shiny surfaces.

Extended Reading

Below are some recommended reading materials and links that you can visit or consult for more information

<https://www.collinsdictionary.com > dictionary > english>

<https://www.fibre2fashion.com/industry-article/9237/5-simple-ways-to-improve-your-dressing-sense>

https://www.google.com/search?q=hourglass+body+shape&sca_esv=83f986b0ebb106d7&sca_upv=1&sxsrf=

<https://lookiero.co.uk/blog/inverted-triangle-body-shape>

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