

LEARNING MODULE

TLE – Home Economics G7-8 | Q1

Dressmaking/ Tailoring

Carry Out Measurement
and Calculation



NOTICE TO THE SCHOOLS

This learning module (LM) was developed by the Private Education Assistance Committee under the GASTPE Program of the Department of Education. The learning modules were written by the PEAC Junior High School (JHS) Trainers and were used as exemplars either as a sample for presentation or for workshop purposes in the JHS In-Service Training (INSET) program for teachers in private schools.

The LM is designed for online learning and can also be used for blended learning and remote learning modalities. The year indicated on the cover of this LM refers to the year when the LM was used as an exemplar in the JHS INSET and the year it was written or revised. For instance, 2017 means the LM was written in SY 2016-2017 and was used in the 2017 Summer JHS INSET. The quarter indicated on the cover refers to the quarter of the current curriculum guide at the time the LM was written. The most recently revised LMs were in 2018 and 2019.

The LM is also designed such that it encourages independent and self-regulated learning among the students and develops their 21st century skills. It is written in such a way that the teacher is communicating directly to the learner. Participants in the JHS INSET are trained how to unpack the standards and competencies from the K-12 curriculum guides to identify desired results and design standards-based assessment and instruction. Hence, the teachers are trained how to write their own standards-based learning plan.

The parts or stages of this LM include Explore, Firm Up, Deepen and Transfer. It is possible that some links or online resources in some parts of this LM may no longer be available, thus, teachers are urged to provide alternative learning resources or reading materials they deem fit for their students which are aligned with the standards and competencies. Teachers are encouraged to write their own standards-based learning plan or learning module with respect to attainment of their school's vision and mission.

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TECHNOLOGY AND LIVELIHOOD EDUCATION –
HOME ECONOMICS (TLE-HE) 7/8

Module 1: Dressmaking/Tailoring

Carry Out Measurement and Calculation

LESSONS AND COVERAGE:

In this module, you will examine this question when you take the following lessons:

How can the sewing requirements be correctly accomplished?

Lesson Number	Title	Topic	Estimated Time
1	Body Measurement in Ladies and Men's Apparel	Select appropriate measuring tools Take accurate body measurements Read and record required measurements	8 hours
2	Metric Conversion Chart	Perform simple calculations Apply the systems of measurements Demonstrates accurate reading measurements	4 hours
3	Estimate Appropriate Quantities	Practice the fundamentals of arithmetic operations Estimate cost of project materials	4 hours

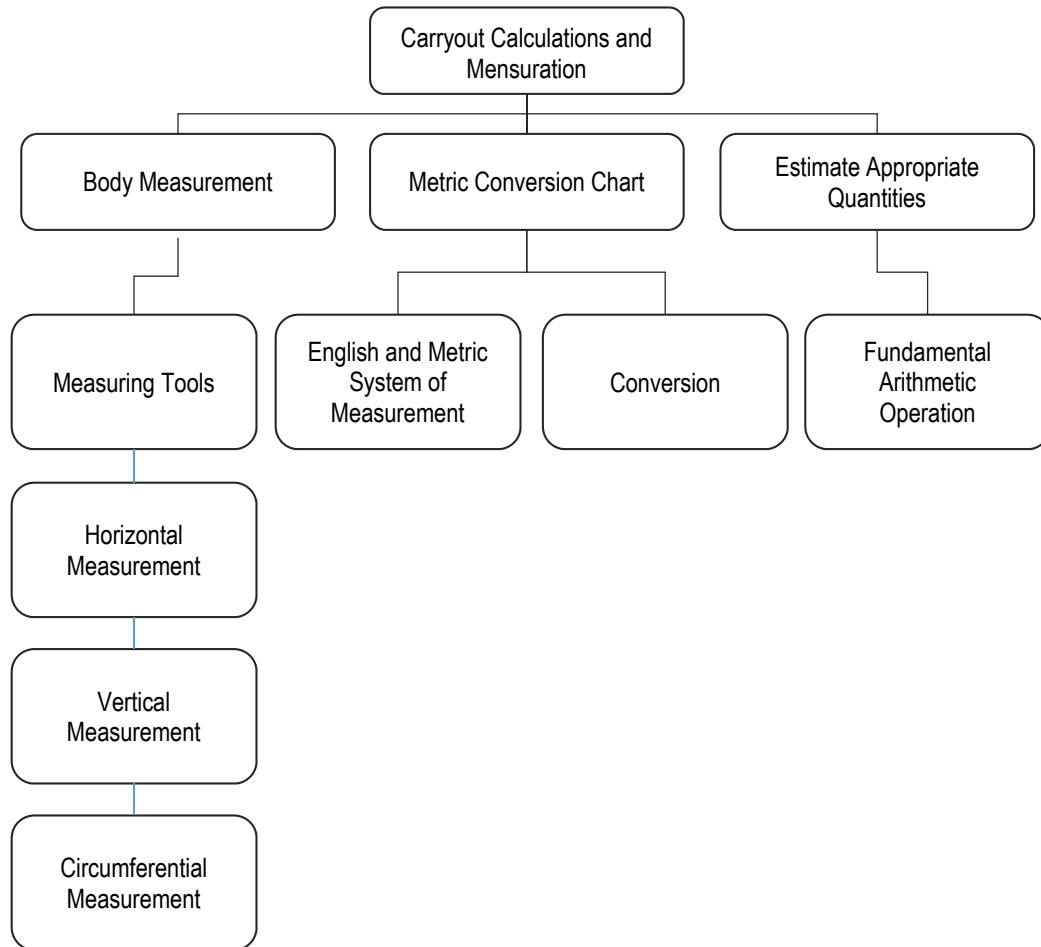
INTRODUCTION AND FOCUS QUESTION(S)

From a personal perspective, what we wear affects how we present ourselves and how you feel about ourselves. We tend to act more 'relaxed', exhibiting a poor posture, when we wear baggy clothes since the bagginess tends to hide our form. This translates into our confidence level, making people think of us as less confident and over time, our confidence will get affected by this. Have you at a certain time asked yourself why the clothes we wear do not fit to our body size such as the length of shoulder and sleeves, the waistline etc. We sometimes ask ourselves the size of the fabric needed for our body size.

Let us find out how these things happen as we answer the questions: How can we produce well fitted garments? How do we estimate the size of the fabric and the cost of the materials in sewing garments?

In this module, we will find out the appropriate tool in measuring body parts and how these body parts are being measured; do simple calculation and estimate the size of the fabric and cost of materials in sewing garments.
Are you ready to find answers to these questions? Let's begin.

Here is a simple map of the above lessons you will cover
MODULE MAP:



EXPECTED SKILLS:

To do well in this module, you need to remember and do the following:

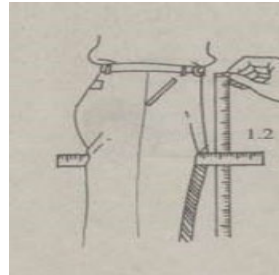
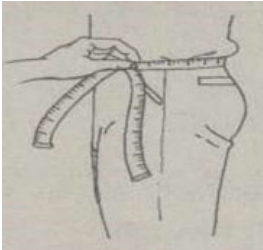
1. Read the instruction carefully before starting anything.
2. Complete all the activities and worksheet given.
3. Use dictionary and the like to find the meaning of the words that you do not understand.
4. Use notebook to compute your answers and record scores, revise final answer and to summarize what you have just read.
5. Review the criteria in the rubrics and Evaluate your work using the provided checklist
6. Make a timetable for your study. Do not force yourself to answer everything if you are already tired. Give yourself time to relax.

LESSON 1: – Body Measurements in Ladies and Men's Apparel

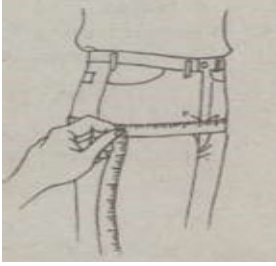
PRE-ASSESSMENT

Let's find out how much you already know about this module. Write the letter of the best answers. Please answer all items. After taking this short test, you will see your score. Take note of the items that you were not able to correctly answer and look for the right answer as you go through this module.

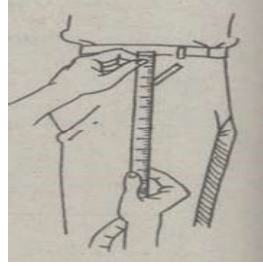
- (A) 1. Which of the following body measurement does not belong to the group?
- A. hips
 - B. waist
 - C. shoulder
 - D. bust
- (A) 2. Which of the following is **true** about taking the correct measurement of crotch?
- A. Measures along the side below the waist band to the desired length of the pants.
 - B. Measure from center front waist under legs to center back waist or vice versa.
 - C. Measure around the torso directly above the bust line
 - D. Measure around the shoulder under the armpit
- (A)3. Which of the following measuring aids help to take accurate body measurement?
- A. sewing gauge
 - B. ruler
 - C. tape measure
 - D. hem gauge
4. Which body measurement is taken from the left of the figure to the right
- A. Horizontal measurement
 - B. Vertical measurement
 - C. Circumferential measurement
 - D. Body Measurement
5. Which of the following is correct measurement of hip?
- A.
 - C.



B.



D.



6. If you were asked to measure the shirt length, which of the following will you do?

- A. I will put the tape measure from the shoulder tip point down to the desired sleeve length.
- B. I will place the tape measure directly over the shoulder and across the shoulder blades on the back
- C. The tape measure should be placed from the nape down the center back to the desired length
- D. I will measure around the shoulder under the armpit

7. Mrs. Crus bought 100 yards of fabric for the table cloth. What is the size of this in meter?

- A. 0.9154 m
- B. 9.44 m
- C. 91.44 m
- D. 914.4 m

8. How many inches are there in 55 centimeter width of a fabric?

- A. 21.65 inches *
- B. 2.32 inches
- C. 139.7 inches
- D. 660 inches

9. The tailor needs to buy 100 inches length of fabric that cost Php1.50 per centimeter. What is the total cost of the fabric.

- A. Php 381
- B. Php 150
- C. Php 1500
- D. Php 831

10. You need to buy 80 inches length of fabric to be used in making a dress to your customer. You have known that the cost of the fabric that you are going to use is P2.00 per centimeter. How much will you need to buy it?

- A. Php 406.4
- B. Php 16
- C. Php 160
- D. Php 500

ACTIVITY 1. MY LEARNING GOALS

By now, you must have a bird's eye view of what concepts, skills, understandings and performances you are expected of this module. Before you go further, establish your own goals for learning by accomplishing the **My SMART Goal** worksheet below.

#GOALS

Today's Goal:

Before proceeding, check to make sure your goal is...

- ☐ Specific
- ☐ Measurable
- ☐ Attainable
- ☐ Relevant
- ☐ Time-bound

Here's how I am going to achieve my goal:

☐ Yes, I achieved my goal ☐ No, I didn't achieve my goal

This goal belongs to: _____!

You are now ready to take on Lesson 1. From time to time you may need to revisit your Learning Goals to assess how far you have reached them at some point in this module.



EXPLORE



Let's begin by gathering your thoughts about how to take body measurement accurately. As you go through the learning activities in this lesson, bear in mind this question:

"How can the sewing requirements be correctly accomplished?"

ACTIVITY 2. IRF Chart

Description: Given below is an IRF sheet. Fill in the first column with your ideas and answer to the following questions: “How does body measurement take accurately? “How can the sewing requirements be correctly accomplished?”

“How can the sewing requirements be correctly accomplished?”
Initial Answer
Revised Answer
Final Answer

How did you find the previous activity? Did the activity encourage you to go further in this module? Now, in the next learning segments, you will learn more concepts and skills that will help you in doing the task that awaits you at the end of this module. Moreover, you will experience how body measurement are being taken. So be ready for the next set of



FIRM-UP

ACTIVITY 3. Measuring Tools

Your goal in this section is to take body measurement accurately, record and convert these measurements to metric system of measurement; and estimate the size and cost of material based on the body measurement taken. Are you ready? Be guided with the essential question:

“How can the sewing requirements be correctly accomplished”

Description: click the link below to watch the different measuring tools used in sewing, then answer the processing questions below

Link # 1 <https://www.youtube.com/watch?v=Hbb9QodI7ys>

This site shows measuring tools in sewing



Process Questions:

1. From the different measuring devices presented, which is the appropriate tool to use in taking body measurements? Why?

2. How do we use the tape measure? Describe how tape measure is used.

Now that you identified the different measuring tools and their uses. Let's try to use the appropriate measuring tools in taking body measurement. Are you ready? Let's begin.

ACTIVITY 4. Taking Body Measurement

Description: click the link below to watch the different measuring tools used in sewing, then answer the processing questions below

Link # 2 <https://www.youtube.com/watch?v=5FmMyIPwr94>

This site shows the different body measurement for sewing garments

Link # 3 <https://www.youtube.com/watch?v=HGepcoSTxpc>

This site shows the vertical, horizontal and circumferential measurements.



PROCESSING QUESTIONS:

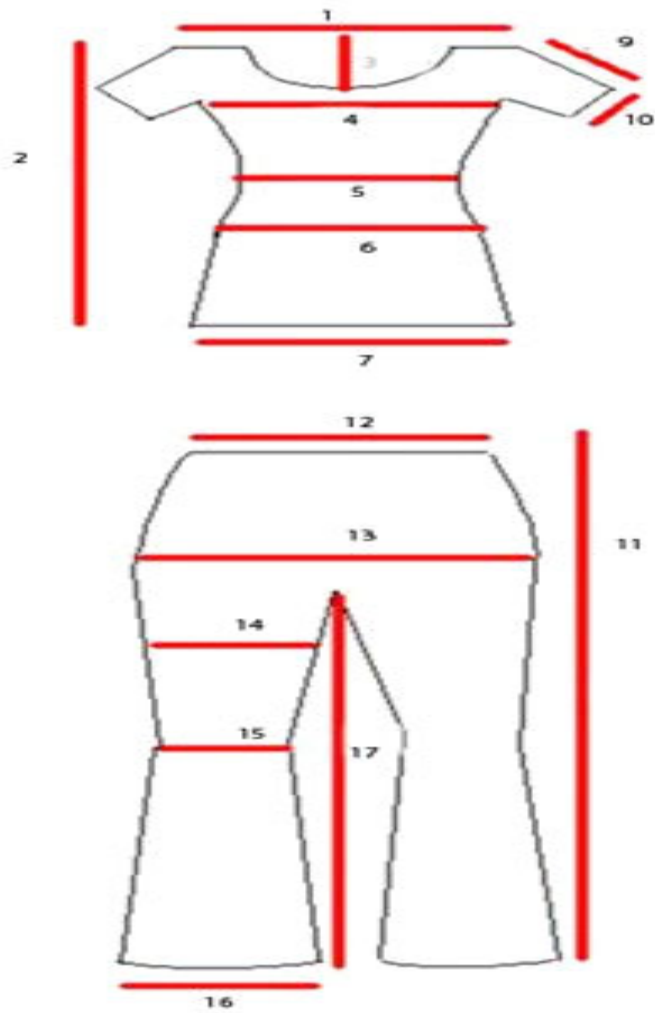
1. What are the different body measurements for sewing garments?

2. How are these body measurements measured accurately?

3. Which of these are vertical? horizontal? circumferential measurement? How do you know if measurement is vertical? horizontal or circumferential?

Good Job! Let us determine how much you already know about the different body measurement. Take this test.

Quiz: Identify the body measurements. Write your answer beside the number.



ACTIVITY 5.

Teacher Demonstration on how to take body measurement for Blouse/Polo and Short pants.

Description: To demonstrate how to take body measurement accurately, the teacher will call one student to be the model.

Measurement for Polo/Blouse and short pants.



PROCESSING QUESTIONS:

1. What are the body measurements needed in sewing blouse/Polo and short pants?

Blouse/Polo

Short Pants

Show that you learned something by doing this activity.

ACTIVITY 6.

Return Demonstration using the mannequin

Description : Using the mannequin, practice taking body measurements for polo/blouse

In dyad, use the checklist below if you are able to measure all the vertical, horizontal and circumferential measurements.



Body Measurement Checklist

Are the body measurements correctly measured?		
Body Measurements	Yes	No
Neck		
Shoulder		
Bust		
Lower Bust		
Shoulder to Bust		
Front Shoulder to Waist		
Waist		
Shoulder to Shoulder		
Across Back		
Waist Circumference		
Length of Polo /Blouse		



Processing Questions:

1. How many yes have you got? How many are the no's? Which of these body measurements you need to improve measuring?

2. Suggest ways to improve your skills in taking body measurements.



For those who got more yes, Congratulations! For those who got less yes, you will improve by doing another activity. Remember, "Practice Makes Perfect"

ACTIVITY 7.

Body Measurement needed for sewing **short pants**.

Descriptions: Dyad: (boy to boy – girl to girl) Students will take the body measurements needed in sewing the short pants.

Name: _____

Body Measurements Needed	Measurement



Processing Question:

1. How did you do in the activity? Click the appropriate icon to describe how much you have learned in the exercises. Explain why you describe such. Write your explanation below the icon.



2. How do we determine the body parts that we need to measure in the different types of clothes we will sew?

Perfect! This time, let us determine how much you already know about reading and recording of measurements.

ACTIVITY 8. Reading and Recording of Measurements

Description: Students will write their measurements and they will practice reading these measurements



PROCESSING QUESTION:

1. How do you read these measurements? What unit of measurements are used?

2. Which body parts have big measurements? small measurements?

End of Lesson 1

To learn more about Body Measurement in Ladies and Men's Apparel you can visit the website given below.

http://www.brooksrunning.com/en_us/mens-clothing.html

<http://www.clothingpatterns101.com/body-measurements.html>

Lesson 2 - Perform Simple Calculation

Now that you already know how to take body measurements but that does not stop there. We need to make a little computation with the body measurement taken.

Learning the metric system would have a great advantage for the beginner sewer like you. It is the decimal-based system of measurement unit. This is an absolute essential because dressmakers or tailors do a little computation in converting the body measurements of their clients. Let's find out how this next lesson will help us to answer this Question

"How can the sewing requirements be correctly accomplished?"

ACTIVITY 9. K-W-L

DESCRIPTION: The K stands for what you know, the W stands for what you want to learn, and the L stands for what the you learn

Let's us check your prior knowledge about the following:

- English system of measurement
- Metric system of measurement
- Conversion

Fill-up the K- what you know column and W-what you want to know column.

Topic _____ date _____

<u>K</u> Know What I <i>think</i> I know	<u>W</u> Wonder What I want to know	<u>L</u> Learn What I <i>learned</i>

mywarriorkids.com

Have you find it hard to fill up each column? Now, we will focus our discussion on the parts that you do not know well but I am encouraging you to consult other reading resources which will help you to understand better our lesson. Let's start with a metric conversion game.

ACTIVITY 10. **Let's Convert: Metric Conversion Game**

Description: Let's now watch a short video clip by clicking the link below. This will help you to do simple conversion needed in Dressmaking/Tailoring. Then, there will be a teacher demonstration on how to convert English measurements to metric and vice versa.

Link# 4 <https://www.youtube.com/watch?v=KqVQxPRobgw>

This site shows the different body measurement for sewing garments



Processing Questions:

1. What is the video all about?

2. Which of the measurements do you think are mostly needed by tailors or dressmakers? Explain your answer.

3. How do we do the conversion from inches to centimeter? Yards to meter? Give examples.

ACTIVITY 11. Metric Conversion Game

Link:

<http://www.sheppardsoftware.com/mathgames/measurement/MeasurementMeters.htm>

This site shows the interactive conversion game.

Mechanics: In each level, match the correct conversions on the allotted time.



Processing Question:

1. How do you find the game? Did you win in this game? If yes, what is the best strategy you used to get the answer? If not, in which conversion do you find it hard to answer?

We need to practice more to be able to confidently do the conversion.
Let us apply the metric conversion in fabric and sewing. Are you ready for some exercises? Okay! Let's begin...

ACTIVITY 12. Metric Conversion Chart for Fabric and Sewing

Directions: Fill in the blanks with the correct measurement

Remember :

Little to Big – Divide

Big to Little – Multiply

METRIC CONVERSION CHART FOR FABRIC AND SEWING

INCHES	CENTIMETER
$\frac{1}{4}$ in	
	1.27 cm
$\frac{5}{8}$ in	
$\frac{3}{4}$ in	
1 in	2.54 CM
1.5 in	
	5.08 cm
2.5	

Prove that you have learned in metric conversion. Take this quiz.

Quiz: Students will convert measurements, then they will read these measurements

Convert the following:

1. 5 inches = ___ centimeters
2. 0.25 centimeters = ___ inch
3. 9 inches = ___centimeters
4. 0.9144 meters = ___ yards
5. 5 yards = ___meters



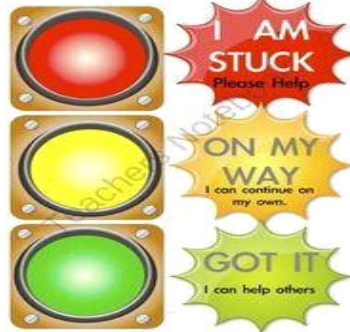
PROCESSING QUESTION:

1. How do you read these measurements? What unit of measurements are used?

2. Which body parts have big measurements? small measurements?

How have you been doing? Click the icon that describes your performance so far. Be honest with your answer. If you feel stuck, how would you like to be helped? Write your comment in the comment box provided below.

How am I doing?



To learn more about metric conversion you can visit the website given below
<http://www.eaglescales.in/convert-your-body-measurements-centimeters-and-inches/>

Lesson 3: Estimate Appropriate Quantities

Estimating the cost of materials is one of the major tasks of dressmakers or tailor. A correct cost calculation method will give you better projection of garment cost for a style. In this lesson, we will estimate the cost of raw materials required in making garment like fabric, labels, sewing thread, hang tags, trims etc. So to have correct material cost you must have price knowledge of each item. Let's find out if we this lesson can help to answer the question “ **How can the sewing requirements be correctly accomplished?**”

ACTIVITY 13. List of Raw Materials in Sewing Garments with Price per Unit

Description: Visit a store near you, and then observe how sewing materials are being sold. Make a list of these sewing materials, then if possible request for the list of prices, then write the price under each.



Php _____

Php _____

Php _____

Php _____



PROCESSING QUESTIONS

1. How are sewing materials sold in store? Describe your experience when you visited these stores.

2. How are fabric are being measured? Which is expensive the 60 width length cloth or the 45 width cloth? Why?

You did a lot of work today! That experience will help you to do our next activity. Are you ready? Let's begin.

ACTIVITY 14. Computing the cost materials

Description: You need to buy a 70 inches length of fabric to be used in making a dress for your customer. You have known that the cost of the fabric that you are going to use is P3.00 per centimeter. How much will you need to buy it?

Step I – Convert the 70 inches length of fabric into centimeters.

$$\begin{array}{r} 70 \text{ inches} \\ \times 2.54 \text{ cm} \\ \hline 177.8 \text{ cm} \end{array}$$

Step II – Multiply the cost per centimeter to the length of fabric converted.

$$\begin{array}{r} 177.8 \text{ cm} \\ \times \text{Php } 3.00 \\ \hline \text{Php } 533.40 \end{array}$$



Process Questions:

1. How do we compute the cost of materials? What are the fundamental arithmetic operations used?

Check on your knowledge of metric conversions by taking the next quiz

Quiz:

1. The dressmaker needs to buy 150 inches length of fabric that cost Php5.00 per centimeter. Find the total cost of the fabric.

2. You were asked buy 8 buttons needed for polo. The cost of it per piece is Php 8.00. How much do you need to buy it? Show your computation.

Show that you learned something by doing this activity.

ACTIVITY 15. Cost of Materials s for blouse or Polo

Description: Below is the list of raw materials needed in sewing a polo /blouse. Estimate the total cost of materials.

QUANTITY	UNIT	DESCRIPTION OF MATERIALS	UNIT COST	TOTAL COST
3	yrds	POLYESTER COTTON (60" WIDTH)	PHP	Php
1	spool	WHITE THREAD	PHP	Php
6	pcs	PATTERN	PHP	Php
10	pcs	PAPER BUTTONS	PHP	Php
¼	yds	PELLON	PHP	Php
TOTAL				PHP

To learn more about estimating the cost of materials in sewing garments, you can visit the website given below:

<http://www.onlineclothingstudy.com/2012/06how-to-calculate-raw-material-cost-for.html>

What new realizations do you have as you did the activities in this section?

Answer the Revised Answer part in line with the question in the table below:

“How can the sewing requirements be correctly accomplished?”
Initial Answer
Revised Answer
Final Answer

Let's find out how well have you understood about the lesson by answering the 3-2-1 chart.

ACTIVITY 16. 3-2-1 chart

Description: Accomplish the 321 chart, by writing 3 things or big ideas that you've learned; 2 thoughts and comments which you encountered while discussing the lesson. 1 question about the topic that is unclear to you.

3	Big ideas and trends
2	Thoughts and comments
1	Question

To learn more about estimating the cost of materials in sewing garments you can visit the website given below.
<http://www.onlineclothingstudy.com/2012/06/how-to-calculate-raw-material-cost-for.html>



DEEPEN

Go back to the previous section and compare your initial ideas with the discussion. How much of your initial ideas are found in the discussion? Which ideas are different and need revision? What new learning goal should you now try to achieve?

Now that you know the important ideas about this topic, let's go deeper by moving on to the next section. Again, let's us find out if this part will help us to clear our understanding on the question **"How can the sewing requirements be correctly accomplished?"**

ACTIVITY 17. Get Body Measurement

Description: Choose your partner, (boy -boy; girl – girl) get the body measurements of your partner. Using the system of measurement convert the inches to centimeter or vise versa.

My Measurements

NAME _____

MEASUREMENT	ENGLISH SYSTEM	METRIC SYSTEM
Bust		
Lower Bust		
Shoulder to Bust		
Front Shoulder to Waist		
Waist		
Shoulder to Shoulder		
Across Back		
Bicep		
Elbow		
Over Arm		
Waist Circumference		
Hip Circumference		
Bottom Circumference		
Crotch		
Length of short		



Processing Questions

1. What are the measurements needed in sewing polo? Blouse? Short pants

Blouse: _____

Polo: _____

Short pants: _____

2. Based from the measurements taken, estimate the size of the fabric needed if you were asked to sew him/ her blouse or polo. Show your estimation using the 60 width and 45 width fabric.

3. If you were asked to estimate the total cost of materials needed in sewing a blouse/polo. How will you do that?

How are you doing with the lesson so far? Click the appropriate smiley that describes your performance all the activities. Write your explanation on the box provided.



Show that you learned something by doing this activity

ACTIVITY 18. Cost of 2 Pieces of short Pants

Description: Estimate the cost of materials for sewing 2 pieces of short pants. List down the materials needed, cost of unit cost and total cost.

QUANTITY	UNIT	DESCRIPTION OF MATERIALS	UNIT COST	TOTAL COST
TOTAL				PHP



Processing Question:

How did you do in the activity? Click the appropriate icon to describe how much you have learned in the exercises. Explain why you describe such. Write your explanation below the icon.



GUIDED GENERALIZATION INVOLVES ELABORATE REHEARSAL

<p>ESSENTIAL QUESTION:</p> <p>“How can the sewing requirements be correctly accomplished?”</p>	<p>Situation 1</p> <p>Title: Body Measurement</p> <p>Aling Linda took the following body measurements for a collarless polo.</p> <p>Body length – 72 cm</p> <p>Skirt length – 110 cm</p> <p>Chest – 54 cm</p> <p>Shoulder – 48 cm</p> <p>Sleeve length – 25 cm</p> <p>She estimated the size and cost of fabric based on these measurements.</p> <p>PROCESSING QUESTIONS:</p> <p>Will she arrive at an accurate cost estimation?</p> <p>What line in the situation supports your answer?</p> <p>Why do you say that line supports your answer?</p>	<p>Situation 2</p> <p>TITLE: Unit Conversions</p> <p>Sara was asked to get the body measurement of her classmate which will be used to sew a skirt costume for a group presentation in English. She listed the following measurements:</p> <p>Skirt length – 24 inches</p> <p>Waist – 92 cm.</p> <p>Hips – 36 inches</p> <p>She estimated that the size of the fabric she needs is 4 yards and the cost of fabric at 50 pesos/yard is 200 pesos.</p> <p>PROCESSING QUESTIONS:</p> <p>Is the size and cost estimation accurate?</p> <p>What line in the situation supports your answer?</p> <p>Why do you say that line supports your answer?</p>	<p>Situation 3</p> <p>Title: Cost and Size of Fabric</p> <p>Marla wanted to estimate the cost of material for sewing 3 short pants for her brother as her birthday gift. She recorded the following measurements:</p> <p>Hip – 32 inches</p> <p>Waist – 24 inches</p> <p>Crotch – 9 inches</p> <p>Length of short – 18 inches</p> <p>She estimated 3 yards of fabric for 3 short pants. She knew that it would cost her P50/yard for 45 width cloth so she prepared P150 to buy the fabric.</p> <p>PROCESSING QUESTIONS:</p> <p>Is her money enough to buy the fabric for 3 short pants?</p> <p>What line in the situation supports your answer?</p> <p>Why do you say that line supports your answer?</p>
	ANSWER:	ANSWER:	ANSWER:
	SUPPORTING TEXTS:	SUPPORTING TEXTS	SUPPORTING TEXTS

	REASON:	REASON:	REASON:
	COMMON IDEAS IN REASONS:		
	ENDURING UNDERSTANDING:		

What new realizations do you have about the topic? What new connections have you made for yourself? What helped you make these connections?

Now that you have a deeper understanding of the topic, you are ready to do the tasks in the next section.

Your goal in this section is to apply your learning to real world experiences. You will be given a practical task which will demonstrate your understanding in Mensuration and Calculation in Dressmaking/Tailoring. As this is the last phase of this lesson, keep in mind this essential question:

"How can the sewing requirements be correctly accomplished?"



TRANSFER

ACTIVITY 19. Performance Task

Transfer Goal - Students on their own and in the long run will be able to estimate size and cost of materials in sewing garments based on job requirements.
Role: Tailor or Dressmaker
Audience: Uniform sponsors
Situation: There is an issue about the budget for Recreational Activities given to the youth in the city of Manila. In order to resolve this issue, the Budget Committee wants to have an estimated cost of materials for uniforms of all players and other participants.
Product: Cost Quotation
Standards: accuracy of measurements taken and reliability of cost quotation.

STANDARDS IN GRASPS:

CRITERIA	4 EXEMPLARY	3 SATISFACTORY	2 DEVELOPING	1 BEGINNING
Use of Measuring tools	Demonstrates mastery of the application and manipulation of the measuring tools.	Demonstrates mastery of the application of measuring tools.	Mastery of the application in using the measuring tools is limited to some extent.	Use of measuring tools is erroneous.
Body Measurements	Accuracy in taking body measurements is manifested and performed the steps correctly.	Accuracy in taking body measurements is manifested.	Accuracy in taking body measurements is inconsistent or confusing.	Accuracy in taking body measurements is illogical and vague.
Cost of Materials	The cost quotation is meticulously calculated based on estimated quantity of materials.	The cost quotation is calculated based on estimated quantity of materials.	The cost quotation is calculated but not aligned with the estimated quantity of materials.	The cost quotation is calculated with no basis.
Quantity of Materials	The number of materials needed is thoroughly estimated based	The number of materials needed is estimated based	The number of materials needed is estimated but	The number of materials needed is

	on body measurements taken.	on body measurements taken.	not aligned with the body measurements taken.	estimated with no basis.
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Congratulations! You have just completed your performance task in this unit lesson module. Going back to the IRF Worksheet, review your **Initial** and **Revised Answers** to the essential question in this unit lesson module and see how you can finalize your ideas using the **I-R-F Worksheet**. Copy and paste your **Initial and Revised Answers** in the respective space provided. Then write your **Final Answer** in the last box.



“How can the sewing requirements be correctly accomplished?”

Initial Answer

Revised Answer

Final Answer

How did you find the performance task? How did the task help you see the real world use of the topic?

You have completed this lesson. The next part would be the Post-assessment. This will know if you have learned in the exploratory course Dressmaking/ Tailoring. It's now time to evaluate your learning.

Post Assessment:

Read and understand each item, then, write the letter of your answer.

1. Which of the following best demonstrates the foundation of pattern drafting?
 - A. Mensuration
 - B. Measurement
 - C. Body Parts
 - D. English System

2. What body measurement is taken from the left of the figure to the right?
 - A. Horizontal measurement
 - B. Vertical measurement
 - C. Circumferential measurement
 - C. Diagonal measurement

3. Which of the following is used as a set of standards in measurement?
 - A. Metric System
 - B. English System
 - C. Metric and English System
 - D. British System

4. What kind of measurement is taken around the body?
 - A. Vertical
 - B. Circumferential
 - C. Horizontal
 - D. English system

5. What is a 60 inches long tape with metal tips and made of a material that will not stretch?
 - A. Yardstick
 - B. Ruler
 - C. Tape Measure
 - D. T-square

6. What body measurement is taken around the torso directly under the bustline?
 - A. Bust to bust
 - B. Waist
 - C. Lower bust
 - D. Bust

7. Which body measurement is taken from the armpit to the wrist under the arm?
 - A. Armpit
 - B. Hips
 - C. Underarm
 - D. shoulder

8. Which of the following belongs to metric system of measurement?
- A. feet
 - B. inch
 - C. yard
 - D. centimeter
9. How do you convert centimeter to inch?
- A. multiply inches to .9144
 - B. divide inches to 12cm
 - C. divide centimeter to 2.54
 - D. multiply inches to 2.54 cm
10. If body measurements are not taken properly, what would be the possible effect to the finished product?
- A. it can easily ruin
 - B. it will still fit to the size
 - C. it will not fit to the desired size
 - D. it will achieved desirable look

You are done with the module! Please accept this award for a job well done!



GLOSSARY OF TERMS USED IN THIS LESSON

Accuracy – the exactness of a measured distance or circumference

Armhole - The armhole of a garment

Bust measurement - A round measurement taken over the fullest part of the bust.

Back Width - Distance between one shoulder to another

Calculation – the process or an act of calculating

Calculator – an electronic device used for speed computation

Conversion – a change of figures like changing from centimeters to inches and vice versa

Cost – the amount paid or charge for something that is acquired

Crotch - the difference between the outside and inside length of the pant when measured from a well-fitting pant.

Ease - the difference between the body measurements and the garments measurements

Elbow measurement- a round measure around the elbow measure by keeping the arm bent.

English System – the English system has inches for its basic unit

Fit - the way a garment hangs when worn by a wearer

Grain – the direction of fabric threads

Hemline – the marked line at the bottom of the garment where the hem is turned

IMC – Individual Measurement Chart

Inseam - the inner seam of the pant/trouser, measured from crotch, down to the lower hem

Length – the longer or longest dimension of an object to measure

Measurement – a systematic procedure of determining the quantity or extent of the entire measurable dimension

Metric System – a decimal system of physical units based on a unit of length known as the meter (Greek metron, —measurell)

Pattern – a piece of paper usually one-half of the body parts used as a guide in cutting the garments

Tape Measure – measuring tool used to take body measurement

Width – measurement taken at the shortest dimension of the object to measure

REFERENCES AND WEBSITE LINKS USED IN THIS LESSON:

Best Way for taking Body Measurements for Sewing

<https://sewguide.com/how-to-measure-body/>

Video clip on how to take Body Measurement

<https://www.youtube.com/watch?v=HGepcoSTxpc&t=246s>

System of Measurement

<https://www.youtube.com/watch?v=KqVQxPRobgw>

How to read Tape Measure

<https://www.youtube.com/watch?v=pPJBGN7PqeM>

Metric Conversion Rap

<https://www.youtube.com/watch?v=lhtgKHYZti0>

Sewing Accessories Prices

<https://www.lazada.com.ph/shop-sewing-accessories/>

How to Calculate Raw Material Cost for Garments?

<http://www.onlineclothingstudy.com/2012/06/how-to-calculate-raw-material-cost-for.html>

My Learning Goals

https://www.google.com.ph/search?dcr=0&biw=1517&bih=735&tbm=isch&sa=1&q=my+learning+goals&oq=my+learning+goals&gs_l=psy-ab.3...42219.48576.0.48764.32.17.0.0.0.0.282.541.2-2.2.0....0...1.1.64.psy-ab..30.2.540.0..0i19k1.0.RatOuc1-QWw#imgsrc=HCLOpCQji4p8LM

Congratulation Award

https://www.google.com.ph/search?dcr=0&biw=1517&bih=735&tbm=isch&sa=1&q=congratulation+for+the+job+well+&oq=congratulation+for+the+job+well+&gs_l=psy-ab.3...45511.66372.0.67664.68.44.2.0.0.0.687.7301.0j9j5j1j4j4.23.0....0...1.1.64.psy-ab..48.16.4232...0i19k1j0i7i30k1j0i7i10i30k1j0i7i30i19k1j0i8i30i19k1.0.AKmolTM_KPw#imgsrc=vvyvPMbW17AcpM:

Mannequin for Taking Body Measurement

https://www.google.com.ph/search?dcr=0&biw=1517&bih=735&tbm=isch&sa=1&q=mannequin+for+taking+body+measurement&oq=mannequin+for+taking+body+measurement&gs_l=psy-ab.3...4915.25982.0.26305.83.40.0.0.0.0.1724.3930.0j5j4j0j1j8-1.12.0....0...1.1.64.psy-ab..72.6.2860.0..0i19k1.919.AOfpfk-EGQM#imgsrc=1WA78AQmMn_ZyM: