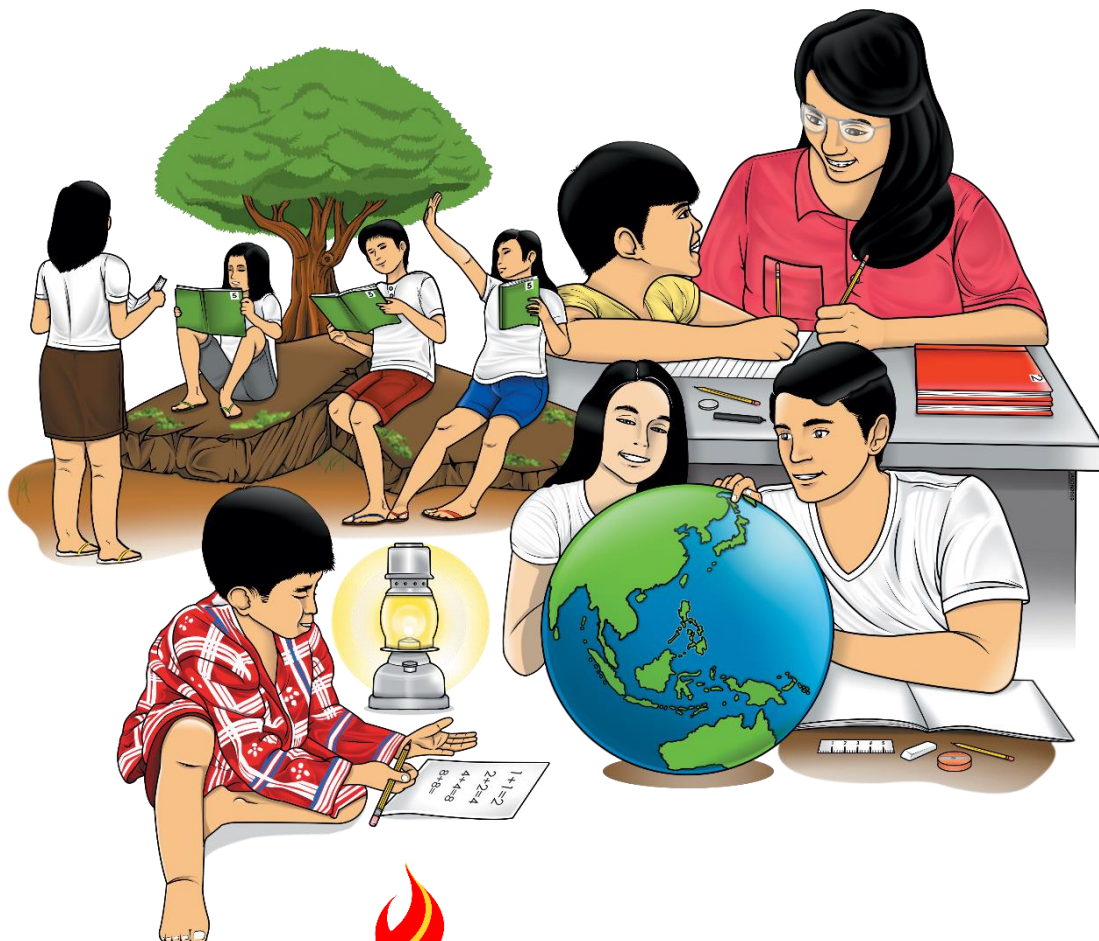


# Technology and Livelihood Education

## Quarter 0 – Module 2: Home Economics – Dressmaking Obtain Measurements



**Technology and Livelihood Education – Grade 8 Dressmaking  
Alternative Delivery Mode  
Quarter 2 – Module 2: Obtain Measurements  
First Edition, 2020**

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**Technology and  
Livelihood Education**  
Quarter 2 – Module 2:  
**Home Economics – Dressmaking**  
**Obtain Measurements**

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.

## Lesson

# 1

# Obtain Measurements



## *What I Need to Know*

This module was designed and written with you in mind. It is here to help you master the basics of Dressmaking. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

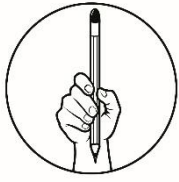
This is intended to provide a clear understanding on how to carry out measurements and calculations.

This module is composed of:

Lesson 1 – Obtain Measurements

After going through this module, you are expected to:

- Take accurate body measurements
- Read and record the required measurements
- Apply the systems of measurements
- Perform simple calculations based on the job Requirement
- Demonstrates accurate reading measurements
- Assess the appropriateness of design based on the client's features
- Read specifications
- Appreciate the principles of design and color harmonies



## ***What I Know***

This part will examine the learners, whether he/she needs to proceed with the module. Learners who earned 100% in this preliminary assessment will no longer need to take up the module, but if the learners get an average of 0%-99%, he or she should continue with the module.

Directions: Choose the correct answer that corresponds to the question. Write your answer on your activity notebook.

1. What is the first step in pattern drafting?
  - A. mensuration
  - B. measurement
  - C. body parts
  - D. English System
2. If the measurement is taken from the left of the figure to the right, it is
  - A. horizontal measurement
  - B. vertical measurement
  - C. circumferential measurement
  - D. all of the above
3. Which of the following system is used as a set of standards in measurement?
  - A. Metric System
  - B. English System
  - C. Metric and English System
  - D. tape measure
4. What measurement is taken around the body?
  - A. vertical
  - B. circumferential
  - C. horizontal
  - D. English system
5. This tool is used to take body measurement which is 60" long tape with a metal material that will not stretch
  - A. yardstick
  - B. ruler
  - C. tape measure
  - D. T-square
6. It is taken around the torso directly under the bust line
  - A. bust to bust
  - B. waist
  - C. lower bust
  - D. bust
7. It is measured from under the arm, which starts at the armpit to the wrist.
  - A. armpit
  - B. hips
  - C. underarm
  - D. shoulder
8. Measurement taken from the shoulder tip around the armpit and back to the shoulder tip is called.
  - A. armhole
  - B. bust
  - C. waist
  - D. torso

9. What body measurement is taken from the shoulder downward?
- A. vertical
  - B. horizontal
  - C. Circumferential
  - D. Curved
10. An electronic device used for speed computation
- A. computer
  - B. calculator
  - C. cellphone
  - D. camera
11. The amount paid or charge for something that is acquired
- A. cost
  - B. computation
  - C. price
  - D. total cost
12. The primary colors are red, yellow and\_\_\_\_\_.
- A. orange
  - B. green
  - C. violet
  - D. blue
13. The pleasing relationship of the parts of the object with one another is referred to as
- A. repetition
  - B. proportion
  - C. radiation
  - D. balance
14. A principle of design which is also defined as the center of interest.
- A. gradation
  - B. radiation
  - C. rhythm
  - D. emphasis
15. It is a type of balance where the spaces on each side of a garment are the same
- A. formal balance
  - B. informal balance
  - C. proportion
  - D. emphasis



## ***What's In***

### **Activity 1. Write it down**

Directions: Please write down your honest responses on the following questions written on each box below. You may use another sheet of paper to write your answers.

What I know

---

What do I know about the tools used in dressmaking?

How I understand

---

How important are the equipment in dressmaking?

What I learned

---

What are the three best things you have learned from your previous lesson?





## ***What's New***

### **Activity 1**

Directions: Answer the following questions: Write it in your activity notebook.

1. Is taking accurate body measurement important? Why?

---

---

---

2. What do you think will happen to your dress if you got the wrong body measurements? Why?

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3. Can we make dresses without taking correct body measurements? Why and why not?

---

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---



## ***What is It***

LO 2. Obtain Measurements

LO 2.1 Take accurate measurements

Taking Body measurements is a prerequisite to pattern construction. The size and fit of a garment depend upon the accuracy. Taking accurate body measurements is one of the keys to a great fit. In taking body measurements, all you need is a tape measure!

### Parts of Body Measurements

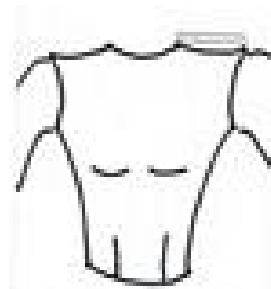
1. The horizontal measurement is taken from the left of the figure to the right.
2. The vertical measurement is taken from the top of the body figure to its base.
3. Circumferential measurement is taken around the body.

A. Sketch or images on parts of the body to be measured horizontally

Shoulder - is taken from one shoulder tip point to another shoulder tip point.



Shoulder to Neck - Measure from the base of neck along the top of the shoulder to the shoulder socket.



Across Back - taken from the armhole across back to armhole positioning tape measure + - 8cm down from the nape of the neck.



Full Back - Measure from the side seam, under armpits to side seam across back, positioning tape measure +/- 4cm down under armpit.

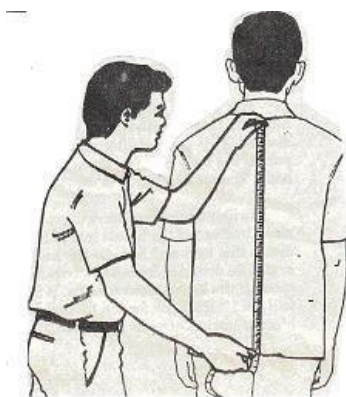


Bust Distance - taken from one bust point to the other bust point.



B. Sketch or images on parts of the body to be measured vertically

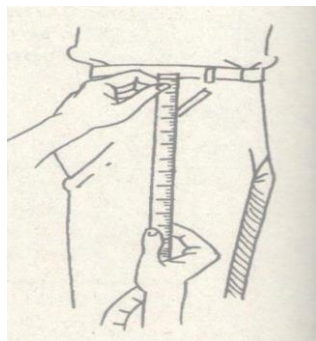
Shirt length - is taken from the nape, passing the center back down to the desired length of the shirt.



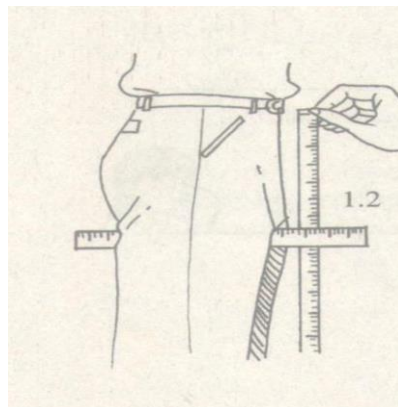
Sleeve length -this is taken from the shoulder tip point down to the desired length in the arms.



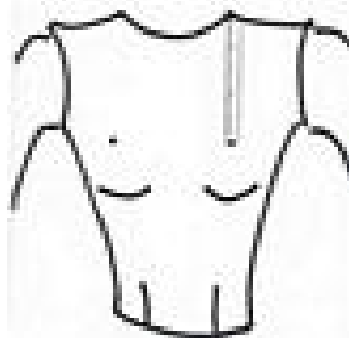
Length of pants or shorts – taken along the side waist point down to the desired length.



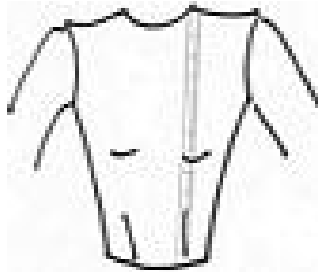
Crotch or Rise – measured by placing a ruler under the crotch then measure below the waistband down to the top level of the rule



Shoulder to Bust - measure from the tip of the shoulder to the center of the bust (nipple).



Front Shoulder to Waist - measure from the tip of shoulder over the bust to the natural waistline.



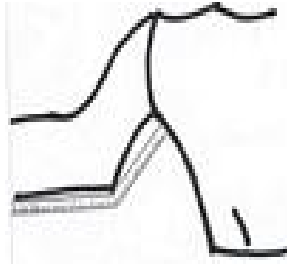
Down Center Back - measure from the nape of the neck to the natural waistline.



Back Shoulder to Waist - taken from tip of the shoulder to the natural waistline.



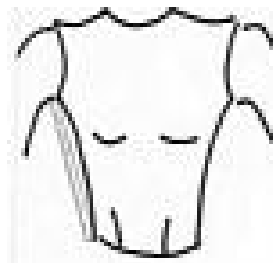
Under Arm – it is taken from under the arm. Start at the armpit to the wrist.



Over Arm - taken from the outer shoulder socket on the outside of the arm to the wrist with a bent arm.



Side Seam - measurement from under the armpit to the natural waistline.



Upper Arm – this is taken from the outer shoulder socket of the arm to the crook of the elbow.

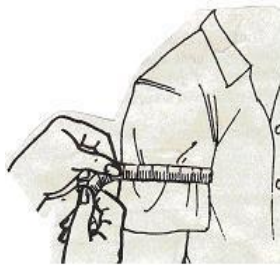


C. Sketch or images on parts of the body to be measured circumferentially

Bust - measurement around your body, crossing over the fullest part of your bust.



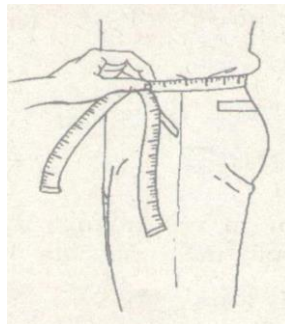
Arm girth - measurement around the fullest part of the arm in line with the armpit.



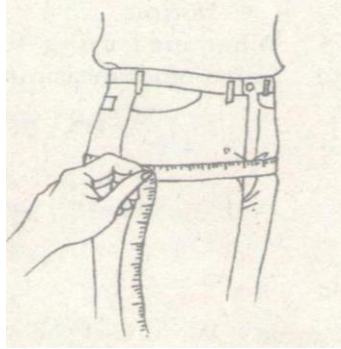
Neck measure – taken around the neckline.



Waist - is taken around the smallest part of the waistline.



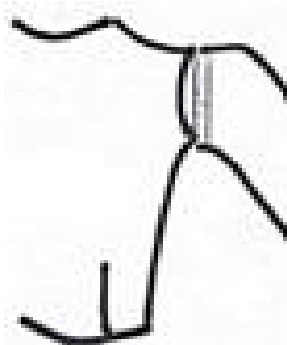
Hip or seat – measurement is taken around the fullest part of the hip



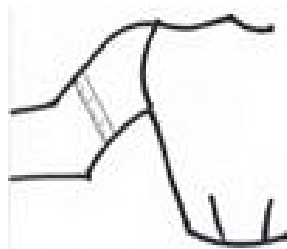
leg hole – measurement around the fullest part of the bottom.



Sleeve Hole – taken around the shoulder under the armpit.



Bicep – taken around the fullest part of the upper arm





Elbow - Do a reasonably loose measurement around the bent elbow.



LO 2.2 Read and record required measurements

Diagram on how to take and record body measurements.

### Individual Measurement Chart

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Body Part to be measured	Actual Body Measurement		Measurement Needed (divisor)	Computed Measurement to be used	
	Inches	Cms		Inches	Cms
A. Horizontal measurements					
•Shoulder	15	38.1	2	7.5	19.05
•Full Back	15	38.1	As is	15	38.1
•Bust distance	7	17.78	2	3.5	8.89
B. Vertical					
•Skirt length	20	50.8	As is	20	50.8
•Sleeve length	8	20.32	As is	8	20.32
•Length of pants	29	73.66	As is	29	73.66
D. Circumferential					
• Bust	32	81.28	4	8	20.32
• Waist	25	63.5	4	6.25	15.88
• Hips	36	91.44	4	9	22.86

LO 2.3 Systems of measurements

### Metric Conversion Chart

Simple calculation is an easy mathematical application used to determine the accurate measurement of body parts, width, and length of materials, and the cost needed to create apparel. The process in four fundamentals of operations (MDAS) is involved.

### Length and Width of Materials

In measuring the length and width of materials needed, such as fabric, we also need the use of metric measurement.

### Metric Conversion Chart for Fabric and Sewing

$\frac{1}{4}$ " = 0.25 Centimeters	$\frac{1}{2}$ " = 1.27 Centimeters	$\frac{5}{8}$ " = 1.59 Centimeters	$\frac{3}{4}$ " = 1.905 Centimeters
1" = 2.54 Centimeters	1.5" = 3.81 Centimeters	2" = 5.08 Centimeters	2.5" = 6.35 Centimeters
3" = 7.62 Centimeters	3.5" = 8.89 Centimeters	4" = 10.16 Centimeters	4.5" = 11.43 Centimeters
5" = 12.7 Centimeters	5.5" = 13.97 Centimeters	6" = 15.24 Centimeters	6.5" = 16.51 Centimeters
7" = 17.78 Centimeters	7.5" = 19.05 Centimeters	8" = 20.32 Centimeters	8.5" = 21.59 Centimeters
9" = 22.86 Centimeters	9.5" = 24.13 Centimeters	10" = 25.4 Centimeters	10.5" = 26.67 Centimeters
11" = 27.94 Centimeters	11" = 27.94 Centimeters	12" = 30.48 Centimeters	1 Yard = 0.9144 Meters
2 Yards = 1.8288 Meters	3 Yards = 2.7432 Meters	4 Yards = 3.6576 Meters	5 Yards = 4.572 Meters

In measuring the length and width of materials needed, such as fabrics, we also need the use of the Metric measurement system.

Sample 1.

Given: 1 inch = 2.54 cm

Width of fabric = 100 cm

Equivalent of an inch to cm = 2.54

LO 2.4-5 Simple calculations and reading accurate measurements

In estimating, you should know the size and the number of products to be made and the size of the cloth if it is 36", 45" or 60" width—for example, an organizer measuring 12" x 30" with three patch pockets of different designs. For one yard of a 45 width cacha cloth, you can make two organizers. So for one organizer, you can use  $\frac{1}{2}$  yard of a cacha cloth. The estimated cost of the cloth is Php60.00.

The table below shows a sample of materials estimated and the cost suitable for one project.

Quantity	Materials	Unit Price	Total Cost
1/2 yard	Cacha (45" width)	60.00	30.00
1/4	Manila paper	7.00	2.00
1 spool	Thread (small)	5.00	5.00
			Total Cost = 37.00

## LO 2.6-7 Principles of design and specifications

### The Principles of Designs

The principles of designs are concepts used to organize the structural elements of design.

1. Balance – balance implies that there is an equilibrium or uniformity among the parts of a design.

To achieve balance, a garment should have equal visual weight throughout the design.

Kinds of balance:

- a. Symmetrically or the formal balance – can be described as something having equal "weight" on equal sides of a centrally placed object like a see-saw.



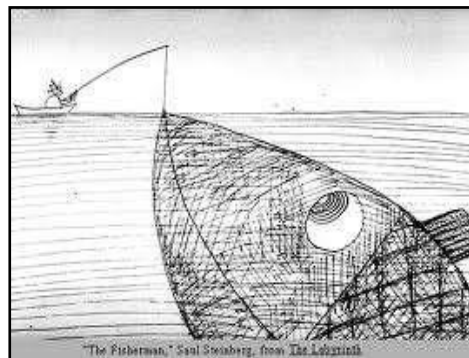
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- b. Asymmetrically or the informal balance – refers to the structure of decoration and accessories that are different from both sides.



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2. Proportion – refers to the pleasing relationship of all the parts of the object with one another.



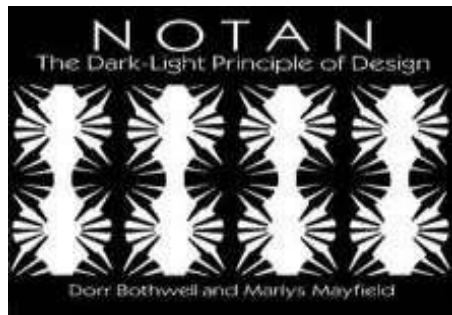
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3. Emphasis – is used to create interest in a garment or to draw attention to a specific part of an ensemble.



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4. Rhythm – this principle reveals a smooth sense of movement in a design repeated again and again. With the use of this principle, the eye moves from one feature on the body to another.



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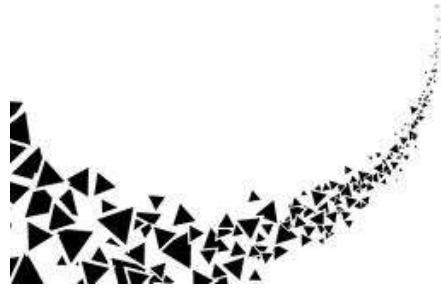
Rhythm can be expressed in three ways in a design.

- a. Repetition. When a specific pattern, shape, line, color, or texture is repeated in a garment.



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- b. Gradation. Refers to a design that gradually increases or decreases in shape, size, or color. It can be created by a gradual change of lines, shape, and color.



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- c. Opposition. A rhythm that is created with multiple lines converging to form a right angle.
- d. Transition is a technique used to move the eye between different parts of a design at a more gradual pace rather than an abrupt change in direction (Wolfe, 2011, p. 209)
- 5. Harmony – means a relationship of a different portion of a design. It occurs when the overall design, garment, or ensemble achieves visual unity.



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## LO 2.8 Principles of design and color harmony

The first thing you usually notice in a design or your clothes or anything is their color. There are three basic categories of a color scheme that are useful and logical: The color wheel, color harmony, and the context of how colors are used.

The Color Wheel



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### Classification of Colors:

1. Primary Colors – the basis of all other colors. These are made up of colors: red, yellow, and blue.
2. Secondary Colors – are the result of mixing two equal amounts of primary colors. These are –green, violet, and orange.
3. Intermediate Colors – these are the result of mixing two equal amounts of primary and secondary colors. For example, if you mix equal parts of yellow (primary color) and green (secondary color), you will have yellow-green. Notice that yellow-green is found between yellow and green on the color wheel.

The Intermediate Colors are:

Yellow + green = yellow green  
Blue + green = blue green  
Blue + violet = blue violet  
Red + violet = red violet  
Red + orange = red orange  
Blue + orange = blue orange

- Pure Colors – are colors that have no white, black, and gray in them. Such as primary, secondary, and intermediate colors.
- Tints – are pure colors that are made lighter by mixing with white. For example, the whiter you add, the lighter the pink will be. Tints are also called "pastel."
- Shades – are pure colors that are made darker by mixing with black. For example, when black is added to red, you have maroon, a shade of red. The blacker you add, the darker you have.
- Grayed colors – are also referred to as "soft colors" or "dull colors." The grayer you add, the duller the color will be.
- Neutrals – are white, black, and gray.

### Warm and Cool Colors

- Cool colors – colors that are adjacent to each other in the color wheel. They are green, blue-green, blue, blue-violet, violet. Blue is the coolest color.
- Warm colors – they are red, red-orange, orange, yellow-orange. Red is the warmest color.

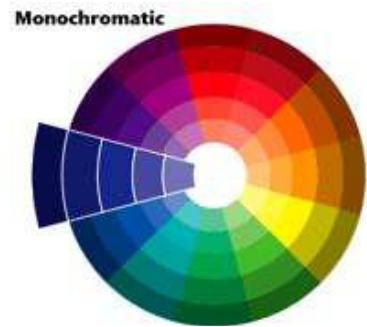
### Qualities of Colors

- Hue – is the name of the color like red, blue, or green.
- Value – is the lightness or darkness of a particular color like light blue or dark blue.
- Intensity – means the dullness or brightness of color.

## Color Harmony

Colors must appear to belong together to create harmony because the beauty of any color arrangement depends upon how well the colors harmonize.

1. Monochromatic harmony (One-color) – the easiest color scheme to follow is one that uses the same color in different values and intensity. Example, a dark blue suit with very dark blue accessories and a light blue blouse.



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2. Analogous color harmony - they are the colors that are next to each other on the color wheel. It uses color common in each other of the colors. For example, yellow-orange, orange, and yellow-green; therefore, a pleasing adjacent color harmony may be made from them.



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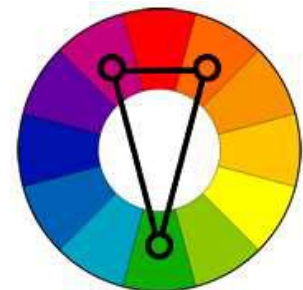
3. Complementary Color Harmony – these colors are opposite in each other in the Color Wheel. Using these colors may be very pleasing.

4.
  - a. Complementary colors – this is the use of opposite colors in the color wheel. Examples are green, red, blue and orange, yellow, and violet.



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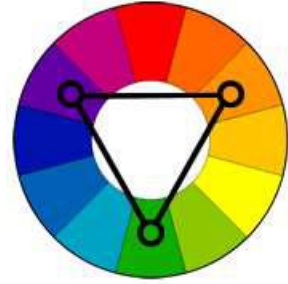
- b. Split complementary colors - it is a combination of color and the colors on each side of its complement. Three colors will be used here



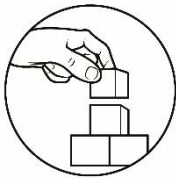
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- c. *Triad* – this is a combination of three colors. The three colors chosen should form a triangle with three equal sides on the color chart.



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## ***What's More***

### **Activity 1**

Directions: Answer the following questions briefly. Use your activity notebook.

1. Which among the measuring device is used to take the measurement of the body?  
\_\_\_\_\_
2. What are the three different types of body measurements?  
\_\_\_\_\_
3. Why do we need to take accurate body measurements?  
\_\_\_\_\_
4. How would you convert inches into centimeters?  
\_\_\_\_\_

### **Activity 2**

Directions: Read the questions and get your answer from the word pool below. Write your answer on a separate sheet of paper.

- \_\_\_\_\_ 1. This is taken from the nape down the center back to the desired length.
- \_\_\_\_\_ 2. A measurement that is taken from the shoulder tip point down to the desired length.
- \_\_\_\_\_ 3. It measures along the side below the waist band to the desired length.
- \_\_\_\_\_ 4. Taken from one shoulder point to another shoulder tip point.
- \_\_\_\_\_ 5. Taken around the neckline.

Neck Measure	Shirt Length	Sleeve Length
Length of Pants or shorts	Shoulder	Crotch



### Activity 3

Directions: Classify the following colors if they are primary, secondary, or intermediate colors. Write your answers on your activity notebook.

Color	Classification
1. Yellow-green	
2. Orange	
3. Red	
4. Blue-violet	
5. Green	

### Activity 4

Problem Solving: Solve and compute.

Your customer bought 2 yards of fabric at Php27.00. How much did she pay?

### Activity 5

Directions: Solve the following. Use the table below in your estimation for the materials and the cost.

1. You will make a letter organizer for your project. You need to buy one (1) meter of cloth at Php55.00 per meter, one (1) manila paper at Php7.00 each, and a spool of thread at Php5.00. Compute the total expenses. How much will you spend?

Quantity	Materials	Unit Price	Total Cost



## *What I Have Learned*

### **Activity 1. Obtain Measurement**

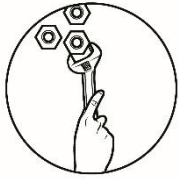
#### Personal Measurement Record

Name : \_\_\_\_\_ Date : \_\_\_\_\_

Address : \_\_\_\_\_

Tel No. \_\_\_\_\_ Mobile No. \_\_\_\_\_



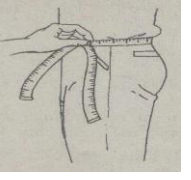
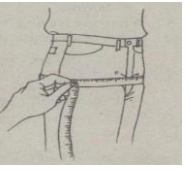

Body Part to be measured	Actual Body Measurement		Measurement Needed (divisor)	Computed Measurement to be used	
	Inches	Cms		Inches	Cms
length			As is		
waist			4		
Hip			4		
Crotch / Rise			As is		
Bottom			2		
Shoulder			2		
Length of shirt			As is		
Bust			4		
Waist			4		
Bust height			As is		
Full bodice length			As is		



## What I Can Do

### Activity 1

Directions: Identify the pictures in box A and tell what body measurements are measured. Write your answer on the box provided in column B.

A	B
<p>1. </p> <p><small>Dressmaking: Home Economics-Dressmaking/Tailoring, Department of Education</small></p>	
<p>2. </p> <p><small>Dressmaking: Home Economics-Dressmaking/Tailoring, Department of Education</small></p>	
<p>3. </p> <p><small>Dressmaking: Home Economics-Dressmaking/Tailoring, Department of Education</small></p>	
<p>4. </p> <p><small>Dressmaking: Home Economics-Dressmaking/Tailoring, Department of Education</small></p>	
<p>5. </p> <p><small>Dressmaking: Home Economics-Dressmaking/Tailoring, Department of Education</small></p>	

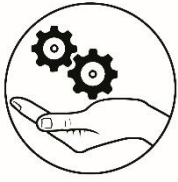


## **Assessment**

Directions: Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. If the measurement is taken around the torso directly under the bust line, it is called
  - A. bust to bust measurement
  - B. waist measurement
  - C. lower bust measurement
  - D. bust measurement
2. It is measured from under the arm, which starts at the armpit to the wrist.
  - A. armpit
  - B. hips
  - C. underarm
  - D. shoulder
3. A measurement taken from the shoulder tip around the armpit and back to the shoulder tip is called.
  - A. armhole
  - B. bust
  - C. waist
  - D. torso
4. The \_\_\_ measurement is taken from the shoulder downward
  - A. vertical
  - B. horizontal
  - C. Circumferential
  - D. Curved
5. An electronic device used for speed computation
  - A. computer
  - B. calculator
  - C. cellphone
  - D. camera
6. The amount paid or charge for something that is acquired
  - A. cost
  - B. computation
  - C. price
  - D. total cost
7. The primary colors are red, yellow and\_\_\_\_\_.
  - A. orange
  - B. green
  - C. violet
  - D. blue

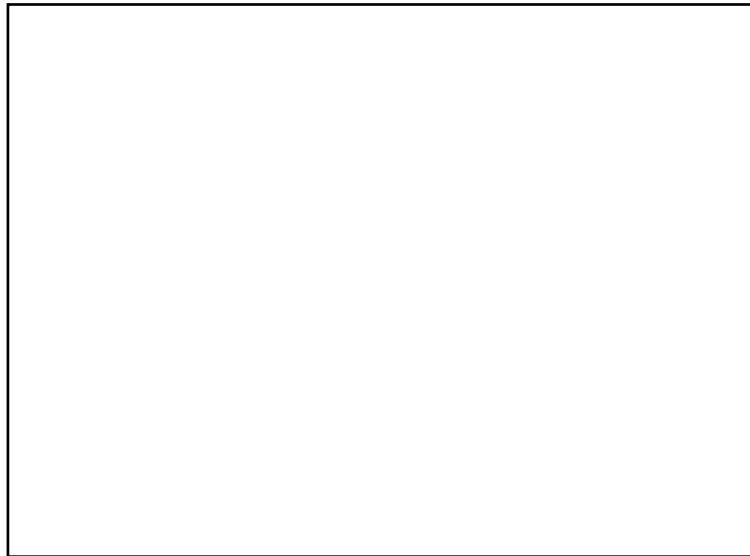
8. The pleasing relationship of the parts of the object with one another is referred to as.
- A. repetition
  - B. proportion
  - C. radiation
  - D. balance
9. A principle of design which is also defined as the center of interest.
- A. gradation
  - B. radiation
  - C. rhythm
  - D. emphasis
10. It is a type of balance where the spaces on each side of a garment are the same.
- A. formal balance
  - B. informal balance
  - C. proportion
  - D. emphasis
11. What is the first step in pattern drafting?
- A. mensuration
  - B. measurement
  - C. body parts
  - D. English System
12. If the measurement is taken from the left of the figure to the right, it is
- A. horizontal measurement
  - B. vertical measurement
  - C. circumferential measurement
  - D. none of the above
13. Which of the following system is used as a set of standards in measurement?
- A. Metric System
  - B. English System
  - C. Metric and English System
  - D. tape measure
14. What measurement is taken around the body?
- A. vertical
  - B. circumferential
  - C. horizontal
  - D. English system
15. This tool is used to take body measurement which is 60" long tape with a metal material that will not stretch
- A. yardstick
  - B. ruler
  - C. tape measure
  - D. T-square



## ***Additional Activities***

### **Activity 1**

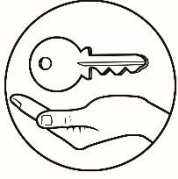
Directions: Draw a color wheel then classify if it is a primary color, secondary or tertiary color. Use a short bond paper.



### **Activity 2**

Directions: Convert the following measurements:

1. 3" = \_\_\_\_\_ centimeters
2. 4" = \_\_\_\_\_ centimeters
3. 1" = \_\_\_\_\_ centimeters
4. 2" = \_\_\_\_\_ centimeters
5. 1 1/2" = \_\_\_\_\_ centimeters



# Answer Key

<p>What I know</p> <p>1. A 2. A 3. B 4. B 5. C 6. C 7. C 8. A 9. B 10. A 11. C 12. D 13. B 14. D 15. A</p> <p>What's New</p> <p>Activity 1 Varied answer</p>	<p>What's more</p> <p>Activity 1 1. Tape measure 2. Horizontal, Vertical, Circumferential 3. Ruler, Tape measure 4. Multiplication</p> <p>Activity 2 1. Shirt Length 2. Sleeve Length 3. Length of pants or short 4. shoulder 5. Neck measure</p> <p>Activity 3 1. Intermediate 2. Secondary 3. Primary 4. Intermediate 5. Secondary</p> <p>Activity 4 Php54.00</p> <p>Activity 5 1m cloth – 55.00 One pc Manila paper- 7.00 One spool thread- 5.00 Total Cost- 67.00</p>	<p>What can I do</p> <p>Activity 1 1. shoulder 2. bust 3. waist 4. hip 5. neck</p> <p>Activity 2 1. B 2. C 3. A 4. A 5. C 6. C 7. B 8. D</p>	<p>Assessment</p> <p>1. C 2. C 3. A 4. B 5. A 6. C 7. D 8. B 9. D 10. A 11. A 12. A 13. B 14. B 15. C</p> <p>Additional Activities</p> <p>Activity 1 Varied answer</p> <p>Activity 2 1. 7.62 cm 2. 10.16 cm 3. 2.54 cm 4. 5.08 cm 5. 3.81 cm</p>
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