Selecting Your Wardrobe

Unit: Clothing & Textiles

Problem Area: Establish Your Personal Look

Lesson: Selecting Your Wardrobe

■ **Student Learning Objectives.** Instruction in this lesson should result in students achieving the following objectives:

1 **Classify body types.**

2 **Establish a wardrobe.**

3 **Dress for a variety of activities and special events.**

■ **Resources.** The following resources may be useful in teaching this lesson:

E-unit(s) corresponding to this lesson plan. CAERT, Inc. http://www.mycaert.com.

Ati, Pratima. "How To Dress According To Your Body Type–Complete Guide," *StyleCrazeNews*. Accessed Jan. 14, 2019. http://www.stylecraze.com/articles/right-clothes-for-body-type.

"The Guide: Dressing For Your Body Type," *STITCH FIX*. Accessed Jan. 14, 2019. https://blog.stitchfix.com/fashion-tips/find-fit-for-your-body-type/.

"How to Dress Your Body Type: 6 Tough Men's Body Shapes Style Advice," *YouTube*. Assessed Jan. 14, 2019. https://www.youtube.com/watch?v=asZT9zYacI4.

"How To Shop For A Prom Dress," *WikiHow*. Accessed Jan. 14, 2019. https://www.wikihow.com/Shop-for-a-Prom-Dress.

"How To Shop For A Wedding Dress," *WikiHow*. Accessed Jan. 14, 2019. https://www.wikihow.com/Shop-for-a-Wedding-Dress.

Nguyen, Peter. "A Beginners Guide: 16 Essential Style Tips For Guys Who Want to Dress Better," *The Essential Man*. Accessed Jan. 14, 2019. http://www.theessentialman.com/a-beginners-guide-16-essential-style-tips-for-guys-who-want-to-dress-better.

Weber, Jeanette. *Clothing Fashion, Fabric and Construction,* 5th ed. McGraw Hill Education, 2006.

■ Equipment, Tools, Supplies, and Facilities

- ✓ Overhead or PowerPoint projector
- ✓ Visual(s) from accompanying master(s)
- ✓ Copies of sample test, lab sheet(s), and/or other items designed for duplication
- ✓ Materials listed on duplicated items
- ✓ Computers with printers and Internet access
- ✓ Classroom resource and reference materials
- ✓ Fashion magazines

■ Key Terms. The following terms are presented in this lesson (shown in bold italics):

- ➤ accessory
- ➤ apple body type
- ➤ body type
- ➤ basics
- ➤ basic wardrobe
- ➤ classic
- ➤ color
- ➤ cool colors
- ➤ fit
- ➤ hourglass body type
- ➤ hue
- ➤ inverted triangle body type
- ➤ outfit
- ➤ oval body type

- ➤ pear body type
- ➤ personal style
- ➤ pyramid body type
- ➤ rectangle body type
- ➤ retro pieces
- ➤ silhouette
- ➤ skin tone
- ➤ STITCH FIX
- ➤ trend
- ➤ triangle body type
- ➤ undertone
- ➤ wardrobe
- ➤ warm colors

■ Interest Approach.
Use an interest approach that will prepare the students for the lesson. Teachers often develop approaches for their unique class and student situations. A possible approach is included here.

> *Have students line up from tallest to shortest. Then, have students sit on the floor from tallest from waist to top of head. Discuss why the order is not the same. Talk about how everyone's body is different. Inquire about how many would like to know how to dress better for their body. Project VM–A to introduce the lesson.*

CONTENT SUMMARY AND TEACHING STRATEGIES

Objective 1: Classify body types.

Anticipated Problem: What are typical body types for women and men? How are body types characterized? How is each body type best dressed?

I. **Body type** is the shape of a human being's skeletal structure/build. At one time, body types were categorized into three kinds: ectomorph (lean build), mesomorph (compact and muscular), and endomorph (round build). Today there are a variety of body types for women and men. The ability to identify body types is the first step in establishing a personal wardrobe for both women and men. Being stylish and dressing for success is as important for everyone. To establish a wardrobe for an individual, the first step is to identify their body type. Body types are established by taking accurate body measurements.

A. Accurate body measurements are especially important for women. Common measurements are: shoulder, bust at the fullest part, waist at the slimmest part, and hips at the fullest part of the buttock.

1. Recording these measurements helps establish the basic body type and silhouette. **Silhouette** is the body's outline shape. Identifying body type is an important step in learning how to dress to enhance one's silhouette.

2. Today a variety of apps and programs that help people dress for their body type exist. One of the most popular online tools to dress an individual is STITCH FIX. **STITCH FIX** is an online shopping service that uses individual measurements and personality traits to choose clothes for their customers. Standard women's body types and characteristics include: apple, pear, hourglass, rectangle, and inverted triangle.

B. Women's body types

1. APPLE: An **apple body type** is a silhouette that has shoulder and hip line that are about the same measurement and the waistline is the same size or wider than the shoulders and hips.

2. PEAR: The **pear body type** is a silhouette that has hips that are wider than shoulders and waistline. The pear body type carries weight in the lower part of the body (e.g., derriere and thighs are larger than upper body).

3. HOURGLASS: The **hourglass body type** is a silhouette that has hips and shoulders of approximately the same width with a waistline that is visually smaller. This is the most well balanced silhouette. The goal of dressing other body types is to create the illusion of an hourglass figure. The hourglass figure uses the waist as the focal point and flatters the curves.

4. RECTANGLE: The **rectangle body type** is a silhouette that has shoulder, waist-line, and hip line that are about the same measurement. This body type uses arms and legs as assets. (Think of the rectangle body types as an hourglass figure minus the small waist.)

5. INVERTED TRAINGLE: The **inverted triangle body type** is a silhouette that has an athletic figure: shoulders are wider than waistline and hip line.

C. Dressing Women's Body Types: Once body type is identified there are tips for dressing that help enhance each body type. The goal of the following tips for dressing is to create the illusion of an hourglass body type (or as close to that as possible). Suggestions to enhance each body type and some things to avoid are shown in these tables.

APPLE Body Type	
Flattering	**Unflattering**
• A fuller "lower half" garment helps create an hourglass illusion • V-neck elongates the upper torso • A-line or empire cuts • Monochromatic or darker color schemes minimize areas of the body (as needed) • Long sleeves or ¾ sleeves on flowing dresses • Flared or wide bottoms for balance	• Figure hugging dresses and tops • Skinny jeans

PEAR Body Type	
Flattering	**Unflattering**
• Wide legged pants • Dresses with ruffled or patterned tops • Skinny jeans with a ruffled or a loose top • Sweetheart, V-neck or deep V-neck	• Loose fitting pants with a tight fitting top

HOURGLASS Body Type	
Flattering	**Unflattering**
• Garments that sit well on the curves • Anything that belts or cinches at the waist • V-neck or sweetheart neckline • Body and curve-hugging dresses	• Loose fitting tops • Loose fitting bottoms

RECTANGLE Body Type	
Flattering	**Unflattering**
• A fuller "lower half" garment helps create an hourglass illusion • A-line dresses • Ruffled and layered tops • Sleeveless and strapless tops • Jackets and blazers	• Figure-hugging dresses and tops • Extremely full dresses

INVERTED TRIANGLE Body Type	
Flattering	**Unflattering**
• Pencil skirts • V-neck styles narrow the shoulders	• Layered tops

D. Men's Body Types: The four main male body types and characteristics are: triangle, rectangle, oval, and pyramid (inverted triangle).

1. TRIANGLE: A ***triangle body type*** is a silhouette that has narrow shoulders with hip line and waistline that are wider than the shoulders. The goal is to thin down the middle by using vertical stripes or structured shoulders. (This type is opposite of the desired look.)

2. RECTANGLE: The rectangle body type is a silhouette that has shoulder and hip lines that are about the same size forming a rectangle. By adding structure to the shoulders or broadening the chest, the waist is minimized.

3. OVAL: The ***oval body type*** is a silhouette that has a rounded torso, large upper arms, and slim legs as compared to upper half. The goal to dressing an oval body type is to de-emphasize the midsection by adding structure to the shoulders and making the body appear longer.

4. PYRAMID: The ***pyramid body type*** (or inverted triangle) is a silhouette that has broad shoulders and chest with narrower waist, hips, and butt. The goal of dressing other body types is to create the illusion of a pyramid figure.

E. Dressing Men's Body Types: Once a male has established his personal body type he then can research what to wear to give the illusion of the body type he wants. The tables that follow provide ideas that can enhance assets and hide flaws in each body type.

TRIANGLE Body Type	
Flattering	**Unflattering**
• Horizontal stripes to enhance upper body if used from chest up • Collar that fits well • Smaller patterns and prints • Structured shouldered jackets	• Fitted polo shirts and roll necks • Skinny fits • Bold Belts

RECTANGLE Body Type	
Flattering	**Unflattering**
• Horizontal lines from chest up • Layers • Prints and bold accents	• Double breasted jackets

OVAL Body Type	
Flattering	**Unflattering**
• Structured shoulders • Neutral base or pants	• Bright belts • Skinny fit

PYRAMID Body Type	
Flattering	**Unflattering**
• Slim fit jeans • Golf shirts, polo • Close fitting shirts	• Baggy clothing • Structured shoulders

Teaching Strategy: *Many techniques can be used to help students master this objective. Use VM–A to introduce basic body shapes. Use VM–B to review female and male body types.*

Objective 2: Establish a wardrobe.

Anticipated Problem: What is a wardrobe? What are the basic garments of a personal wardrobe?

II. Establish a wardrobe for you

    A. A **wardrobe** is a collection of wearing apparel (garments and accessories) that a person owns or wears. For some, their wardrobe may include a large number of

items and for others it may be a few select pieces. A key characteristic of a wardrobe is that each piece works well with the others. Establishing a personal style is a huge step in dressing for success and selecting your wardrobe. **Personal style** is one's fashion sense and getting to know oneself ("This jacket is so me!"). Personal style lets others know "who you are" without having to speak. Defining personal style, and avoiding saying, "Why do I have nothing to wear?" requires thoughtful wardrobe development. The steps an individual takes to build a personal wardrobe include:

1. STEP 1: Find an inspiration. Begin by observing "what works" on others with a similar body type. Then, pick 2 to 3 people—celebrities or others—whose clothing is admired. Study the clothing that these people with a similar body type wear well.

2. STEP 2: Start a PINTEREST board or create a journal with pictures of the admired people wearing specific styles and specific clothing.

3. STEP 3: Study these pictures and identify what is similar in all pictures. [NOTE: Remember to pay attention to the fit as well as the design and color. It is as important to know what you like as what you don't like. To **fit** is to make or adjust to the actual shape or size. Buying garments that "fit" the widest part of the body allows alterations for the other elements of the garment.]

4. STEP 4: Recognize the styles you like both in stores and online. Stores like TARGET are collaborating more with designers. Because the designer's name is on the garment he/she generally is providing a good investment for "trendy" pieces.

B. Establishing a personal style. Establishing style helps ease us into different stages of life (tweaking our style to fit life changes). With an established a style, a wardrobe starts to reflect what makes us feel confident and successful. A teen building a wardrobe would follow these four steps:

1. STEP 1: Clean up and clear out your closet. When establishing a new wardrobe go through the clothes you have and make a conscious decision to keep, donate, or trash each piece. Also, selling the wardrobe you no longer use is always an option. For example, to create a wardrobe that suits your style:

   a. Take the time to evaluate each piece of clothing in your closet. For pieces in your wardrobe to work well together, it's important to clear out the clutter: those pieces bought and seldom used.

   b. Pay attention to what is being eliminated: are those pieces classic or trendy. A **classic** is a garment style with simple tailored lines that stands the test of time. A **trend** is a fashion style that is a fad or craze "of the moment." What are the reasons certain pieces are eliminated? To move forward in building a wardrobe, remember the reasons items were discarded or donated. Most of us can't afford a piece that doesn't fit your style or fit with your wardrobe.

   c. Once the closet is cleared out, the "holes" that now need to be filled become more obvious: these are the first pieces purchased in your new wardrobe. As new items are added they should be prioritized. Purchase needs over wants first.

2. STEP 2: Learn how to use color in a wardrobe. **Skin tone** (or undertone) is the coloring underneath that doesn't change, even in sun. There are three skin tones: cool, warm, and neutral. Skin tones are widely used to decide which colors an individual best wears. All skin tones have either yellow or blue undertones.

   a. An **undertone** is a subtle trace of color seen through the skin. To find a person's skin tone look at the skin on the inside of the wrist. If the veins appear to be more yellow, gold or peach they are considered a warm skin tone. If they appear blue or pink they are considered a cool skin tone.

   b. To determine "good" colors, a person stands in front of a mirror and holds various color clothing underneath the chin. Then, note any changes in the eyes and face. For example: a "good color" accents the eyes and hair and makes them sparkle. (NOTE: A change in a color's tint or shade can make a big difference in the way the color and reflects your skin.]

   c. **Color** is a general term that represents the entire spectrum seen by our eyes, including blacks, grays, and whites. Color is a result of the way any object or garment reflects or emits light. The name given to colors is **Hue** is another name for the "normal value" of colors: the purest and brightest colors. Different hues are caused by different wavelengths of light. A person's eyes are brighter and their skin has more of a glow when wearing the correct colors.

      (1) Colors are divided into spectrums: **warm colors** are the red-orange-yellow range and **cool colors** are the blue-violet-green range. Most people look best in one spectrum over the other.

      (2) Darker skin tones often look best in warm colors while lighter skin tones often look best in cool colors.

3. STEP 3: Building a wardrobe begins with the **basics**: the foundation pieces in men and women's wardrobes. These basic wardrobe pieces are the garments that other clothing and accessory purchases will accent. The basic parts of the wardrobe are generally classics in nature with trendy items added for some pop. Wardrobes often reflect lifestyle: classic, athletic, rugged, vintage, and eccentric.

   a. Classic styles are timeless and these pieces are a good investment. Buying good quality is important when purchasing a classic garment. Classic pieces are often purchased in a neutral color: tan, black, navy, and white.

   b. Trendy pieces come and go, and it's important to invest less in these pieces. More reasonably priced brands may be a better idea when buying something that is the current trend. Trendy pieces are often colorful accents to a wardrobe.

   c. As a general rule, purchase one trendy piece for every three classic pieces in your wardrobe.

4. STEP 4: Fit is essential. Dressing well is a skill and, as such, a skill can be learned and improved upon. When adding pieces to the wardrobe it is important to make sure that all pieces are a good fit. For example, too large clothing

does not hide faults as much as make the person appear to be sloppy. Clothes can be comfortable without being over large.

C. A **basic wardrobe** for men and women is the pieces that work well with most of the other garments. Basic pieces "extend" the wardrobe by creating many options to mix with the other garments. Many of the classic pieces in a beginner's wardrobe are neutral in color. Wardrobes evolve and enlarge as time goes by. **Retro pieces** are an imitation of or an actual style or fashion of the past. Retro pieces are always appropriate for a wardrobe: check out the thrift stores when shopping. [NOTE: Depending on the career, a variety of pieces may also be required specifically for work.]

1. A woman's basic wardrobe typically includes:
   a. White and black tee (A classic tee anchors the other pieces in the wardrobe and is great for layering.)
   b. Knit sweater
   c. Cardigan
   d. Little black dress (The LBD can be dressed up or down by the addition of a blazer or cardigan.)
   e. Skinny dark-wash jeans
   f. Button-up shirts (Make sure the color fits you well and consider some of the new textiles available with sheen.)
   g. Knee length skirts
   h. Blazer
   i. Wrap dress
   j. Black pants
   k. Shoes: pumps, flats or ballerina flats, sneakers, and ankle boots

2. A man's basic wardrobe typically includes:
   a. Suit
   b. Sports coat
   c. Sweaters
   d. Shirts
   e. Jeans
   f. Chinos
   g. Shorts
   h. Shoes and accessories

3. Trends and Accessories: Many trendy pieces go out of style quickly and are not "long-time keepers" in a wardrobe. Buying pieces that expand a wardrobe can be short- or long-term investments. An **outfit** is articles of clothing and accessories coordinated for a task, a job, a role, or an occasion. An **accessory** is a fashion article that contributes to and compliments an outfit including shoes, handbags and briefcases, watches, scarves and ties, and jewelry.
   a. Women: Trend pieces typically add more color, prints, and patterns into wardrobes as accents. Accessories are an easy way to bring trendy pieces into an outfit. More and more reasonably priced stores/online websites

offer trend pieces at a great price. Women's accessories include belts, shoes, jewelry, watches, handbags, money organizers, sunglasses, scarves, wraps, gloves, and hats.

    b. Men: Trend pieces may be bold color pieces or t-shirts printed with retro logos, or a unique design. Men's accessories include belts, ties, socks, hats, tie clips, cuff links, gloves, handkerchiefs, sunglasses, suspenders, and money organizers.

Teaching Strategy: *Many techniques can be used to help students master this objective. Use VM–C and VM–D to illustrate basic outfits and wardrobe accessories. Lead a class discussion of the outfits, accent colors, and accessories. Use VM–E to look at two white t-shirts. Do they fit? How do you know? Discuss all the ways these t-shirts can be used in a wardrobe. Are students surprised it is part of the basic core wardrobe pieces? Talk with your students about how you began developing a personal wardrobe and how it has evolved.*

Objective 3: Dress for a variety of activities and special events.

Anticipated Problem: How many special event pieces should a wardrobe include? When should special event pieces be purchased?

III. Dressing for Daily Activities and Special Events: When choosing a style and establishing a wardrobe an individual keeps in mind the various activities their day includes: work, school, workout or athletics, dates and social gatherings, and special events.

    A. WORK: A work wardrobe contains the clothes an individual needs for their job. Clothing and accessory selections will depend completely on the job that the individual has and will determine how many of each piece is required. For example, a project manager may be appropriately dressed in a polo shirt and chinos while an accountant may need more suits and sport coats or blazers in their closet. [Remember, "need purchases" out weighs wants.] To find clothing and accessories appropriate for a job, apps and shopping services, like *STITCH FIX*, are available and becoming more popular all the time.

    B. SCHOOL: School wardrobes may include required uniforms and/or a dress code. Purchasing only trendy pieces may look good at the moment but may not be the items needed to build a wardrobe for the future. Classic pieces will come in handy in a good school wardrobe.

    C. WORK OUT & ATHLETICS: Today, working out, exercising, and participating in sports are major parts of many lifestyles. These activities require clothing that allows movement and flexibility. Keeping warm or cool is also a consideration when selecting these pieces.

    D. DATES AND SOCIAL GATHERINGS: Casual activities, from dates to social gatherings to just being home, also require the addition of certain pieces to a

teen's wardrobe. These pieces should be comfortable and demonstrate the style of the wearer.

    E. SPECIAL EVENTS: Special events, such as dances, weddings, funerals, etc. are important for many people. For special event activities purchases are often made that do not fit a basic wardrobe, but are rather pieces for a one-time event. Choosing special event pieces means:

        1. Shopping early

        2. Keeping to a specific budget including alteration costs

        3. Knowing any cancellation policy for ordered or rented clothing

        4. Being aware of return policies

        5. Making sure, if you are paying for a designer's work, that the garment is not counterfeit (fake, phony)

Teaching Strategy: *Many techniques can be used to help students master this objective. Talk to your students about STITCH FIX. Do any of your students use this service? Have students work in groups to research other apps and shopping services available for their use. Are there any services directed specifically to teens, men, or children? Discuss as a group how this type of shopping will change in the future. Assign LS–A. Use VM–F and VM–G to use as guides to taking body measurements. Students create a personal body type "poster" using this lab sheet. [NOTE: This assignment helps students take the first step toward recognizing their body type and establishing their own personal style. Consider giving students time to work on this lab activity in class. Students could also work in small groups and/or with you to target missing wardrobe pieces and to set priorities for their next wardrobe purchases.]*

■ **Review/Summary.** Use the student learning objectives to summarize the lesson. Have students explain the content associated with each objective. Student responses can be used in determining which objectives need to be reviewed or taught from a different angle. If a textbook is being used, questions at the ends of chapters may also be included in the Review/Summary.

■ **Application.** Use the included visual master(s) and lab sheet(s) to apply the information presented in the lesson.

■ **Evaluation.** Evaluation should focus on student achievement of the objectives for the lesson. Various techniques can be used, such as student performance on the application activities. A sample written test is provided.

■ **Answers to Sample Test:**

Part One: Matching

    1. b
    2. f

3. d
4. h
5. c
6. a
7. g
8. e

Part Two: True/False

1. F
2. F
3. T
4. T
5. F
6. T
7. T
8. F

Part Three: Short Answer

1. An inspiration journal or PINTEREST board could help me see what my clothing has in common over a period of time. It can help set a style baseline that I like.
2. A classic is a fashion style with simple tailored lines that "stands the test of time." A trend is a fashion style that is a fad or craze "of the moment."

Name _____

Selecting Your Wardrobe

▶ Part One: Matching

Instructions: **Match the term with the correct definition**

a. body type
b. classic
c. hourglass body type
d. personal style

e. pyramid body type
f. silhouette
g. trend
h. wardrobe

_____1. A fashion style with simple tailored lines that "stands the test of time"

_____2. The body's outline

_____3. One's fashion sense and getting to know oneself

_____4. A collection of wearing apparel that a person owns or wears

_____5. A silhouette that has hips and shoulders of approximately the same width with a waistline that is visually smaller

_____6. The shape of a human being's skeletal structure/build

_____7. A fashion style that is a fad or craze "of the moment"

_____8. The body's outline shape

▶ Part Two: True/False

Instructions: **Write *T* for true or *F* for false.**

_____1. Personal style is developed at age 10.

_____2. Special event purchases are part of a basic wardrobe.

_____3. The first step to developing a wardrobe is to clean up and clear out your closet.

_____4. Taking body measurements helps establish your body type.

_____5. The goal of dressing any man's body type is to create an oval silhouette.

_____6. Wardrobes should evolve over time.

_____7. A person's eyes are brighter and their skin has more of a glow when wearing the correct colors.

_____8. Darker skin tones often look best in cool colors while lighter skin tones often look best in warm colors.

▶ **Part Three: Short Answer**

Instructions: **Answer the following.**

1. How would an inspiration journal or PINTEREST board help you establish a personal style?

2. Differentiate between classic and trend garment styles.

BODY TYPES

A body type is the shape of a human being's skeletal structure/build. The ability to identify body types is the first step in establishing a personal wardrobe for both women and men. Can you find your body type?

FEMALE AND MALE BODY TYPES

Once body type is identified there are tips for dressing that help enhance each body type. The goal of dressing the female body type is to create the illusion of an hourglass silhouette and to create a pyramid (inverted triangle) silhouette for the male body. Which body type is most like you?
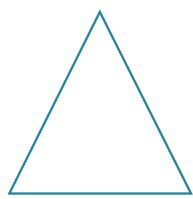
| Hourglass | Triangle (Pear) | Rectangle | Round (Apple) | Inverted triangle |
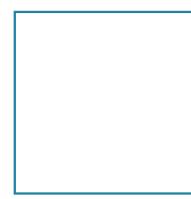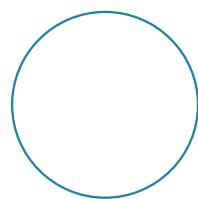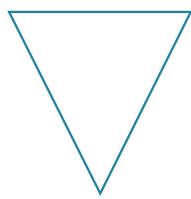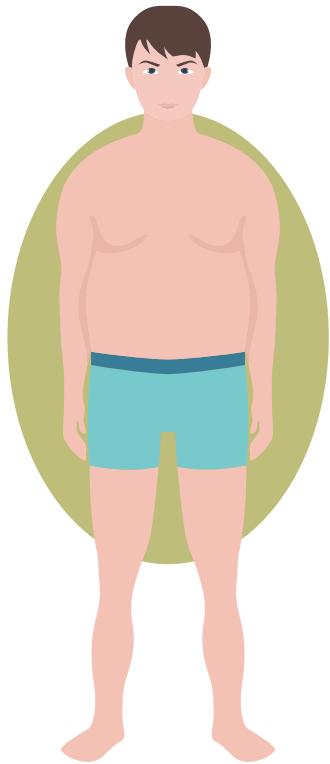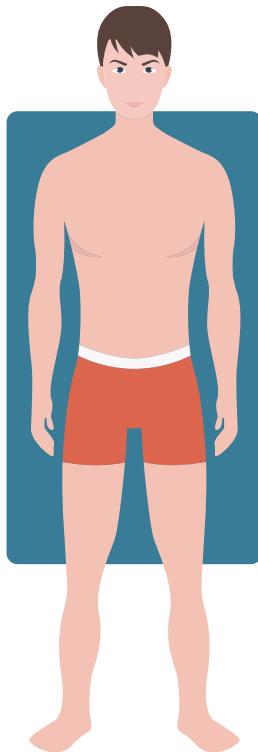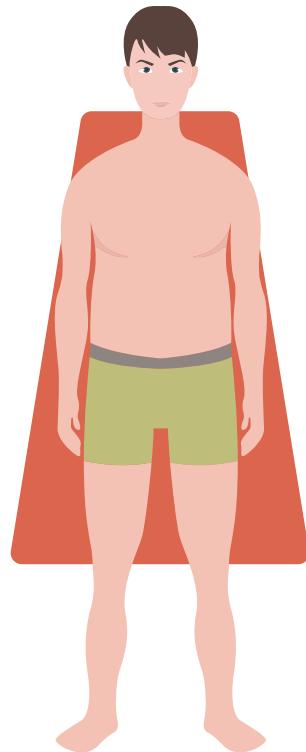
ROUNDED   RECTANGLE   TRIANGLE   INVERTED
                                                      TRIANGLE
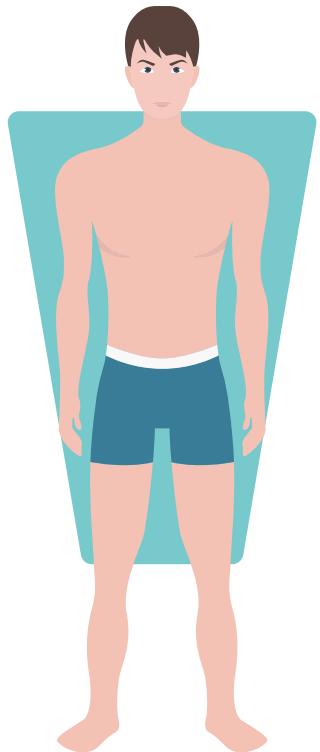
WARDROBE OPTIONS AND ACCENTS

What accent color would you use to enhance this street style clothing?

MEN'S ACCESSORIES

Accessory pieces should be part of all wardrobes. What basic wardrobe pieces would these accessories enhance?

WHITE T-SHIRTS

How do you wear your white T? Do these white t-shirts fit? How do you know?

ONLINE SHOPPING AND APPS

Online shopping becomes more popular each year. What apps or online services do you use?
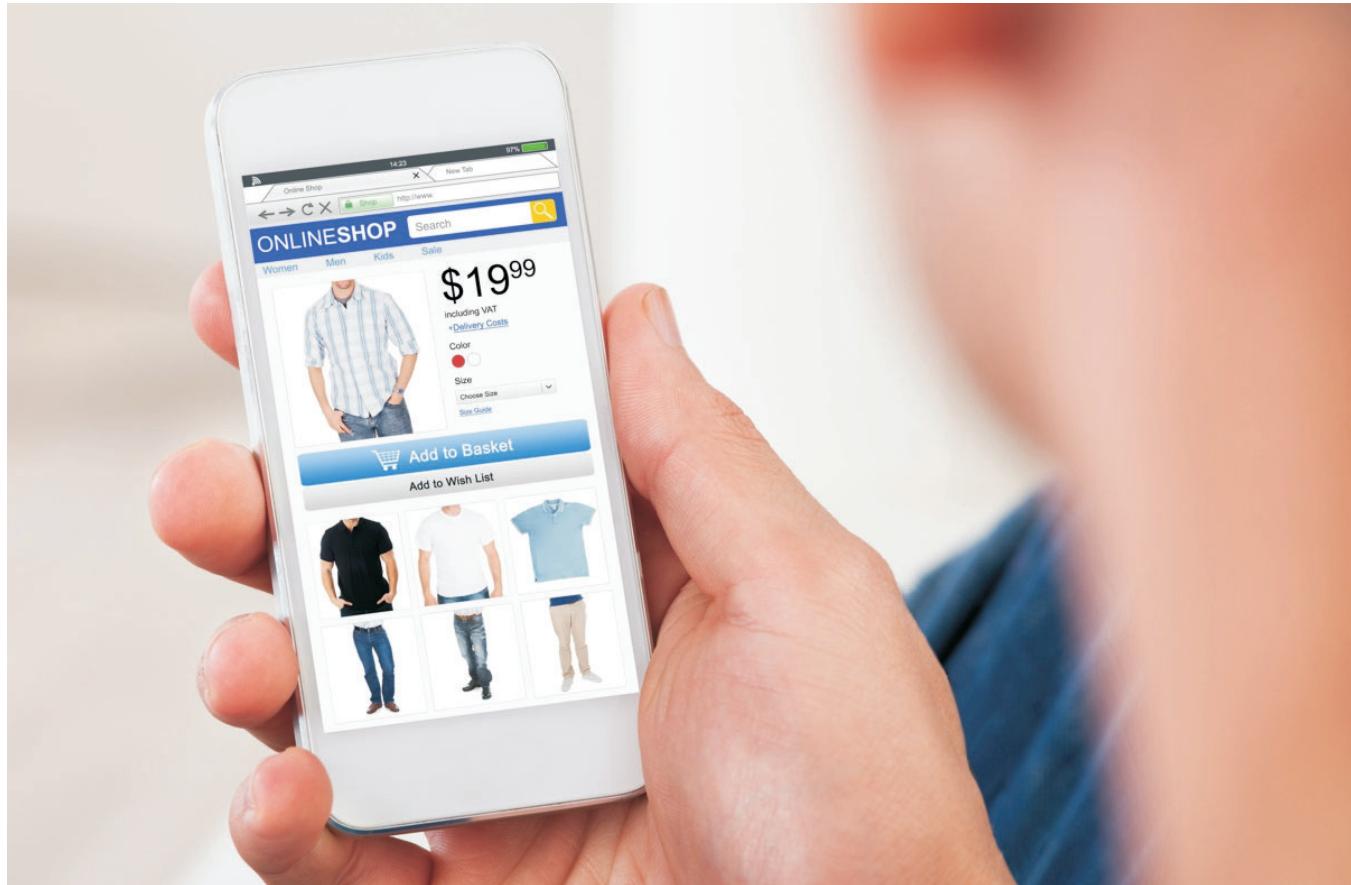
WOMEN'S BODY MEASUREMENT CHART
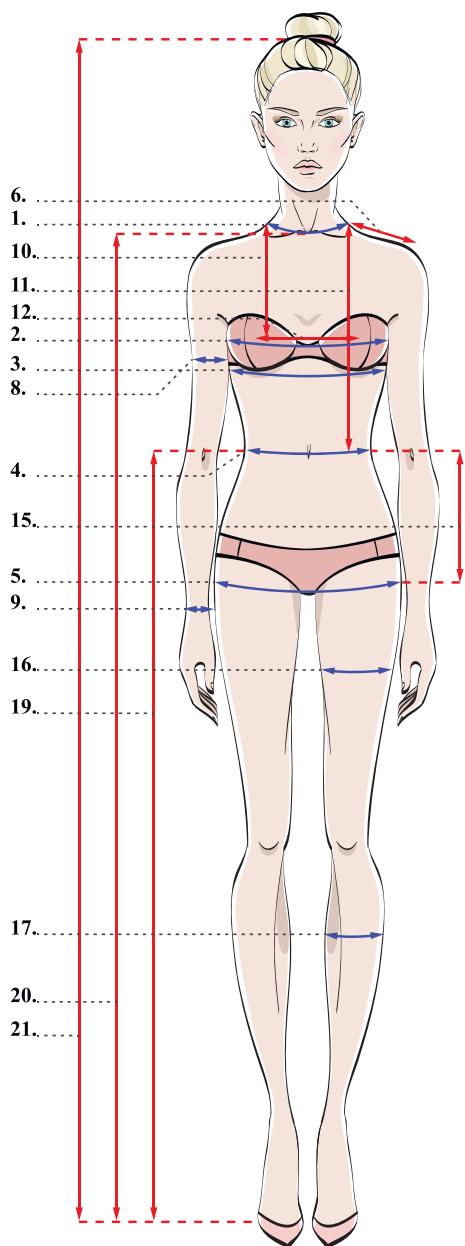
Measurement Chart

1.	Neck	
2.	Bust	
3.	Under bust	
4.	Waist	
5.	Hips	
6.	Shoulder	
7.	Arm length	
8.	Bicep	
9.	Wrist	
10.	Bust height	
11.	Shoulder to waist (front)	
12.	Bust separation	
13.	Shoulder to waist (back)	
14.	Back width	
15.	Hip height	
16.	Thigh	
17.	Calf	
18.	Leg length	
19.	Waist to floor	
20.	Neck to floor	
21.	Total height	

MEN'S BODY MEASUREMENT CHART

BODY MEASUREMENT CHART

Name _____
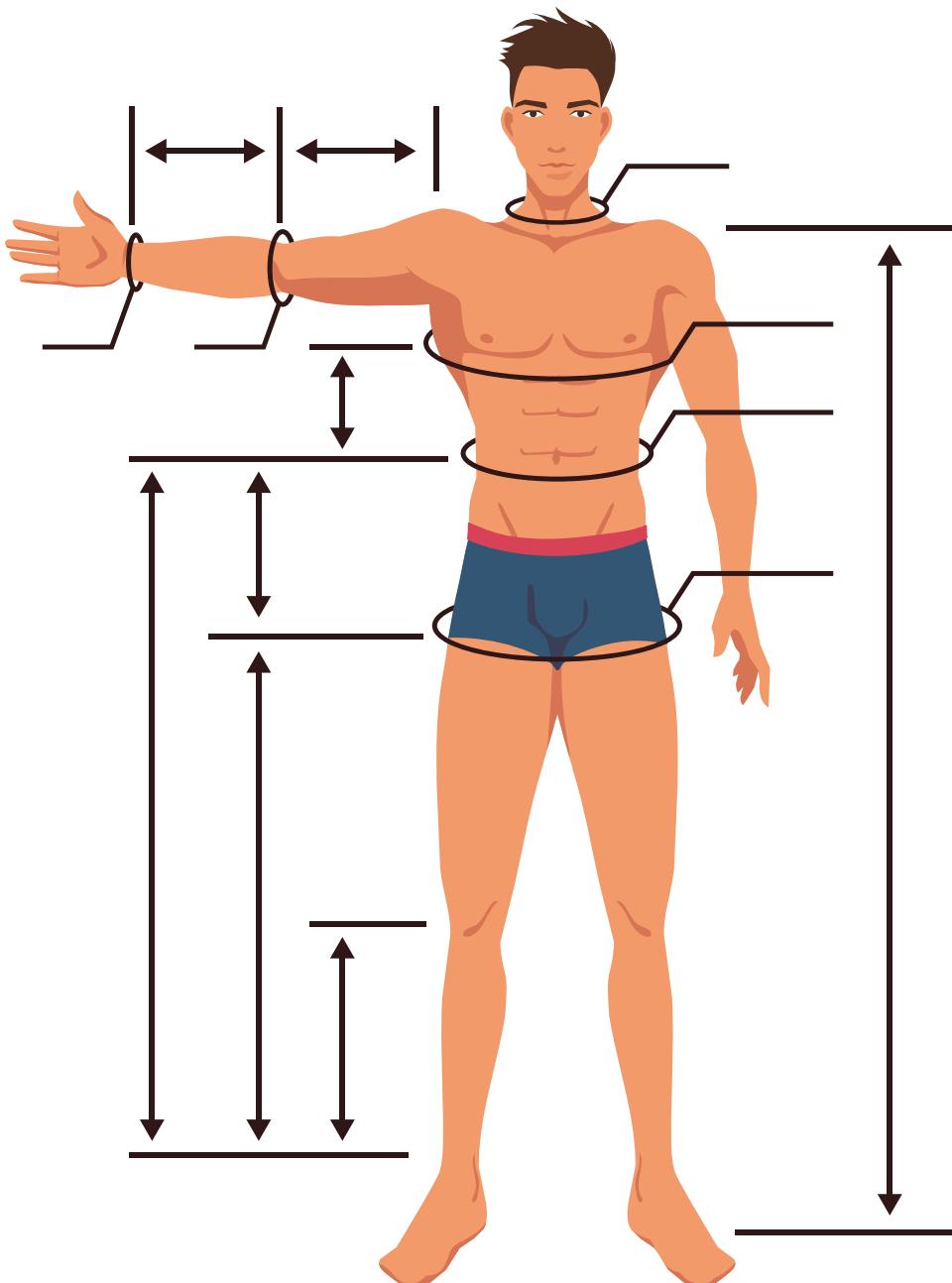
Outfits for My Body Type

Purpose

The purpose of this lab activity is to select wardrobe outfits for your personal body.

Objectives

1. Take your body measurements.

2. Identify garments to enhance your specific body type.

3. Create a "poster" of outfits for your body type.

Materials

♦ lab sheet

♦ class notes

♦ blank white paper or cardstock

♦ device with Internet access

♦ fashion magazines

♦ coloring materials of choice (colored pencils, markers, crayons, etc.)

♦ tape measure

♦ VM–F and VM–G

Procedure

1. Take your body measurements to help establish body type. Using the measurement information and by observing your own body in a full-length mirror conclude your body type and list it here: _____

2. Create a body type "poster" on a piece of blank paper or cardstock. Letter your body type at the top of the page.

    a. Underneath the page title, and without giving specific measurements, neatly explain how you determined your body type.

    b. Next, find three (3) outfits that enhance/flatter your body type. Print images as needed or cut out images from fashion magazines. (Leave enough room under each outfit to write a caption.)

    c. Write a caption for each outfit that summarizes how the outfit enhances/flatters your body type. (For example, a pear body type might find an image of a ruffled top with wide palazzo pants. The reason it enhances/flatters is that the ruffles add bulk to the upper torso and the width of the palazzo pants balances the top.)

    d. This assignment will not be shared with other students. Be honest and thoughtful about your choices, as this lab is a first step to planning your wardrobe.

3. Turn your completed lab sheet in to your instructor.