

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After watching *Wardrobe Planning: Dressing for Your Body Type*, answer the following review questions.

Shopping Strategies

1. What is the difference between a need and a want?

2. What are the four things to think about when deciding where to shop?

- _____
- _____
- _____
- _____

3. When are the best times to shop?

Your Body Type

1. What are the four female body types?

- _____
- _____
- _____
- _____

2. How do you determine body type through measurement?

3. What are some styling tips Carly offers to create an hourglass figure?

- _____
- _____
- _____

4. What are the two male body types?

- _____
- _____

Color, Pattern, and Texture

1. Define the following color combinations:

Triad: _____

Complementary: _____

Split complement: _____

Analogous: _____

2. Pattern creates texture and dimension to an outfit. Where should pattern be worn on each of the female body types?

Triangle: _____

Inverted triangle: _____

Hourglass: _____

Rectangle: _____

3. What two tips should you consider when mixing patterns?



Accessorizing

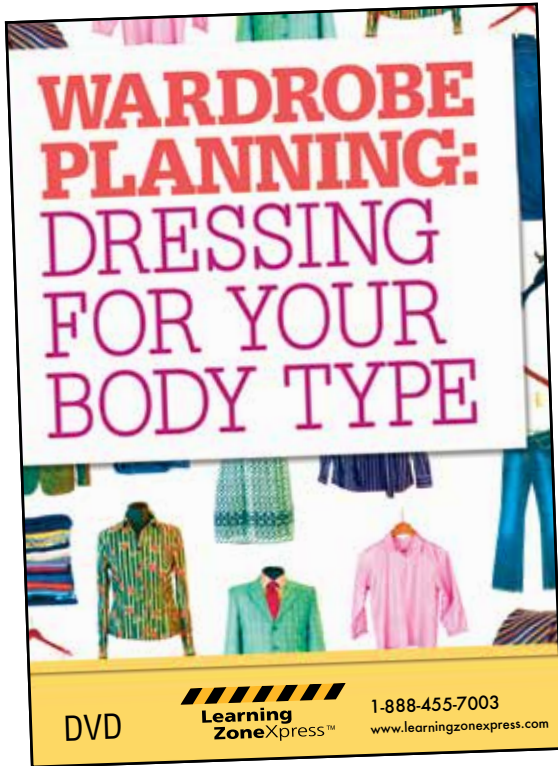
1. What tips does Carly suggest for choosing a necklace and earrings?

2. What accessory advice does Carly offer for men?

3. When purchasing a handbag, what should you look for?

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4. What features should men and women look for when buying shoes?



ANSWER KEY

Review:

After watching *Wardrobe Planning: Dressing for Your Body Type*, answer the following review questions.

Shopping Strategies

1. What is the difference between a need and a want?
A want is something great to have, but not something necessary for everyday life. Needs are basic essentials we absolutely must have.
2. What are the four things to think about when deciding where to shop?
 - **Price vs. quality (match quality of clothing with budget)**
 - **Types of merchandise (go to stores that match needs, not wants)**
 - **Location and store hours (convenient for you and your lifestyle)**
 - **Advertising vs. loyalty (don't be enticed by advertising to get you into the door)**
3. When are the best times to shop?
Early in the season will offer the best selection and wider variety of choices. Later in the season you'll find better prices and sales. Bad weather, early morning, or around dinnertime stores tend to be less busy.

Your Body Type

1. What are the four female body types?
 - **Hourglass**
 - **Rectangle**
 - **Inverted triangle**
 - **Triangle**
2. How do you determine body type through measurement?

You must measure the widest part of your shoulders, the smallest part of your natural waistline, and widest part of your hips. Compare the shoulder to hip ratio. If the measurement is more than a 2" difference, you are considered either an inverted triangle (greater shoulder measurement) or triangle (greater hip measurement). If the measurement is less than a 2" difference, you are a rectangle or hourglass. If your waist measure is greater than 8-10" smaller than shoulder measure, you are an hourglass shape.
3. What are some styling tips Carly offers to create an hourglass figure?
 - **Hourglass shapes should emphasize waist by tucking in shirts**
 - **Triangle shapes should wear darker colored bottoms and wear pants with tubular shapes, and brighter colors, texture, and patterns on top.**
 - **Rectangle shapes can define a waist by adding a belt.**
4. What are the two male body types?
 - **Rectangle**
 - **Inverted triangle (athletic build)**

Color, Pattern, and Texture

1. Define the following color combinations:

Triad: **Any combination that makes a triangle on the color wheel (red, yellow, blue)**

Complementary: **Colors across from one another on the color wheel (orange and blue)**

Split complement: **Color to the left or right of a color's complement (red and yellow-green or red and blue-green)**

Analogous: **Three colors next to each other on the color wheel (green, blue-green, blue)**
2. Pattern creates texture and dimension to an outfit. Where should pattern be worn on each of the female body types?

Triangle: **Higher (tops)**

Inverted triangle: **Lower (bottoms)**

Hourglass: **Anywhere**

Rectangle: **Anywhere**
3. What two tips should you consider when mixing patterns?

Use a common color for both patterns. Either use patterns that are very similar or very different in scale to make the mixing look intentional.

Accessorizing

1. What tips does Carly suggest for choosing a necklace and earrings?
Necklaces should create a scoop neckline to draw the eye up toward the face in a way that complements a long, lean look. Too short can cut off your neckline and too long can take away from a narrow waistline. Look for oval-shaped earrings rather than round. Drop pendant earrings are most versatile. When wearing larger earrings, either skip the necklace or choose a minimal necklace.
2. What accessory advice does Carly offer for men?
Ties and pocket squares should blend with your outfit, but not match completely. Choose medium width ties for longevity. Your belt should be a general match to your shoes. Socks should match your pant color. You can add a pop of color or print.
3. When purchasing a handbag, what should you look for?
 - **Shape**
 - **Quality materials**
 - **Saturated or neutral color**
4. What features should men and women look for when buying shoes?
Men should look for shoes with a streamlined toe and back with a minimal heel. Women should look for an almond-shaped toe, a streamlined heel, and “toe cleavage” (enough of a opening that the base of the toes can be seen).