

LOOKIN' GOOD!



***A Mini-Micropedia
Activities for Real Life Learning***

by

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LOOKIN' GOOD!

ACTIVITIES for "REAL LIFE"

These experiences are designed to go along with "*Lookin' Good! A Mini-Micropedia.*" * or *I CAN DO IT! A Micropedia of Living On Your Own.* The sheets are designed to be used:

- with the Mini-Micropedia or *Micropedia* to apply and practice the knowledge offered in the book.
- by themselves as appropriate to the teacher and the learner.

It is especially meaningful to allow the micropedias or mini-micropedias to go with the "students" after their training. In this way they can look up what they need to know when they need it.

LEVELS OF LEARNING

The experiences are designed for three different levels of understanding needed when grooming and buying and caring for clothing.

1. **MINIMAL:** This is for very basic knowledge needed. It includes: fabric types, clothing labels; removing simple stains; laundry steps; hand laundering; personal grooming.
2. **INTERMEDIATE:** This is for further knowledge and includes: creating a wardrobe inventory and clothing plan; making a clothing budget; ironing; simple clothing repairs; shoe care.
3. **ADEQUATE:** This unit offers more comprehensive knowledge needed. Included are: judging quality and fit of clothing; seasonal clothing storage.

ADDED SUGGESTIONS FOR LEARNING

The cover sheet for each level has additional ideas for teaching. These are added to enrich the learning and to apply the knowledge learned in different ways. They will expand the knowledge through real applications. This will be especially meaningful for different types of learners.

TESTS ARE INCLUDED

If you need to know where the learner's knowledge level is before training, pre-tests are included. They are in the form of oral tests. There are also post-tests that can help evaluate what was learned.

* "*Lookin' Good! A Mini-Micropedia*" is taken from appropriate chapters of "*I CAN DO IT! A Micropedia of Living On Your Own*" by Marian B. Latzko M.S.

NOTE: THESE MATERIALS ARE TO BE USED IN ONE EDUCATIONAL SETTING FOR EDUCATIONAL PURPOSES ONLY.

LOOKIN' GOOD!

A Mini-Micropedia

(level 1, MINIMAL)

These experiences are designed for minimal knowledge needed clothing choice and care.

- Persons teaching clothing and its care can use *Lookin' Good! A Mini-Micropedia* along with these added learning experiences.
- The learning materials can be used with the *Mini-Micropedia* or by themselves.
- There is a pre-oral test and an objective post test included.

The objectives of this unit are to:

1. Understand fabrics and their care (types of fibers, laundry products)
2. Interpret clothing labels
3. Remove simple stains from clothing
4. Demonstrate laundry steps at home and/or a Laundromat
5. Understand hand laundering steps
6. Plan and record personal grooming habits.

Suggested Added Learning Experiences

(These can be used according to the capability of the learner.)

1. Create ads for laundry products.
2. Research stain removal on internet (i.e. www.sdahq.org)
3. Analyze full basket of normal laundry including linens.
4. Look at thread and fibers under a microscope.
5. Visit a Laundromat.
6. Create a laundry supply basket or box.
7. Set up a grooming school.
8. Create a puppet show depicting different fibers and their care process.
9. Visit a beauty parlor that services both men and women and learn grooming techniques.
10. Visit a dry cleaning store and laundromat.
11. Research how synthetic threads and fibers are made.



WHAT CAN A MICROSCOPE TELL US?

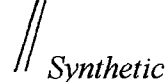
If you look at a fiber under a microscope, each fiber looks different.



Cotton



Wool



Synthetic

Cotton has a lumen down the center that was used to “feed” the cotton plant. *Wool* has scales. *Synthetics* are tube-like. They resemble a plastic straw.

Each fiber needs to be handled differently. Since there are so very many synthetics, it will be meaningful to understand how to care for them in a general way. Let’s explore!

Since synthetics resemble plastic straws, list the qualities you think a plastic straw has (i.e. consider strength, durability, absorption, heat, and shape.)

Since synthetic (man-made) threads are similar to plastic straws, what does this tell you about specific laundry processes of clothes made of synthetics? Relate to the following:

Water temperature

Ironing temperature

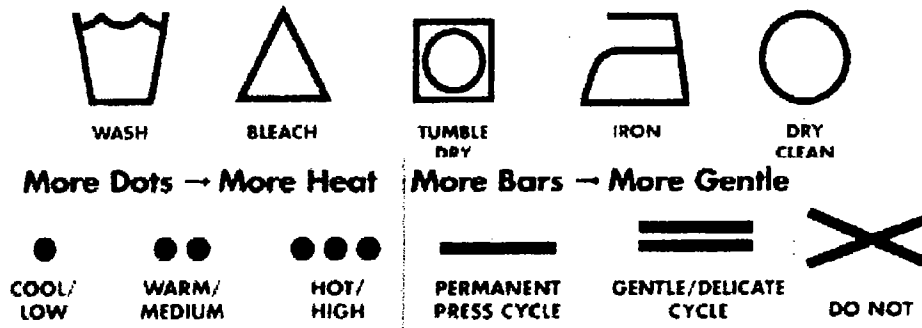
Drying process

Laundering process

Stain removal

(Now you might like to consider the handling of wool. (It resembles hair. Qualities of hair are that it tangles easily. It has oils that help its beauty. It can restore these oils. It can generally break off easily.) How do these traits relate to the care of a wool sweater?

MAKE YOUR OWN LABELS



Draw labels for clothes requiring the following care:

1. Machine wash
Warm water
Any bleach (when needed)
Normal cycle
Tumble dry any heat
2. Dry clean
Do not wash
3. Machine wash
Delicate/gentle cycle
Cool/cold water
Low tumble dry
Iron- low (dry or steam heat)
4. Hand wash
Do not tumble dry
Drip dry
Iron, medium temperature
5. Machine wash/permanent press cycle
Only non-chlorine bleach (when needed)
Tumble dry-medium heat setting
Iron medium (Dry or Steam Temperature)

Working in groups compare labels and see if labels agree.

Discuss:

- What can happen if label directions aren't followed?
- Where are clothes made?
- Why were simple symbol labels created?
- Do you know how to recognize different types of fabrics?



STAIN PRESCRIPTIONS

Decide how to treat the following stains. Complete the chart below. You can describe or demonstrate.

<u>STAIN</u>	<u>MATERIALS NEEDED</u>	<u>STAIN REMOVAL METHOD</u>	<u>SUCCESS DESCRIPTION</u>
Chocolate			
Cola			
Grass			
Gum			



STAIN PRESCRIPTIONS

Decide how to treat the following stains. Complete the chart below. You can describe or demonstrate.

<u>STAIN</u>	<u>MATERIALS NEEDED</u>	<u>STAIN REMOVAL METHOD</u>	<u>SUCCESS DESCRIPTION</u>
Lipstick			
Coffee			
Crayon			
Other			



WHO WINS THE LAUNDRY GAME?



The objective of this game is to learn how to remove stains from fabrics.

Divide group into two teams.

Create a name for each team.

Create index cards with the names of stain problems listed below:

mustard	meat	lipstick	milk	egg
blood	nail polish	rust	coffee	cola
ice cream	chocolate	ink	candle wax	orange juice
vomit	grease	deodorant	mildew	mud

Create another set of index cards with stain removal processes listed along with the name of stain to be removed.

Set rules for time allowed to give the answer to removal process of the chosen stain card.

Team #1 draws a card from the pile of stain problem index cards.

Team #2 explains how to treat the stain. (One point is scored for a correct answer.)

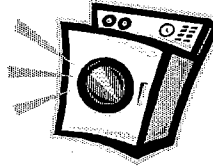
Team # 2 then draws a card from the pile of stain problem index cards.

Team # 1 explains how to treat the stain. (One point is scored for a correct answer.)

Alternately draw a card from the pile of stain problems. The one with the most points for correct answers **WINS !**

SCORE SHEET	
Team # 1	Team # 2

I DID THE LAUNDRY!



Help do the laundry at home or at a Laundromat.

Check off the items that were accomplished:

- Read the labels and analyzed the fabrics.
- Sorted the items by color and fabric.
- Prepared pieces for washing.
 - emptied pockets
 - closed zippers and hooks
 - knotted belts, strings, and long stockings
 - brushed lint from cuffs and pockets
 - repaired holes or tears
 - removed trims that could fade
 - turned inside out: permanent press garments with creases or prints, knits, jeans

Removed stains

Type of stain #1: _____

Prechecked stain remover on unseen part of garment? _____ (yes or no)

Process and products used: _____

Type of stain #2: _____

Prechecked stain remover on unseen part of garment? _____ (yes or no)

Process and products used: _____

Type of stain: #3 _____

Prechecked stain remover on unseen part of garment? _____ (yes or no)

Process and products used: _____

Washed clothes and linens

Load #1 Water temperature _____ Type of products _____

Load #2 Water temperature _____ Type of products _____

Load #3 Water temperature _____ Type of products _____

Load #4 Water temperature _____ Type of products _____

Garments that were hand laundered: _____

Dried and ironed items

Used dryer (Drying temperature of cycle _____)

Line dried

Ironed items

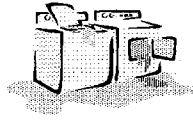
Folded items

Put items away

Handled correct money if using a Laundromat.

Problems I had:

Name of person observing _____ Date accomplished _____



LAUNDRY PROCESS



How do you wash a pair of 100% cotton blue jeans?
(The jeans are stained with oil and grass.)
The label reads:

Check the correct wash load to use:

- white and colorfast
- light colors
- dark colors
- fluorescent colors
- hand painted, tie dyed, block print
- machine washable wool
- permanent press, synthetic
- terry cloth, lint creators
- hand washable, loosely knit, lacy knits

Prepreparation steps:

Stain removal process:

Washing products that can be used:

- chlorine bleach
- oxygen bleach
- enzyme presoak
- all-purpose detergent
- light duty detergent
- soap
- wool cleaners
- laundry detergent

Water temperature to use for washing

cold warm hot

Water temperature to use for rinsing:

cold warm hot

Agitation speed:

slow medium fast

Drying process:

Ironing:

Necessary Not necessary

Iron temperature:

How do you wash a machine washable wool?
(There is a tomato sauce pizza stain on the front.)
The label reads:

Check the correct wash load to use:

- white and colorfast
- light colors
- dark colors
- fluorescent colors
- hand painted, tie dyed, block print
- machine washable wool
- permanent press, synthetic
- terry cloth, lint creators
- hand washable, loosely knit, lacy knits

Prepreparation steps:

Stain removal process:

Washing products that can be used:

- chlorine bleach
- oxygen bleach
- enzyme presoak
- all-purpose detergent
- light duty detergent
- soap
- wool cleaners
- laundry detergent

Water temperature to use for washing:

cold warm hot

Water temperature to use for rinsing:

cold warm hot

Agitation speed:

slow medium fast

Drying process:

Ironing:

Necessary Not necessary

Iron temperature:



Washing Things by Hand. . .

Demonstrate or explain how to hand wash the following items:

WOOL SWEATER:

Product used:

Temperature of water:

Process of agitation:

Rinse process:

Drying process:

Other information:

SILK SHIRT:

Product used:

Temperature of water:

Process of agitation:

Rinse process:





Drying process:

Ironing process:

Other information:



MY GROOMING PLAN CHECKLIST

Grooming Area	I do this regularly	I need to know more about this	I need improvement
 Body Wash face twice a day. Shower or bathe daily. Wash hands after using bathroom. Wash hands before eating or preparing food. Use deodorant or antiperspirant when necessary.			
 Hands and Nails Trim and file fingernails weekly or as needed. Trim and file toenails weekly or as needed. Avoid nail biting. Remove chipped fingernail polish. Keep fingernails clean Push back cuticle after shower or bath.			
 Hair Shampoo hair as needed. Brush daily. Brush or comb as needed. Shave facial hair appropriately as needed. Style hair appropriately.			
 Dental Brush and floss teeth after meals. Visit dentist at least once a year. Rinse mouth with water after eating snacks. Limit carbohydrate intake between meals.			
 Clothing Wear clean and mended clothes. Wear clean or polished shoes. Wear clothes appropriate to the occasion. Wear clothes becoming to you. Maintain good posture so clothes look good.			

List any roadblocks you have that can keep you from good grooming habits.

List ways to overcome the roadblocks.

How can you find the information you need?

MY "CHANGE A HABIT" PLAN

Looking back at your grooming chart, list items below that you want to improve.

<i>Items I want to improve:</i>	<i>How I'll improve them:</i>	<i>Date to accomplish:</i>
1.		
2.		
3.		
4.		
5.		
6.		
7.		

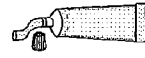
Signed: _____ Date: _____

Evaluate your success!

Create a picture, rap poem, or poem about your successes and your failures.



GROOMING COSTS



When figuring budgets, costs of grooming can come as a surprise. The chart below will help to:

- *analyze your personal grooming costs
- *consider alternatives for cutting costs

GROOMING SUPPLIES I USE	COST	ALTERNATIVE
Hair (shampoo, mousse, conditioner, etc.)		
Face (soap, make-up, razor, lotion, medication, etc.)		
Body (lotions, deoderants, perfumes, soaps, etc.)		
Mouth (toothpaste, mouthwash, dental floss, etc.)		
Hands (nail polish, lotion, cleaners, creams, etc.)		
Professional help (hair cuts, permanents, etc.)		
Other things:		

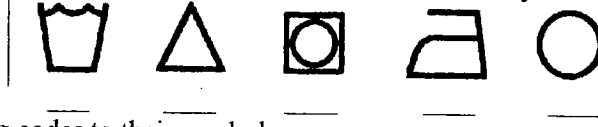
Oral Pre-Test
“Lookin’ Good!”
(Level 1 - Minimal)

1. Why is it helpful to recognize fabrics in clothing? *(If labels are gone, you know how to care for items.)*
2. Do you recognize the meaning of the label symbols on your clothes? *(Answer yes or no. Should give examples.)*
3. Do you know how to remove the following stains from clothes: mustard, coke, ketchup, grass, mud? *(Answer yes or no. Should be able to explain products used and the method of removal.)*
4. Explain laundry products to use when doing laundry. *(enzyme pre-soak, detergents, starch, heavy duty detergent, oxygen bleach.)*
5. Have you ever done family laundry? *(Yes or no) What steps did you follow? (Read labels. Sort. Prepare by doing such things as: clean pockets, remove trims, zip zippers, repair seams. Remove stains. Wash with appropriate laundry products and wash/dry temperature. Iron if appropriate.)*
5. How do you do hand washing of:
 - a. A sweater *(Dry clean if recommended. Use cool water with special cold water cleansers. Gently squeeze solution through fibers. Rinse well. Press water out with hand. Roll in towel. Lay flat. Stretch to shape.)*
 - b. A silk shirt *(If hand washable, launder gently in lukewarm water with detergent compatible with silk. Rinse in lukewarm or cold water. Wrap in towel. Dry on gentle cycle or hand to dry or iron when damp.. Iron on reverse side at low temperature.)*
6. Do you have a regular grooming plan? *(Yes or no) How do you groom your hands, face, body, teeth? Is there any habit you should work on? Why is clothing care a part of grooming? (Image is given by condition of clothing.)*

EVALUATION

1-5. Match the following symbols with their meanings:

- a. wash b. tumble dry c. bleach d. dry clean e. iron



6-11. Match the following codes to their symbol:

- a. cool/low b. warm/medium c. permanent press cycle d. hot/high
e. do not f. gentle/delicate cycle



12-16. Match the following stain removal methods with the stain that is to be removed:

- | | |
|---|--|
| <p>___ 12. blood</p> <p>___ 13. chewing gum</p> <p>___ 14. lipstick</p> <p>___ 15. grease</p> <p>___ 16. cola</p> | <p>a. Pretreat with stain remover, liquid laundry detergent, paste of powder detergent, and water. Rinse. Launder</p> <p>b. Soak in cold water. Launder. If stain remains, use bleach safe for fabric.</p> <p>c. Soak in enzyme product. If stain remains, use bleach safe for fabric.</p> <p>d. Sponge or soak in cool water. Pretreat with prewash stain remover or detergent and water. Launder using bleach safe for fabric.</p> <p>e. Harden with ice, scrape off, saturate with cleaning fluid or prewash stain remover. Rinse. Launder.</p> |
|---|--|

Match the following product with its definition:

- | | |
|--|---|
| <p>___ 17. water softener</p> <p>___ 18. light-duty detergent</p> <p>___ 19. chlorine bleach</p> <p>___ 20. laundry detergent</p> <p>___ 21. oxygen bleach</p> | <p>a. detergent created for fragile garments</p> <p>b. dry bleach that works on most fabrics</p> <p>c. detergent created for many fabric types</p> <p>d. liquid sodium hypochlorite</p> <p>e. an agent that removes water hardness minerals</p> |
|--|---|

Place an "X" in front of all of the best answers:

22-26: Synthetic fibers should be:

- ___ washed in hot water to remove stains
- ___ dried in moderate heat
- ___ removed from dryer when cooled
- ___ ironed with cool to warm temperature
- ___ none of the above.

27-31: Labels were required by law because:

- ___ fibers can require different care
- ___ wool is not always washable
- ___ different fibers are sometimes blended together
- ___ it is difficult to judge types of fibers
- ___ all of the above.

32-36: When grooming you should:

- ___ cut toenails straight across
- ___ use lotion on skin when it is dry
- ___ brush hair daily
- ___ brush and floss teeth after every meal
- ___ all of the above.

37-41: Which of the following items can be safely washed together in hot water?

- ___ white cotton shirts
- ___ silk print shirt
- ___ plain white cotton sweat shirt
- ___ light blue color fast shirt
- ___ washable red sweater

42-46: Which of the following statements are general rules for all stains on washable items?

- If cause of stain is unknown, rinse in hot water
- All stains may not come out
- Launder garment after stain is removed
- Test fluorescent colors for color fastness
- Follow directions on any spot remover product.

47-51: Which of the following statements are general rules to use when drying clothes in a dryer.

- Don't over dry items.
- Use appropriate dryer setting for items.
- All types of items can be dried together.
- Total garments should dry when removed from dryer.
- All of the above.

52-56: Put an "S" in front of synthetic fabrics and an "N" in front of natural fibers:

- silk
- polyester
- wool
- nylon
- rayon

Place a "T" in front of the statements that are true. Place an "F" in front of the statements that are false:

- 57. Fabric blends should be treated as the stronger of the fibers.
- 58. Clothes that need gentle handling should be washed separately.
- 59. Skin does not need protection from the sun.
- 60. Enzyme detergents work well on protein based stains such as milk.
- 61. Cotton is stronger than wool.
- 62. Spray, stick, or liquid stain removers work on most small stains and soil lines.
- 63. If you choose to wash all types of clothes together, use cold water and cold water soap.
- 64. All bleaches are the same.
- 65. You should not overload a washer.
- 66. Jeans should be turned inside out for laundering.
- 67. Cuticles should be pushed back when washing fingers and toes.
- 68. Lifting corners of toe nails when trimming can help avoid ingrown nails.
- 69. Spandex is a natural fiber.
- 70. A liquid chlorine bleach can intensify a rust stain.
- 71. Stain removers can be mixed safely.
- 72. If two different stain removers are used, it isn't necessary to rinse between uses.
- 73. Ironing does not affect stains.
- 74. Laundry detergent should be added to water after items are put in the washer.
- 75. Clothes should be removed from dryer immediately to avoid wrinkles.
- 76. Silk garments should be ironed on the right side.

77-81: Explain how to dry clothing on a clothes line.

82-86: Explain process of laundering a wool sweater.

87-90: Explain why grooming is important.

