ACTIVITY 1

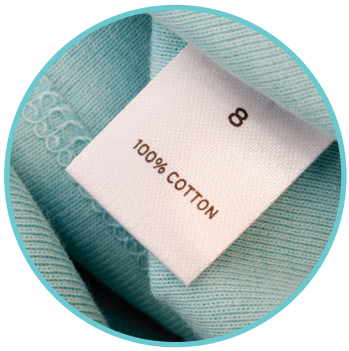
The Fiber Factor

REPRODUCIBLE MASTER: G4-6

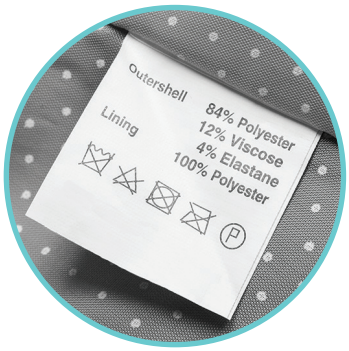
Food can be tasty or nutritious depending on the ingredients. Clothing has ingredients, too. Clothing ingredients can be natural, meaning they occur in nature, or synthetic, meaning they are manufactured from chemicals or other sources such as crude oil.

Part 1:

Look at these two clothing labels from different shirts. Each label lists the fiber ingredients in the shirt. Check out the link at https://thefabricofourlives.com/the-benefits-of-cotton. Then answer the questions.



Shirt #1



Shirt #2

1. Which shirt is made of all-natural fibers? What are the "ingredients" in that shirt?

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2. Which shirt is made of synthetic fibers? What are the "ingredients" in that shirt?

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3. Thinking about what you learned from the websites about the properties of fibers, which shirt best fits your style, and why?

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Part 2:

For each of the statements below, write a C for "cotton" or an S for "synthetic" to show which type of fabric best answers the question.

☐ 1. It's a hot, humid day. Which fabric breathes to help keep you cool?

☐ 2. You are performing on stage and want to avoid embarrassing static cling. Which fabric will you also want to avoid?

☐ 3. You've been up late doing homework, and you need a good night's sleep. Which sheet fabric will help you best catch some zzzz's?

☐ 4. It's time to run the marathon! You grabbed some sweats, but can detect an aroma that never washes out. What type of fabric is in your clothing?

☐ 5. You are headed to the store to buy a durable pair of jeans. What fabric is the only *real* denim?

Part 3:

Show off your style! You need an outfit for a fall festival, where it could be chilly or warm, sunny or damp. On the other side of this sheet, design your outfit, and describe how the fibers can keep you comfortable in unpredictable conditions. Don't forget options like the ability to add or remove layers as the temperature changes during the day.

What's your style?

Check your closets! Write down the different types of fibers you find on up to five of your clothing labels. Bring the list back to class and compare results. Which fibers were most common, and which were least common? Discuss the benefits and pitfalls of the fibers you found.