

ACTIVITY 1

The Fiber Factor



REPRODUCIBLE MASTER: G5-8

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?

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

3. On the back of this sheet, write a consumer reports blurb or an online shopping site customer review comparing the two shirts.

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. There's no room in your budget for dry cleaning. Which fabric will last a long time even after repeated washings?
- 5. 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?
- 6. You are headed to the store to buy a durable pair of jeans. What fabric is the only *real* denim?

Now create two more questions to challenge your classmates!

Part 3: Show your fiber savvy! Using the information you learned, create a new product made from cotton. Work with a partner to brainstorm your product, describe it, and explain how the properties of cotton benefit your new product.

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.

