

Home Economics

Textiles, Clothing and Fashion



Topic: Natural Silhouettes

Group Level: Form Five

Instructions:

1. Read the information provided on the topic.
2. Review what you have learned by completing the worksheet.
3. Use the answer key to assess your performance.

Natural Silhouettes (sí-loo-et)

Natural Silhouette is the shape of the body which is also referred to as the figure type. This is identified by the skeletal structure and the quantity and distribution of muscle and fat on the body. Bodies come in all different shapes and sizes, hence we are all a little bit different. Most natural silhouettes can be categorized into five broad types and are named after shapes such as, rectangle, triangle, oval and hourglass.

Here are the five major body shapes

Body Shape	Characteristics
(1) Rectangle (also known as Straight or Banana)	<ul style="list-style-type: none">▪ The bust and hips are basically the same size (balanced)▪ The waist is slightly smaller than the bust and hips (undefined)▪ Not many curves▪ Straight hips and bottoms▪ Well aligned shoulders and hips
(2) Triangle (also known as Pear, Bell or Spoon)	<ul style="list-style-type: none">▪ Full hips and thigh▪ Rounded shoulders with a smaller bust▪ Hips are larger than the bust▪ Waist is nicely defined, it gradually slopes out into the hips▪ Rounded bottom
(3) Hourglass (also known as X shape)	<ul style="list-style-type: none">▪ Full bust▪ Bust and hips are well balanced▪ Beautifully defined narrow waist which curves out to the hips.▪ Rounded bottom▪ Curvy body
(4) Inverted Triangle (also known as athletic or apple)	<ul style="list-style-type: none">▪ Proportionally larger upper body▪ Broad shoulders and a wide back▪ Average to big bust▪ Less defined waist▪ Narrow hip
(5) Round	<ul style="list-style-type: none">▪ Large bust▪ Narrow hips▪ Full midsection▪ Waist is undefined and largest part of the figure▪ Full shorter neck and full face

Click on the link below to see images of the above Five Major Body Shapes.

<https://previews.123rf.com/images/a7880s/a7880s1808/a7880s180800051/106577397-human-body-shapes-female-figures-types-set-vector-illustration.jpg>

Worksheet

Answer all questions

1. Define the term 'Natural Silhouette.'

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(1 marks)

2. Complete the table below.

Body Shape	Bust to Hips relationship	Waist description
Oval		
Hourglass		
Triangle		
Rectangle		
Inverted Triangle		

(15 marks)

Total 16 marks

Answer Key

1. Natural Silhouette is the shape of the body which is identified by the skeletal structure and the quantity and distribution of muscle and fat on the body. (1 marks)

2. Complete the table below.

Body Shape	Bust to Hips relationship	Waist description
Oval	Large bust and narrow hips	Undefined
Hourglass	Bust and hips balanced	Narrow
Triangle	Hips larger than bust	Nicely defined
Rectangle	Bust and hips are basically same size	Slightly smaller than bust and hip
Inverted Triangle	Average bust and narrow hips	Less defined

(2 marks for each correct bust to hip relationship = 10 marks)

(1 mark for each correct waist description = 5 marks)

(15 marks)

Total 16 marks

14 – 16 Excellent 11 – 13 Good
10 and under – Review information and try again

References

Websites:

<https://www.healthline.com/health/women-body-shapes>

<https://www.stylecraze.com/articles/different-body-shapes-of-women/>

Image:

Natural Body shape

<https://freesvg.org/img/nicubunu-Woman-Silhouette-6.png>