

## TECHNOLOGY AND LIVING Newsletter #2

### Technology Education Key Learning Area

As one of the elective subjects at the senior secondary level, Technology and Living (TL) provides a progression of challenging experiences for students who wish to build on their knowledge base through in-depth study of the learning elements and concepts relating to food or clothing. Students have the option of selecting either Food Science and Technology strand or Fashion Clothing and Textiles strand as their area of study.



Education Bureau  
Curriculum Development Institute  
Technology Education Section

Enquiry : [teched@edb.gov.hk](mailto:teched@edb.gov.hk)

## Fashion, Clothing and Textiles Strand

### Compulsory Part

1. Family Dimension
2. Fashion Design Basics
3. Textiles and Clothing Technology
4. Consumer Behaviour in Clothing Choices and Implications

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### Elective Part

1. Culture and Fashion Design
2. Textiles and Textile Technology
3. Apparel Industry

+

### School-based Assessment (SBA)

- Prescribed Task (experiment) and Design Folio
- Put theories into practice
- Apply knowledge and practical skills
- In-depth studies

### Further studies

- Fashion and Textiles
- Fashion design and marketing
- Fashion Technology
- Fashion Retailing and Marketing
- Fashion Merchandising



### Career Prospects

- Fashion designer
- Image design Consultant
- Creative director
- Fashion magazine journalist
- Fashion merchandiser
- Teacher





# CHAN Yan-yan

Bachelor of Arts (Honours)  
Fashion & Textiles (Intimate Apparel) –  
The Hong Kong Polytechnic University

As a recent graduate of the Hong Kong Polytechnic University's Fashion and Textiles with Specialism in Intimate Apparel, I am very happy to share my university life. When I look back, the most memorable thing was the exchange programme at the Fashion Institute of Technology in New York and an eight-week summer internship at Crystal International Group Limited. In my final year, I participated in an intimate apparel fashion show which wrapped up my university life perfectly. All of these could happen because of my passion in fashion design since I was a child and I took the TL (Fashion, Clothing and Textiles strand) in secondary school, which gave me the opportunity to fulfill my dream today to become a fashion designer.

TL, the subject that I took in secondary school had given me plenty of basic knowledge about the fashion industry and helped me master the basic skills and concepts of textiles and sewing which came in handy when I was in university. The TL (Fashion, Clothing and Textiles strand) curriculum is very broad, which includes family dimension, fashion analysis and the relationship between different aspects such as social and cultural etc. Textiles and Clothing Technology is about the scientific structure and technological development of textiles, and the Consumer Behaviour in Clothing Choices and Implication provides the basic economic concepts for the fashion market and marketing strategies. My favourite lesson was the development of fashion history. I think the most interesting thing is the relationship between the social, cultural, political and economic factors and the entire fashion trend. I was deeply attracted by the development of the global fashion industry and hoped to become part of it. Besides learning from textbooks, the most special part of

TL (Fashion, Clothing and Textiles strand) was that my teachers had deep understanding of the fashion industry and would walk me through the process of fashion design and the realisation of my work. I had the opportunity to start from design ideas and theme development, to how to use the mood board, and then from developing sketches to drawing fashion illustrations. In addition, my teachers helped us recognise different textile materials and apply suitable fabrics, pattern making and sewing skills for a design. They also gave us different types of assignments to strengthen our personal skills (such as problem-solving skills and organisational skills) and to develop our ability to finish a piece of fashion work on our own. The content covered in the subject provided me with a good foundation as I studied fashion in university, so I could present my fashion work on the stage perfectly!

On the other hand, the knowledge and abilities that I acquired from exploration and study in class can easily be applied to daily life. For example, I will note the characteristics of fabric and pay attention to the care label before washing the clothes. When I buy clothes, I will pay attention to the craftsmanship, place of manufacture and pricing of the clothes. I will even make my own clothes, unleash my creativity, enhance my personal fashion sense and my ability in fashion appreciation.

For students who are passionate about fashion design, TL can give you the most satisfaction. The first time I completed a fashion illustration for a competition, the first time I finished making a piece of clothing on my own, and created a big collection of works have brought me unlimited satisfaction and success, which deepened my passion to engage in the fashion industry, and prompted me to fulfill my dreams and goals step by step. I hope all of you can unleash your potentials and broaden your horizons as to fulfill your dreams.





# Benyapha TAI

Higher Diploma in Fashion Branding and Buying – Hong Kong Design Institute

Starting from kindergarten, my teachers and parents often asked me what my dreams were. At that moment, future seemed distant to me, and I would only answer “I do not know”. Until one day when I was in Primary Five, my sister and I wore my mother’s high heels and lipsticks while she was out for work, we put on some strange clothes and imitated to walk down the runway like the models in fashion shows on TV. At that moment, I envied of the models who could wear clothes from different brands, but I was even more envious of the designers who designed those clothes.

In Secondary Four, I chose TL (Fashion, Clothing and Textiles strand) as my elective subject. I still remember that day when I was with my classmates in the classroom listening to the teacher who enthusiastically explained about the subject and introduced the contents of seven modules, which made me realise that it covered a very broad subject matter, and fashion was also related to history, mathematics, science and art.

In my two and a half years of senior secondary school life, TL was my favourite subject. One of the reasons was the teacher’s great attention and careful guidance, and also because I could work hard together with my classmates. I often sat in the first row and kept asking questions on things I did not understand from the textbook. Although sometimes they were just insignificant questions, and I would have queries on the teacher’s explanation, the teacher still explained to me patiently. All these made me want to join the fashion industry even more. I remember when I was in Secondary Six, we needed to design and make a costume on our own. I was distressed because of my weak sewing skills, and desperate when I saw my classmates could sew a straight line better than I did. Even though I had learned a lot of concepts on garment construction in the past two years, it was not easy to finish a costume. However, for four days in mid-October, I stayed in school until 8 pm and spent more than five hours on the sewing machine each day. I once disliked Home Economics, but eventually I made friends with the sewing machine. Other than the teacher’s guidance, I also had a group of friends who accompanied me for the four days so I could finish the assignment. When darkness descended in the school campus with silence, only the Home Economics room was brightly lit. Because of everyone’s laughter, I did not give up. Finally, I was contented with the costume that I made with my heart, and I loved my work so much.

After Secondary Six, I enrolled in the Higher Diploma in Fashion Branding and Buying at the Hong Kong Design Institute. Like the general public, I did not know anything about this course before. However, I chose this course because I hoped to join the fashion industry in the future. I believe that a lot of people have never heard of this course, but I can tell you that this course had given me many opportunities to get in touch with the industry, which gave me a deeper understanding of the fashion industry. Besides the understanding of fashion design, this course required us to learn how to predict the next season’s fashion trends and the textile production etc. Fortunately, the knowledge I learned from TL (Fashion, Clothing and Textiles) in secondary school was relevant, so I could easily master the learning materials and complete my assignment smoothly in the first year. During that year, I had many opportunities to get in touch with the industry. For example, I participated in a denim design competition jointly organised by the Higher Diploma in Fashion Branding and Buying and Hong Kong Spinners. I also visited the garment factory and textile mill in the Mainland. In addition, I visited Japan Bunka Gakuen University with the school and participated in a short-term course on fashion branding. I also visited the flagship store of a famous international fashion brand and talked to the person in charge of fashion merchandising and retail management in Asia. All these helped me plan my future. After graduation, I continued to enroll in fashion-related courses and completed a university degree.

For those of you who have not decided what to do when you grow up, the fashion industry may surprise you. Clothing, food, accommodation and transportation are the basic necessities of life. As an important merchandising centre for the global fashion industry, Hong Kong needs professionals such as designers, materials procurement managers, product developers, fashion buyers, fashion retail managers, stylists, window display designers, quality management personnel etc., which lead to a wide range of career paths for you to choose from. If you are interested in joining the fashion industry, will you study TL (Fashion, Clothing and Textiles) in secondary school to discover your talents just as I did? Maybe you do not have whimsical imagination, but you will learn different fashion-related information in addition to fashion design, so you can be more prepared to be part of the fashion industry in the future.



My work for TL (Fashion, Clothing and Textiles)



My work for Higher Diploma in Fashion Branding and Buying - Fashion Material





# YUE Ka-ching

Higher Diploma in Fashion Branding and Buying — Hong Kong Design Institute

I chose TL (Fashion, Clothing and Textiles) of my own interest as my elective subject in senior secondary. I was fortunate to be able to participate in various design competitions and had the opportunities to display my works in different fashion shows during my senior secondary years. I truly understand that design is not only about which design your target customers like, what they want. When a piece of work is being presented, I need to consider the stage effect and lighting design to fully express the design idea. At that moment, I needed to apply the knowledge I acquired in the lessons of TL, such as the characteristics and the application of textiles, fashion history, paper patterns and the current situation of Hong Kong fashion industry. However, in order to apply this knowledge into design, I need to practise and explore further.

After I graduated from secondary school, I enrolled in the Higher Diploma in Fashion Branding and Buying - Product Development and Sourcing. Although it was only half a year of study, the lecturers often reminded us of the principle that “he that travels far knows much”. Therefore, we had many opportunities to go on field trips. One time, we went to a garment group in Zhongshan to learn about the daily operation of the factory, garment production

and effective cost management. My classmates and I even had the opportunity to talk to the group manager and learned more about how we could apply what we had learned to the clothing industry. In this course, we had to study modules such as computer application in pattern design and fashion trend analysis etc. I studied the theories of related topics which I had learned in TL (Fashion, Clothing and Textiles) in secondary school. Not only do I have a deeper understanding now of what I learned by reviewing these theories, but I also apply them to authentic situation in the industry.

Even though the learning materials of the secondary school curriculum and the higher diploma belong to two different stages of learning, they complement each other and make me more fully aware of what fashion is. Not only do I understand more about clothing, I get to know various social cultures in the process of learning. I sincerely hope that everyone will pursue their own interests in secondary school as I did and choose a subject that suits them.



I participated in the field trip organised by the Higher Diploma in Fashion Branding and Buying - Fashion Buying and Garment Production, professionals from the garment group introduced the latest products and technologies to us.



A famous international fashion brand arranged students of the Higher Diploma in Fashion Branding and Buying to visit their flagship store. Several directors in charge of the merchandising, retail management and visual marketing explained their fashion branding and purchasing strategies to us.



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### Food Science and Technology Strand

Compulsory Part

1. Family Dimension
2. Nutrition, Diet and Health Concerns
3. Food Preparation Technology
4. Consumer Behaviour in Food Choices and Implications

+

Elective Part

1. Food Culture
2. Food Science and Technology Extended Study
3. Food Product Development

+

School-based Assessment (SBA)

- Prescribed Task (experiment) and Project
- Put theories into practice
- Apply knowledge and practical skills
- In-depth studies

#### Further studies

- Food science
- Food technology
- Food product development
- Food safety
- Nutrition
- Applied Biology and Biotechnology
- Public Health



#### Career Prospects

- Food scientist
- Dietician
- Food product developer
- Food researcher
- Health inspector
- Teacher





# SZE Lok-ye

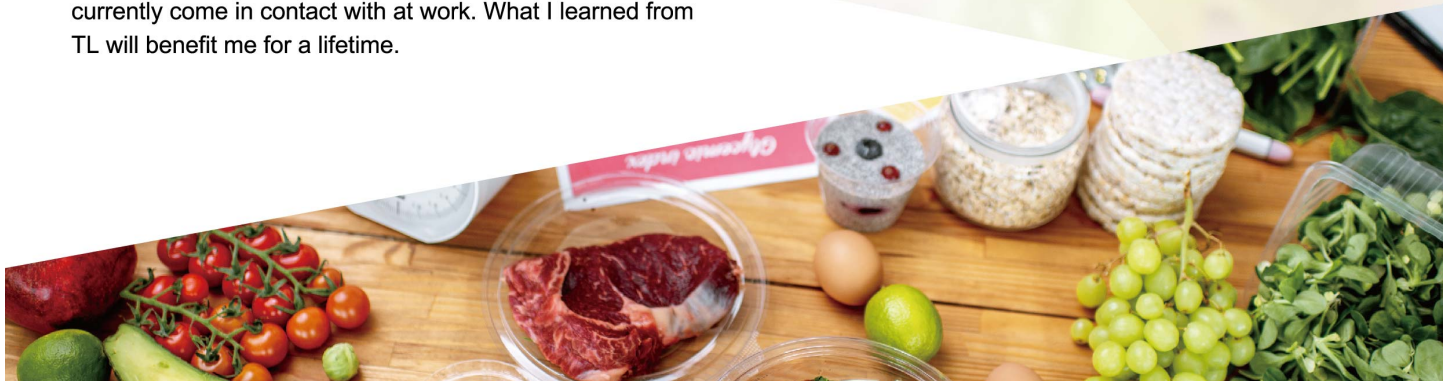
Executive Assistant –  
Department of Nutrition and Dietetics,  
Queen Elizabeth Hospital

Since I was young, I have been interested in “food”. When I was in Secondary Three and learned that my school offered the elective subject Technology and Living (TL) (Food Science and Technology strand), I had no hesitation in choosing this subject as one of my elective subjects in senior secondary, I was also very pleased and eager to apply the knowledge I learned in class to my daily life.

Besides acquiring the basic knowledge about food, I could explore its relationship with technology over the course of three years in studying HKDSE TL (Food Science and Technology strand) at Po Leung Kuk Laws Foundation College. In class, the teacher arranged different types of learning activities, including the study of nutrition, application of food preparation technology to food processing, such as molecular gastronomy and other food technologies that keep abreast of the times, creating new dishes or developing new food products by combining cuisines from different countries, conducting experiments related to food science and technology etc. I remember one time when I saw liquid nitrogen ice cream offered in a restaurant, my friends were very curious of the magical transformation of liquid into flash-frozen ice cream. I could thus apply the knowledge I learned in class to explain the scientific principles behind the making of liquid nitrogen ice cream. My friends were impressed with my knowledge and expertise. There is no doubt that food is inextricably linked with daily life. Through TL, I learned about nutrition labelling on food packages, the importance of a healthy and balanced diet, the nutritive value of different food products, food spoilage and food poisoning, the ingredients, utensils and methods used in cooking, and even the scientific names, causes, preventive strategies and measures for nutritional disorders and diet-related diseases which I currently come in contact with at work. What I learned from TL will benefit me for a lifetime.

I am currently working in the Nutrition and Dietetics Department at Queen Elizabeth Hospital, mainly to assist in triage and general paperwork. I can still recall the response of my supervisor during the interview when he learned that I studied TL. Once he knew how this subject was related to the job, he was immensely impressed. In fact, I can apply many theories and knowledge that I learned from TL (Food Science and Technology strand) to my current job. I am thankful to have taken this subject so I can get my current job and put what I had learned into practice.

To my fellow students, being dietitians or food product developers is not the only career path for TL (Food Science and Technology strand). In the workplace, this subject is actually related to many different industries. If you are interested in catering or food, this subject will suit you best. You will find that learning happens everywhere, and you will become a little genius in your everyday life.







# Amelia WONG

Bachelor of Science Degree (Honours) in Human Nutrition –  
University of Ulster, UK

I believe most students feel like standing at the crossroads when choosing their electives in Secondary Three. Fortunately, my family provided me the greatest support and freedom in choosing my favorite elective subjects. Since I have always liked cooking and learning how better nutrition can lead to a healthier lifestyle, Technology and Living (TL) - Food Science and Technology strand was undoubtedly the first choice of elective subject that came up to my mind.

Through TL lessons, we could develop our interests in cooking and learn about nutrition and healthy eating, as well as some essential soft skills, such as problem solving, collaboration and time management. It was a great chance to learn about the food science behind food and cooking. It also complements my second elective subject - Biology with some similar contents, like nutrition and diet-related diseases, which made the whole learning experience more meaningful and enriching. My passion had motivated me to put in more effort and time to do well in TL for fulfilling my potential and realising my dream.

TL helped me have a solid foundation to pursue my further studies and achieve my career goals. Upon graduation from Tak Oi Secondary School, I undertook the Higher Diploma in Nutrition and Food Management at HKU SPACE Po Leung Kuk Stanley Ho Community College and then pursued BSc (Hons) in Human Nutrition at the University of Ulster in the United Kingdom. These two programmes not only enhanced my food science knowledge at a broader and deeper level, but also provided me with valuable experiences in organising exhibitions on nutrition, for promoting the importance of healthy eating and having fruitful interaction with participants. The TL curriculum enhanced my knowledge base and practical skills on food science, nutrition, food chemistry and food spoilage, which enabled me to get a good grasp of the related theoretical and practical aspects in greater depth at tertiary level.

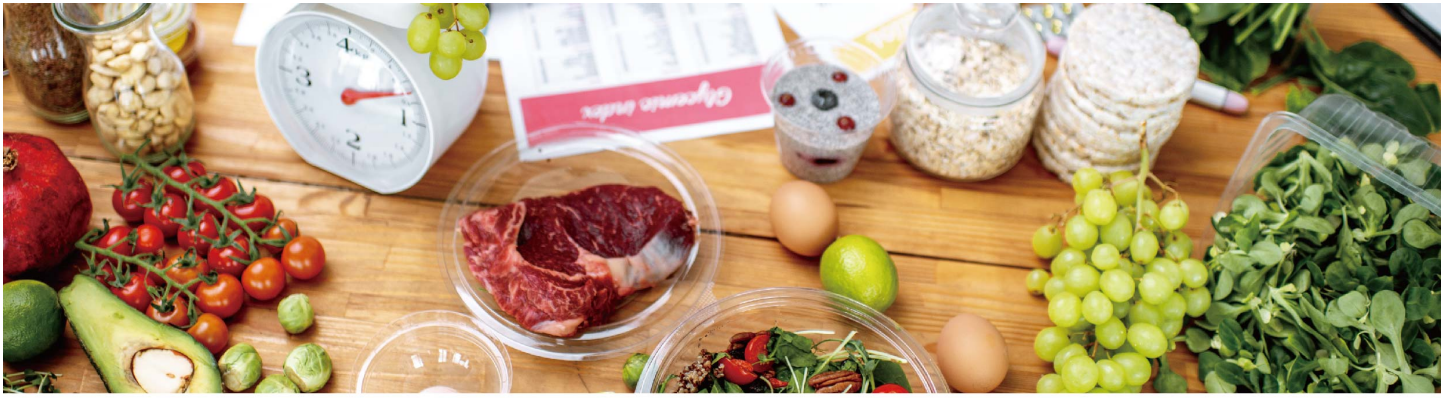
I would like to continue my journey with nutrition, hoping to make good use of my nutrition knowledge to help people instill lifelong healthy eating habits into everyday life. That's why I have decided to attain a career as a nutritionist, which will give me the chance to help make a positive impact on the lives of others. If TL students would like to be a nutritionist, it is advised to obtain a bachelor's degree in nutrition. A nutritionist is different from a dietitian. Nutritionists provide professional advice to clients in the community, while dietitians can work in the hospital or community.

To have a good grasp of TL, I think besides working hard, it is important if we could consolidate the key concepts and knowledge acquired in the lessons and be able to apply and transfer them to solve new tasks or problems. I believe that dream and interest can bring forth our talent and potential. Work hard on your dream and your efforts will pay off one day.



My exhibition booth for promoting the importance of healthy eating





## Jennifer Li

Bachelor of Science Degree (Honours) in Dietetics –  
University of Plymouth, UK

I graduated from Hong Kong Baptist University (HKBU) with a Bachelor of Science Degree (Honours) in Analytical and Testing Science with a minor in Biology. I am now pursuing a BSc (Hons) in Dietetics at the University of Plymouth in England and have finished my first year of study.

Choosing the Food Science and Technology strand of Technology and Living (TL) as one of my senior secondary electives came naturally as I was influenced by my own experience of once being an overweight ballerina when I was little and started questioning about the relationship between a healthy lifestyle and one's health. Together with TL, I was studying Combined Science (Chemistry, Biology), which both of these subjects complement and reinforce my understanding of human nutrition.

TL has definitely provided me a comprehensive insight into various aspects of the world of food, nutrition and health. As a dietetics student, the fundamental knowledge and skills related to food and nutrition learnt in TL have facilitated my current study and helped me understand new concepts and content of knowledge at a deeper level.

With the enormous amount of health information and numerous food choices available, people in Hong Kong generally have their own definition of what a healthy lifestyle should be. However, lots of myths about different diets presented are not based on evidence and can be dangerous to people without common nutrition sense. Moreover, the current and emerging food safety issues around the world have increased the awareness of consumers when making their food choices. It is, therefore, crucial for them to have

accurate and sufficient knowledge to make informed decisions in order to maintain their optimal health. Studying TL helps students build up the knowledge and skills underpinning food science, health and nutrition, which enhance their understanding of food safety principles and most importantly, improve their critical thinking and problem-solving skills.

Looking back at 2011, as a Secondary Three student of St. Clare's Girls' School, I am still so proud of my younger self in making the choice and accepting the challenges of taking TL as my elective for HKDSE.

Dietitians and nutritionists work in a similar setting, they both provide health information and suggestions for people to improve their health status. However, dietitians are the healthcare professionals regulated by law (depends on the place of registration) who can assess, diagnose and treat dietary and nutritional problems. In other words, they can work clinically to treat patients. A bachelor degree in dietetics is required in becoming a registered dietitian, but the eligibility requirements vary across countries, some require a master's degree / postgraduate diploma in related field in order to work in a clinical setting (such as Hong Kong).

As a dietitian to be, I genuinely believe that TL provides a great opportunity to students who are passionate about food and nutrition and their impact on health and are keen to apply such knowledge and skills to make a significant difference in people's lives.