

FASHION, CLOTHING AND TEXTILES STRAND



Enquiry : teched@edb.gov.hk

TECHNOLOGY AND LIVING Newsletter #4

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.

Multiple Pathways:

Paving the Way for Professional Careers

https://emm.edcity.hk/media/0_4xi77gu0



Compulsory Part

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

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
- Fashion Merchandising

Career Prospects

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

CHEUNG Tsz-ching

Bachelor of Arts (Honours) in Fashion Design
The Technological and Higher Education Institute of Hong Kong

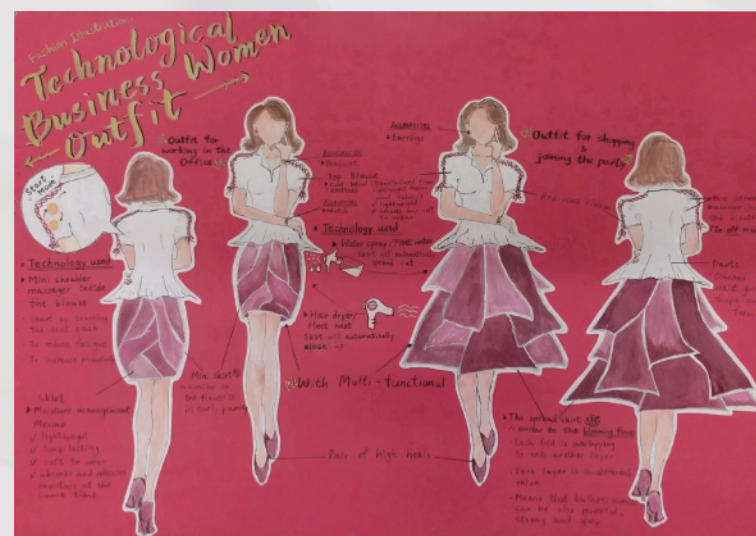
I have been immensely interested in fashion design since I was a child, so I opted for Technology and Living (TL) (Fashion, Clothing and Textiles strand) during my senior secondary school years, hoping that I could acquire relevant knowledge and throw myself into the fashion design industry in the future.

While I was a junior secondary student, I was very excited when I learned that TL was offered in school. The junior secondary curriculum allowed me to not only acquire a basic understanding of fashion design, but also cultivate my own interests. The TL curriculum ranges from learning basic sewing skills at the beginning to designing different clothes and household textile products. I was very satisfied that I could make different textile products by myself.

Looking back, it was undoubtedly the right choice to take TL in senior secondary, from which I learned a lot of skills in fashion design and pattern making, and I also learned about the characteristics of different textiles and could understand the mentality and behaviour of consumers. In addition, what impressed me the most was that I could understand the history, culture and evolution of the fashion design industry. This knowledge enabled me to have a deeper understanding and interest in this industry, which will be of great benefit to the subject selection for my university study and my career in the future.

Since I have great interest in TL, I enjoyed the learning process very much, and I was grateful for taking this subject. In addition to acquiring the subject knowledge, I could also apply the acquired knowledge to my daily life instantly on how to choose suitable clothes and textile materials, and I would pay close attention to the fibre characteristics and care of fabrics while choosing clothes for myself and my family. Besides, my sense of fashion and aesthetics has been improved after studying TL. I started paying more attention to the things around me so as to get inspiration from them, thus giving full play to my creativity in design and drawing. In order to enrich my personal experience, I actively participated in different fashion design competitions during my secondary school years to gain experience and benefit from them.

I hope to pursue a bachelor's degree in fashion design in university so that I can give full play to my creativity and potential and prepare myself for joining the fashion industry in the future. If you are interested in fashion, I suggest that you should take TL as an elective subject to show your talents.



Entry for Wool4School HK Student Design Competition 2020



Champion of the Senior Group of Wool4School HK Student Design Competition 2020

Styling photo of a fashion branding project



Yennie LEE

Bachelor of Arts (Honours) Scheme in Fashion and Textile Studies
The Hong Kong Polytechnic University

Currently in my third year of Fashion and Textile Design bachelor studies at the Hong Kong Polytechnic University, my experience in studying Technology and Living (TL) during my senior secondary school years still remains a very special memory to me. I would say that the three years of TL study had definitely heightened my passion for fashion. As I look back once again, what TL had taught me and its impact on my current career was far beyond my expectations.

I chose TL as one of my senior secondary electives out of pure interest for fashion and garment making, which have been a long time passion of mine. TL had certainly fulfilled my expectations to understand the garment construction process, as well as to experience the joy of manifesting my own designs and concepts into reality. The knowledge acquired from TL has inspired me to be thoughtful in different stages of design development, which in turn improved my understanding of how garment construction actually works and how the qualities of various textiles produce certain visual effects. It is only through building a solid foundation that we would be able to visualise our designs as well as to be creative, which is essential in fashion design.

Much to my surprise (and probably to yours too!), the three-year study of TL had really enhanced my knowledge in fashion - it is far beyond aesthetics and "trends". Digging deep into the relationships between fashion and the historical developments in technological, socio-cultural and environmental aspects, studying TL has allowed me to develop a holistic perspective on fashion and to explore how we can give back to the world we live in through fashion design and communication. I can still recall how I was inspired when looking into the environmental issues in fashion when I was studying TL. Today, what I have learnt from TL continues to help me make well-informed design decisions. Sustainability has become an important part of my design idea and life philosophy.

To anyone who are considering taking TL as your elective, I hope that my sharing would help you make a more well-considered choice. Studying TL would definitely help you gain a clearer perspective of what fashion really is about and prepare yourself for further study or a career path in fashion. Studying TL always comes with challenges, but I believe that it would be a rewarding journey for those of you who are genuinely interested in fashion!



Conceptual styling photo of my design project titled "Survival Mode"

FOOD SCIENCE AND TECHNOLOGY STRAND



Enquiry : teched@edb.gov.hk

TECHNOLOGY AND LIVING Newsletter #4

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.

Multiple Pathways:

Paving the Way for Professional Careers

https://emm.edcity.hk/media/0_4xi77gu0



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)

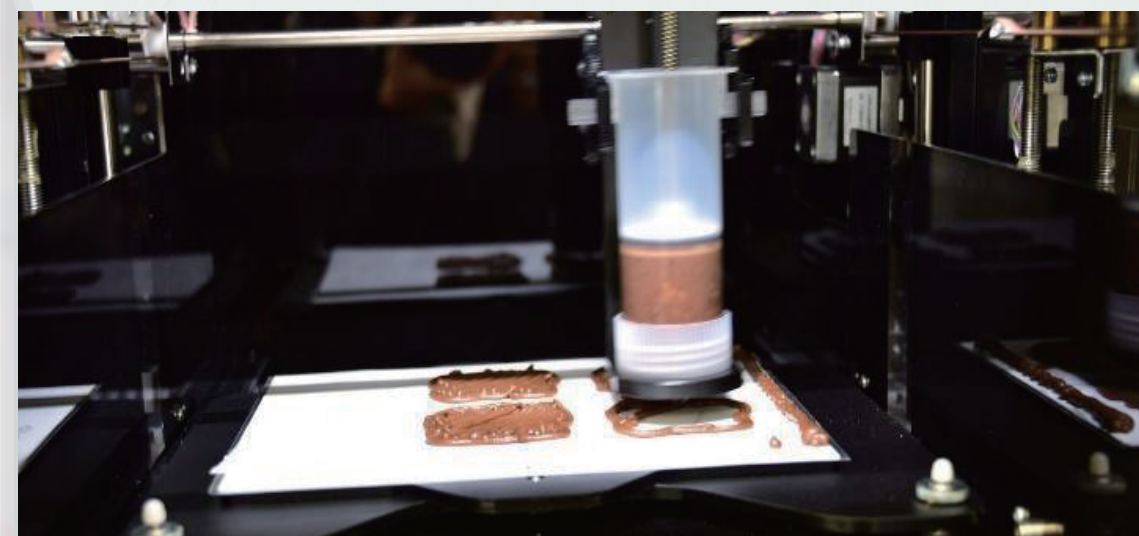
- Prescribed Task (experiment) and Project
- Put theories into practice
- Apply knowledge and practical skills
- In-depth studies

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



3D Food printing of customised cookies



Food experiment - Characteristics of flour



Eight Major Cuisines of China

Carmen AU

Higher Diploma in Nutrition and Food management
HKU SPACE Po Leung Kuk Stanley Ho Community College

I have always loved to watch my mother cooking and certain gourmet TV shows since my childhood. To me, cooking is mysterious. Flavour, texture and nutritive value of dishes will change when different combinations of ingredients and cooking methods are used. Technology and Living (TL) has offered me the opportunities to study food which has genuinely sparked my interest in food preparation and nutrition.

In TL, not only have I got the basic understanding of nutrients and healthy diet, and acquired the practical skills commonly used in food preparation. I have also studied the relationship between family structure and food choices, as well as issues related to food safety, food science, religious food and food culture. All the knowledge and practical skills that I have acquired in TL are the most valuable assets in my life.

I graduated from Hotung Secondary School and they have a traditional event every year - graduation ceremony. All TL students need to prepare refreshments for nearly 100 people together with the teacher-in-charge. This activity was very challenging which in turn improved my skills in communication, teamwork, time management and division of work.

TL has given me the opportunity to study in the Higher Diploma in Nutrition and Food management at HKU SPACE Po Leung Kuk Stanley Ho Community College to realise my interest. This course has equipped me with professional knowledge and skills in the field of nutrition and food science, which enables me to continue my further studies at degree level in the area of food and nutrition.

TL students can pursue their career in many fields such as food engineering, quality control and human nutrition. I believe that as long as you have a clear goal and work hard, you will get the opportunity to fulfil your dreams.

Tracy AU

Bachelor of Science in Natural Sciences Programme (Food & Nutrition Concentration)
The Chinese University of Hong Kong

The study of Technology and Living (TL) at Law Ting Pong Secondary School given me an inspiring and valuable opportunity to discover and nurture my strengths and interests. Not only did I get a basic understanding on food and nutrition theories, but I also attained knowledge and skills in the application of scientific principles to food preparation and cooking, meal planning and food product design etc. These invaluable experiences have laid ground for my further study in the field of dietetics and nutrition.

After taking the Hong Kong Diploma of Secondary Education Examination in 2018, I pursued a 2-year Higher Diploma in Nutrition and Food Management (Food and Nutritional Science Theme) at HKU SPACE Po Leung Kuk Stanley Ho Community College. The course included fundamental sciences (science of anatomy, biochemistry and physiology), which helped me to build a solid foundation in food science to prepare me for further study at degree level. To enrich my learning with practical experiences, I also joined an agricultural study tour to the MingDao University in Taichung where I learnt some organic farming principles, worked in an orchard farm and examined some plants and mushroom tissues in laboratories.

Now, I am a senior entry student of the bachelor degree programme in science majoring in Natural Sciences Programme at the Chinese University of Hong Kong. I learn more in-depth knowledge of human nutrition and the importance of healthy eating habits. Therefore, I try using oils like canola oil and olive oil for cooking and avoiding trans-fat and saturated fat, like margarine and lard. To enrich

my research skills, I participated in the Hong Kong Growth Study Project as a student research assistant. My duties were mainly nutrition assessment and anthropometric data collection in the primary, secondary schools and tertiary institutes. Besides, I also learnt from some senior researchers to design and develop a new version of Hong Kong growth charts for children and teenagers.

As I am aspired to be a registered dietitian, I will pursue further study on dietetics after completing the bachelor's degree programme. Providing optimal nutrition treatment to my clients and to serve them with the high standard of professional nutrition practice are my ambitions. I hope to get involved in promoting the public health within the community and empowering individuals to develop lifelong healthy eating habits.

The valuable knowledge, skills and experiences gained in TL were very enjoyable, fruitful and practical as they are closely related to our everyday life and also helped pave the way forward for my further studies and my dream career as a dietitian.



Practical experience at Food and Nutritional Science Laboratory (HKU SPACE Po Leung Kuk Stanley Ho Community College)



FASHION, CLOTHING AND TEXTILES STRAND

NGAI Man-him

Higher Diploma in Fashion Branding and Buying, Hong Kong Design Institute BA(Hons) in Fashion Promotion and Imaging, University of the Creative Arts.

I still remember that the choice of taking Technology and Living (TL) (Fashion, Clothing and Textiles) as an elective subject back then was based on the belief that "Clothes make the man". I think clothing can reveal about one's perception, emotion, desire, interests, values, personal requirements, etc. at the moment.

Why does this girl pick this skirt with this cutting and length today from her wardrobe? How do boys choose the texture of their belts? Our personalities could be reflected on the answers to this type of questions. Fashion is a form of self-expression through non-verbal communication, as well as a second layer of skin that offers self-protection.

When attending important occasions, we will dress neatly to show respect for the occasion. Dressing casually definitely won't give us an edge even though we speak highly of the occasion. The messages conveyed by how we dress is more than a thousand words. I think fashion is also necessary for individualisation. How can we stand out in a crowd without the help of clothing?

The three years of study in TL (Fashion, Clothing and Textiles) at Kung Lee College had provided me a strong foundation with knowledge which helped me gain an upper hand in the pursuit of my higher diploma and in the workplace. At secondary school, I already learned about how to analyse the principles of fashion design, the characteristics of fibres and fabrics, and the evolution of textile technology and garment production process. At the same time, I would take into consideration the fashion trends and ways of marketing during the creation of clothing. In daily life, I could even apply relevant knowledge to analyse various factors of clothes that would affect individuals, families, the society and lives, which made me a contemplative consumer. These were the knowledge and abilities that I wanted to learn at that time.



After graduation from secondary school, with the basic admission requirements, I was very lucky to be accepted by the Hong Kong Design Institute and became a higher diploma student in Fashion Branding and Buying. The knowledge I learned from TL made it easy for me to complete my first year. After completing the Higher Diploma, I chose to continue the study for one year to pursue a top-up bachelor's degree. At present, I am engaged in clothing guidance and brand planning. I am still constantly learning in my daily life, and I am becoming a better version of myself through getting to know more about myself through what I do.

Studying is never easy. If you force yourself to study subjects that you don't like, won't you get half the result with double effort? To be realistic, choose the subject that you are most interested in according to your preference! Life is about making choices constantly and choosing a subject to study is to choose a life direction, which will affect your future job and profession. Many friends of mine changed their subjects after their freshman year in university or until they were able to find their interest when choosing subjects in the master's degree. I had a good time those years because I chose TL in secondary school, I then headed towards the direction I wanted after graduation, and had the opportunity to give full play to my greatest potential and embark on the road that I like.

Although the subjects we study may not directly correspond to our future career choices, I still hope that all students can combine study and their personal interests and hobbies in secondary school so that they can study subjects that they are interested in, as this will stimulate their passion for learning and open up a happy and successful road for themselves.



My works while I pursued a higher diploma in Fashion Branding and Buying

Exhibition of Technology and Living (Fashion, Clothing and Textiles) Student Work 2020

The Exhibition of Technology and Living (Fashion, Clothing and Textiles) Student Work 2020 was held at the Young Achievers' Gallery from 14 October to 12 November 2020. The Exhibition aimed to showcase students' achievement in fashion design. It also provided an opportunity for students to learn from each other and deepen their understanding of multiple pathways for Technology and Living. The exhibition included:

- Works of students taking Technology and Living at the secondary level
- Works of students taking fashion and textiles related programmes in tertiary institutions
- Works of prize winners of the Wool4School Hong Kong Student Design Competition
- Video show for "Multiple Pathways for Technology and Living - Fashion, Clothing and Textiles"

Secondary schools offering Technology and Living (Fashion, Clothing and Textiles) at the senior secondary level, tertiary institutions and The Woolmark Company were invited with over 70 pieces of student works displayed. There were around 1,300 visitors to the Exhibition.

Chung Sing Benevolent Society Mrs. Aw Boon Haw Secondary School



St. Catharine's School for Girls



Hotung Secondary School



Hong Kong Design Institute



The Church of Christ in China Kung Lee College



Technological and Higher Education Institute of Hong Kong

Shau Kei Wan East Government Secondary School



Tung Wah Group of Hospitals C.Y. Ma Memorial College



Society of Boys' Centres - Hui Chung Sing Memorial School



St. Antonius Girls' College



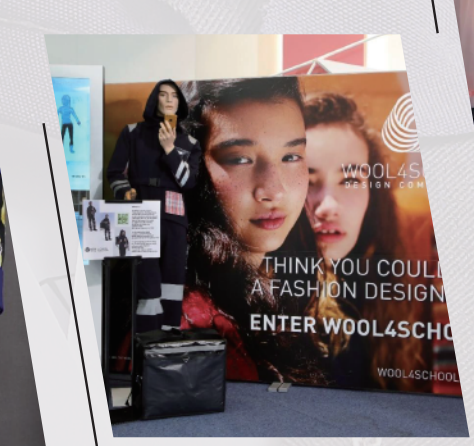
Clothing Industry Training Authority



The Hong Kong Polytechnic University



Caritas Bianchi College of Careers



Wool4School Hong Kong Student Design Competition

Participated Secondary Schools:

- Chung Sing Benevolent Society Mrs. Aw Boon Haw Secondary School
- Hotung Secondary School
- Shau Kei Wan East Government Secondary School
- Society of Boys' Centres - Hui Chung Sing Memorial School
- St. Antonius Girls' College
- St. Catharine's School for Girls
- The Church of Christ in China Kung Lee College
- Tung Wah Group of Hospitals C.Y. Ma Memorial College

Participated Tertiary Institutions and Organisation:

- Caritas Bianchi College of Careers
- Clothing Industry Training Authority
- Hong Kong Design Institute
- Technological and Higher Education Institute of Hong Kong
- The Hong Kong Polytechnic University
- The Woolmark Company

FASHION, CLOTHING AND TEXTILES

The Hong Kong Polytechnic University

Bachelor of Arts Scheme in Fashion and Textiles

Events / Activities

Graduate Fashion Show (<https://www.youtube.com/watch?v=cTalaHjNUeU>)

Summer School

(<https://www.polyu.edu.hk/ar/web/en/for-applicants/summer-programme/summer-programme-2020/index.html>)

Mini Lecture (<https://www.piktyc.edu.hk/CustomPage/54/PolyU%20Online%20Mini-lecture-March.pdf>)

The Technological and Higher Education Institute of Hong Kong

Bachelor of Arts (Fashion Design)

Events / Activities

Graduate Fashion Show (https://www.youtube.com/results?search_query=THEH+Fashion+show)

Taster Programme (<https://thei.edu.hk/tc/page/detail/3563/>)

Caritas Bianchi College of Careers

Higher Diploma in Design (Fashion Design)

Graduate Fashion Show (<https://www.youtube.com/watch?v=6oQaAKfGwDg>)

Hong Kong Design Institute

Higher Diploma in Fashion and Image Design

Higher Diploma in Fashion Branding and Buying

Higher Diploma in Fashion Media Design

Higher Diploma in Costume Design for Performance

Higher Diploma in Fashion Design

Events / Activities

Graduate Fashion Show (<https://www.youtube.com/watch?v=U2zDyUjv830>)

School visits

Centre of Innovative Materials an Technology

(<https://www.hkdi.edu.hk/en/knowledge-centre/cim.php>)

Fashion Archive (https://www.hkdi.edu.hk/en/knowledge-centre/fashion_archive.php)

Clothing Industry Training Authority

Higher Diploma in Digital Fashion Creation

FOOD SCIENCE AND TECHNOLOGY STRAND

Mabel CHICK

International Culinary Institute

My three-year study of Technology and Living (TL) in my junior secondary years in Hotung Secondary School had helped me lay a solid foundation in the basic knowledge and ability in food nutrition, which in turn helped me identify my interests as well as strengths and weaknesses. I chose TL (Food Science and Technology) as an elective subject in senior secondary school because not only have I always been interested in food and related news since I was a child, but also because TL is very practical for daily life. It allowed me to understand the relationship between food and health, recognise the impact of healthy eating habits on human body, explore how to eat safely and healthily through food science and make good use of food processing skills to develop new foods. I think TL is a subject that combines different fields of knowledge, such as physics, science and human body. In other words, we can acquire some knowledge from various aspects. After studying TL, my thought about what is behind food is not only about superficial satisfaction of our taste buds anymore. More importantly, I want to be a nutritionist to take care of the nutritional needs and health of the family.

After I graduated from secondary school, I was admitted to the International Culinary Institute to pursue a higher diploma in Baking and Pastry Arts. During my study here, I won a silver award in one of the projects of HOFEX International Culinary Classic. Since I was exposed to some of the contents that were also in the higher diploma courses while I was learning TL, it was easier for me to understand the knowledge in the higher diploma courses, and I learned with great facility. I also gained a lot of valuable experience from the practical lessons of TL, which is very useful for me as a chef in the coffee shop I currently operate. I used the knowledge I learned from this subject to design a diversified menu of nutritionally balanced dishes and improve the colour, flavour, taste and appearance of the dishes, so as to attract customers and control food safety and quality, etc.

For those who are considering whether to study TL or not, I think this subject is a relatively interesting subject and its contents range from food nutrition and food safety to the long-term impact of food on the human body, daily diet and meal planning and the practice and promotion of healthy eating habits. If I were to give some suggestions to students for their study, I would suggest that they should read more news reports and nutrition labels. In fact, reading more news reports can increase our library of substantive examples while reading more nutrition labels will deepen our memory. The TL curriculum attaches equal importance to theory and practice and the knowledge and skills I have learned will benefit me for life.



A total of 900 participants from 11 countries participated in the HOFEX 2019 "Hong Kong International Culinary Classic" (HKICC) held at the Hong Kong Convention and Exhibition Centre. This competition was the focus of the grand catering event HOFEX 2019. It was jointly organised by the Hong Kong Chefs Association and recognised by the World Association of Chefs' Societies (WACs). It is committed to training excellent talents and improving industry standards. Participants can improve their understanding and skills of cooking cuisines of different places through competing with and learning from other chefs and culinary trainees.



I won the bronze medal in HOFEX 2019 "Hong Kong International Culinary Classic" (HKICC)

Sharon LEUNG

Bachelor of Science (Honours) Food Science and Safety
The Technological and Higher Education Institute of Hong Kong

I believe that choosing electives in senior secondary maybe a life-changing choice for students. It is necessary to understand what subjects are of interest to you. I am always fond of food science and food processing and the scientific principles behind, therefore, I chose Technology and Living (TL) - Food Science and Technology as my elective subject with no doubt. Fortunately, my family fully supported my choice.

As a food science student at THEi, the fundamental knowledge and skills related to food science and food safety system learnt in TL have facilitated my current study and will be beneficial for my career in the future.

During my studies, I had internship at a local food manufacturer as a quality controller. My duty was to ensure the product quality for consumers which involved product labeling inspection, laboratory testing and sensory evaluation, etc. The TL curriculum is comprehensive, including Hong Kong food law and regulations, food safety system (HACCP) and basic nutrition concepts, which are highly related and relevant to my work.

Upon my graduation this year in the bachelor's degree in food science programme, I would like to continue and pursue on food safety career journey to become a food hygiene manager, by making good use of my food science knowledge to ensure food safety and quality for customers.

To my fellow students, all careers related to food and nutrition are closely linked to TL. I am grateful for choosing TL as my elective subject which had equipped me with a strong foundation of theories and practical skills in food science and technology. Follow your passion, trust in your abilities, wish all of you a bright future.

Chloe LAM

Bachelor of Science (Food and Nutritional Science)
The Chinese University of Hong Kong

I have always been fond of food since I was a child. When I was in secondary school, I no longer just pursued the satisfaction of my taste buds. Instead, I wanted to know what went into our bodies and how different foods were made. Therefore, I chose Technology and Living (TL) when I was a Secondary Three student at St. Clare's Girls' School. Not only did I learn the importance of various nutrients for the body, food testing and production, but I also learned to establish a healthy relationship with food. As a result, I no longer pursued weight loss in an extreme way and would not overeat on the pretext of rewarding myself.

With my growing interest in nutrition, I hoped that I could put the acquired knowledge into practice so that others could improve their health through diet. Therefore, after taking the Hong Kong Diploma of Secondary Education Examination, I chose to study Food and Nutritional Science at the Chinese University of Hong Kong in the hope of learning more professional knowledge and then studying abroad for becoming a registered dietitian in the future. Taking TL in secondary school had not only laid a good foundation for me in the learning of nutrition, but also helped me adapt more quickly to the courses at university. During my university years, I participated in an exchange tour of the faculty and was lucky to have the opportunity to visit the universities and food factories in Korea. I have also participated in competitions in the hope of promoting community health by educating the public about nutrition through various activities.

I took up a one-month internship at a health product company last summer vacation. I was responsible for assisting nutritionists to provide nutritional consultation services for customers, providing physical assessment for people in need, and organising workshops, lectures, seminars and other activities to promote community and public health. I was hoping to put the knowledge learned from books into practice and gain invaluable experience in this internship.

You may feel very anxious and confused about the future when faced with subject selection. There would be one hundred ways of living for a hundred people. I believe that as long as you have interests and dreams, you will be able to overcome all kinds of difficulties and find a way out for yourself. For me, I am really glad to have chosen TL for giving me an opportunity and made me who I am today.



I participated in a nutrition and health competition

FOOD SCIENCE AND TECHNOLOGY

The University of Hong Kong

Bachelor of Science (majoring in Food and Nutritional Sciences)

The Chinese University of Hong Kong

Bachelor of Science in Food and Nutritional Sciences

The Hong Kong Polytechnic University

Bachelor of Science in Food Safety and Technology

Open University of Hong Kong

Bachelor of Science in Food Testing Science

The Technological and Higher Education Institute of Hong Kong

Bachelor of Arts (Culinary Arts and Management)

Bachelor of Science (Food Science and Safety)

Bachelor of Science (Nutrition and Healthcare Management)

HKU School of Professional and Continuing Education

Higher Diploma in Food Health and Business Management

Higher Diploma in Food and Nutritional Sciences

Higher Diploma in Food Science and Safety

School of Continuing and Professional Studies, The Chinese University of Hong Kong

Higher Diploma in Human Nutrition

Hong Kong Institute of Vocational Education

Higher Diploma in Applied Nutritional Studies

Higher Diploma in Food Technology and Safety

Higher Diploma in Fitness and Exercise Nutrition