

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.

Eddie LI

Bachelor of Arts (Honours) Scheme in Fashion and Textiles –The Hong Kong Polytechnic University

I graduated from The Hong Kong Polytechnic University (PolyU) with a major in Fashion Design. I took HKDSE Technology and Living (TL) (Fashion, Clothing and Textiles strand) in secondary school because I love clothes. I would like to know more about the production process of garments, design elements and different characteristics of textiles. I also took Visual Arts to complement TL because it can improve my aesthetic sense.

The textile knowledge and skills that I had learnt from TL was useful for my study in Fashion Design at the university. It helped me gain a deeper understanding of topics in my further study at the university.

During my study of TL in secondary school, I had more observations on garments such as the function of polyester for outdoor coats and how wool keeps the body warm. I could easily connect my observations to the knowledge I had learnt from TL lessons. These thinking processes sparked my interest in fashion, so I decided to apply for the fashion design course offered by PolyU without hesitation.

The TL course I studied in secondary school provided me basic knowledge about garments. It helps me have a better understanding of the clothes that I am

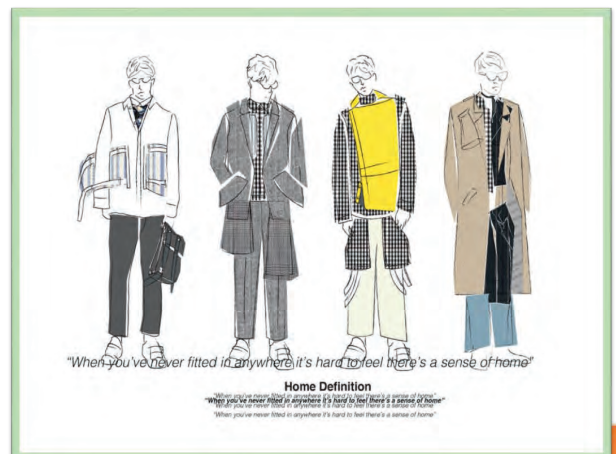
wearing every day.

I would suggest students who are interested in fashion design to take HKDSE TL because designing a garment is not only about drawing pictures on paper. A designer should have vast knowledge on textile materials, pattern cutting, sewing techniques and most importantly, research and study skills. TL course allows students to know the process of how to design a garment, as well as how to present the idea and realise the idea. The real design process is beyond most people's imagination. Learning the basic knowledge and skills from TL in secondary school can provide students opportunities to think and explore carefully whether fashion design is suitable for them or not. As a designer, we have to spend loads of time carrying out research for inspiration and new ideas, conducting many experiments for finding suitable textile materials and cutting patterns for various shapes. These are not easy processes.

I would like to pursue a master's degree in fashion design, but before that, getting real-world work experience in the fashion industry is very important. Starting from working as an assistant fashion designer at the moment provides me a valuable opportunity to know more about ready-to-wear garment production, which is totally different from just making my own collection.



My Fashion Collection



My Line for Final Year Project

Yennie LEE

Bachelor of Arts (Honours) Scheme in Fashion and Textiles

Several months have passed since I took the HKDSE TL (Fashion, Clothing and Textiles strand) examination. Now looking back, choosing TL as one of the electives at senior secondary was undoubtedly one of the best decisions of my life. Being fortunate enough to be able to continue my studies in the field of fashion in university, taking TL was definitely an important step in preparing myself for my future career.

It has been my dream since I was eight to pursue my studies and a career in fashion - that was why I was extremely thrilled when I found out my school (St. Catharine's School for Girls) offered TL as an elective subject, it was like a dream come true. It later occurred to me that the subject had further heightened my passion for fashion and turned my aspiration into reality of pursuing a fashion-related degree at The Hong Kong Polytechnic University. If it weren't for all the TL lessons, never would I have been able to develop a design portfolio that showcased my fashion design sketches and actual garments for university interview. I still remember clearly the feeling of pure joy when I finished making my first garment. Not only was the choice to study TL that I would not regret, but it was also one for which I would eternally be grateful.

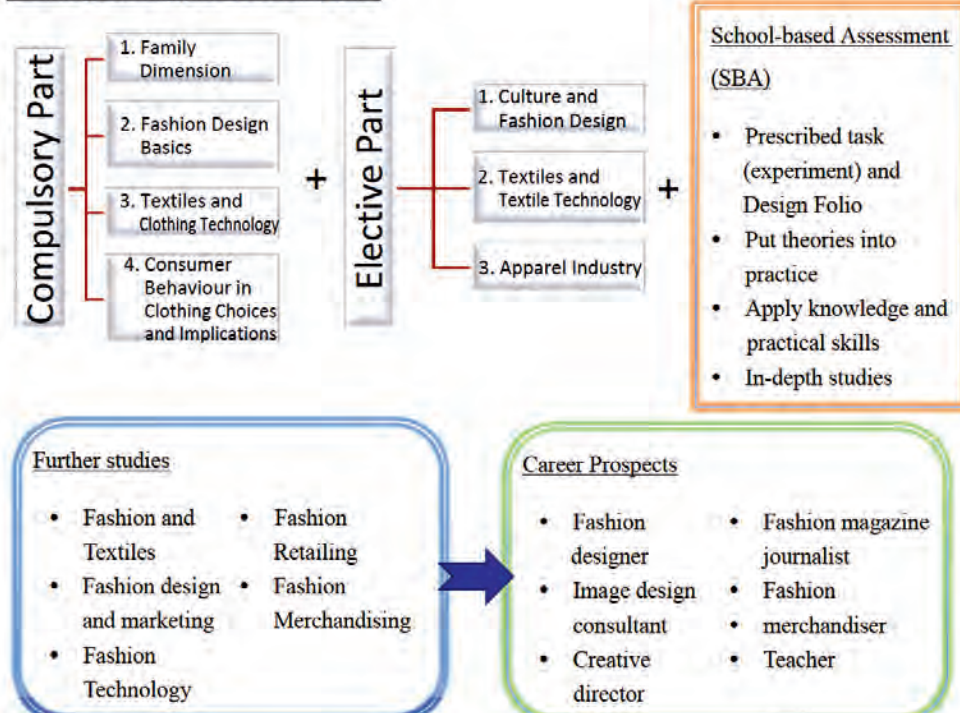
TL at both junior and senior secondary levels provided me with a wide range of knowledge and experience that allowed me to get a better glimpse of the fashion industry as well as many different aspects of our society. I was able to acquire the fundamental knowledge and skills that are essential in the industry, such as garment construction techniques, the basic understanding of textiles and consumer behavior. I also learnt about fashion history and how cultural or political factors can influence fashion trends, which granted me a well-rounded perspective of the global fashion scene. TL was my most favourite subject in school as there were plenty of different activities in the lessons to further develop and challenge myself, including experiments and creating sketches.



My Fashion Illustration

My passion and interest in the subject played a big part in making studying so much easier as well as helping me achieve a 5** in the HKDSE TL. There is no shortcut to success - not to say that my results were a huge success; but I found studying TL enjoyable, which I think was a major factor contributing to my examination results. During the three years of study in S4-6, I applied the knowledge and skills acquired in class into my daily life. With the constant excitement to explore and learn more about fashion and textiles, I would often study different fabrics, care labels and the construction of different garments whenever I had the chance, such as when ironing my clothes and scavenging through the racks of clothing stores, that helped consolidate what I had learnt in class.

Fashion, Clothing and Textiles Strand



I am glad that I chose to study TL, I couldn't be any prouder of myself for making such an informed decision. I am looking forward to having more new experiences in my first year at The Hong Kong Polytechnic University to pursue my dreams and develop my potential to the fullest. If you are just as enthusiastic as me about fashion, I would like to recommend you take TL as an elective subject to discover your true passion and potential in fashion. Are you ready to take the step that would bring you closer to realising your dream?

Bibiana CHURK–Ying Wa Girls' School

Hi everyone! I have been studying the Food Science and Technology strand of Technology and Living (TL) as one of my senior secondary electives since Secondary Four and had taken 2018 HKDSE TL.

I remember when I was in Secondary Three, I struggled with frustration choosing either TL or other more popular and traditionally preferred subjects such as Chemistry and Biology. At that time, I had a misconception that studying science subjects would give me a competitive edge to university or workforce. However, I love reading cookbooks for pleasure and have always been fascinated by cooking and the food science behind it from an early age, so I genuinely have a strong interest in studying TL in the hope of knowing more about food science and the underlying scientific principles. At the end, I chose to seek advice from my teachers and parents at times of subject choice making, and they encouraged me to follow my interest and passion. Therefore, TL became one of my electives.

I learned a lot over the course of three years through in-depth study of TL in the senior secondary years. The foundation knowledge and skills gained during the three years of studying TL at the junior secondary level had certainly given me an edge. TL has helped me to develop problem solving skills and an understanding of the subject matter on nutrition and health-related issues

Suzanne YU

Bachelor of Science (Honours) in Food Safety and Technology – The Hong Kong Polytechnic University

Studying the Food Science and Technology strand of Technology and Living (TL) in my senior secondary school life has been a great stepping stone to prepare for my further study and explore more on my potential and interest. Since Secondary One, I have already had immense interest in food, cooking and nutrition. Through different theory lessons and practical experiences in TL in the junior and secondary school years, I have progressively become more knowledgeable in nutrition, thus arousing my interest to continue my study in nutrition at university.

The three years of study of TL at the senior secondary level had equipped me with a solid foundation in the area of some basic knowledge in nutrition such as the function of each micro- and macro-nutrient, and the effect of different pesticides and additives to food. I am now a final year student (4th year) of BSc (Hons) majoring in Food Safety and Technology at The Hong Kong Polytechnic University, studying about food related inspection

that influence the well-being of and quality of life for individuals, families, communities, and the environment. For instance, I always give advice to my family and friends on how to follow a healthy and nutritious diet and balanced lifestyle that help maintain well-being. Moreover, a wide variety of interesting activities were organised by our school regularly to promote the study of TL, such as cooking competitions, cooking interest clubs, health talks and exhibitions about food safety and balanced diet, etc. These events further aroused my interest in TL and deepened my TL knowledge.



Many people are under the false impression that studying TL will not have a bright future as it is a relatively less popular subject. But the truth is many different degree programmes and jobs are favourable to TL students in the fields such as nutrition, food safety, food technology, product development etc. TL suits both the practical and academically minded students. It is not only an interesting subject, but also practical and closely related to our daily lives that will benefit us for life.

methods and systems, food storage method and food safety management.

Last summer, I went to Shenzhen for summer internship. I worked in a government authority handling inspection of imported and exported food. It was a totally different experience compared to working in Hong Kong. With all specific terms translated to Chinese, I was frustrated at first that I totally did not understand the meaning and Chinese name of each inspection machine. However, it has truly



broadened my horizon that I was surprised by the large scale and the professionalism of the inspection industry in the Mainland. The valuable experiences have developed my knowledge, skills, values and attitudes for this industry.

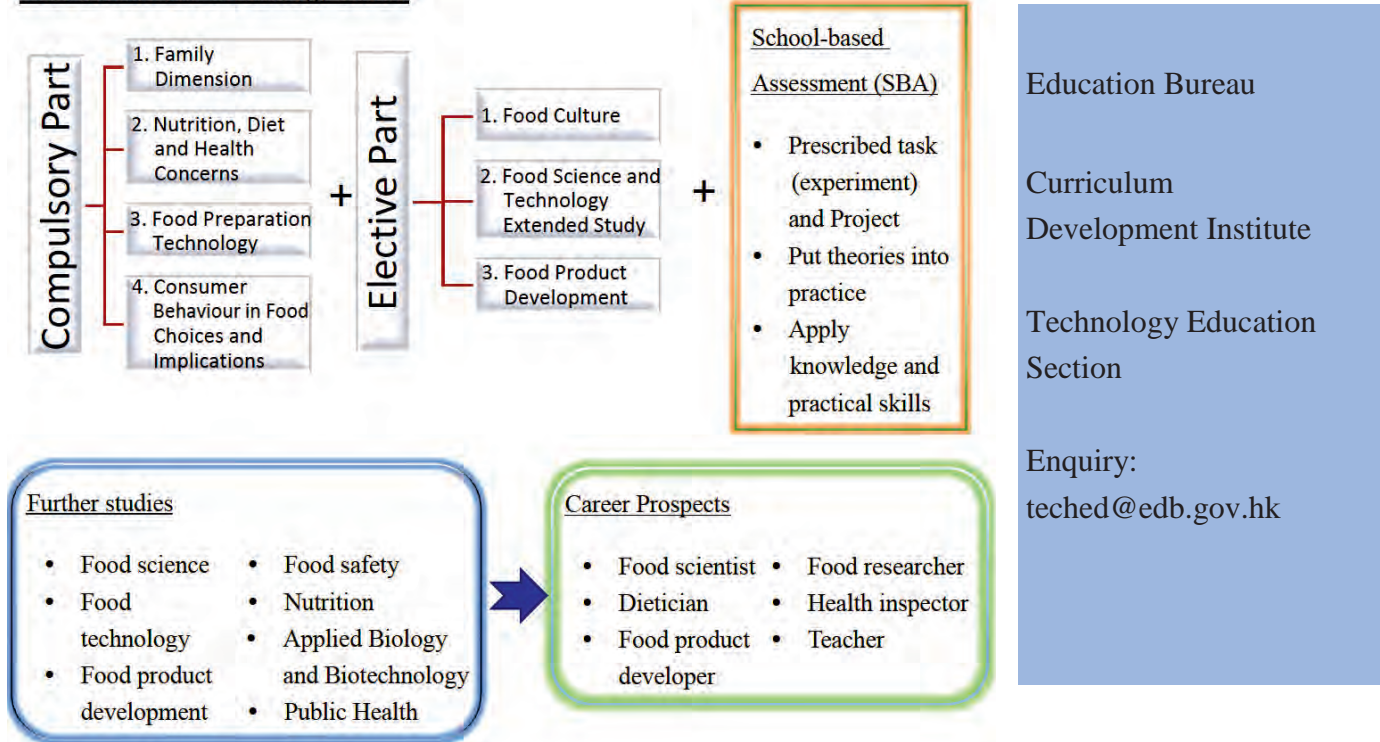
Along with gaining the knowledge and skills academically, studying TL also has a great impact on my daily life. I have had gained considerable theoretical knowledge in TL to check the food labels, ingredient lists and dietary claims for making more informed decisions about healthier food choices for myself and my family. It also helped raise my awareness of the myths, misconceptions and inaccuracies about health, diet and nutrition claims spread through social media, blogs and forums, which I will share the true facts with my family.

Upon graduation of my undergraduate degree, I would like to pursue my interest by entering the food industry to be a Quality Assurance manager to

manage quality and safety standards of food products by conducting regular food inspection and audit. Moreover, my second goal is to study abroad on nutrition and aim at being a nutritionist to help people achieve optimal health and improve their quality of life by providing professional advice about health and food choices. Thus, I believe studying TL was a good start which laid a solid foundation for my further study and future career. Living in the technologically advanced era, food choices and food manufacturing have been a great concern to modern society. Also, obesity has become a great risk in the society with junk food available everywhere. Thus, performing food inspection to ensure food safety for consumption and food nutrition to focus on a healthy diet has become an undoubtedly important aspect in the society.

To my fellow students, I would recommend all of you to follow your dreams, be determined and never give up your goal even if you have a minor setback in life. All roads lead to Rome.

Food Science and Technology Strand



*If interested, please browse the ETV production of
 Technology and Living:
 Paving the Way for Professional Careers
<https://www.hkedcity.net/etv/resource/8886692774>*