



ELECTIVE

STUDENT BOOK

▶ **Family and Consumer Science**

Unit 5

FAMILY AND CONSUMER SCIENCE

INTERIOR HOME DESIGN

INTRODUCTION | 3

1. **FINDING YOUR STYLE** **5**

THE HISTORY OF STYLE | 6
CHOOSING FURNITURE | 10
IDENTIFYING YOUR STYLE | 14
SELF TEST 1 | 17

2. **COLORS & TEXTURES** **20**

MORE THAN A COLOR | 21
HOW DOES IT MAKE YOU FEEL? THE PSYCHOLOGY OF COLOR | 23
CHOOSING TEXTURES | 26
TYPES OF FABRIC | 27
USING COLORS & TEXTURES | 29
SELF TEST 2 | 34

3. **FURNITURE & DECOR** **37**

FURNITURE BASICS | 38
FURNITURE PLACEMENT | 40
FINISHING TOUCHES: DECOR | 44
SELF TEST 3 | 47

GLOSSARY | 48



LIFEPAC Test is located at the back of the booklet. Please remove before starting the unit.

Interior Design

Introduction

Designing the interior of your home is a fun, but time-consuming process. While you may wish to immediately design every room in your home, displaying your unique style, some planning and budgetary considerations should be well thought-out before you begin. In this unit, you will learn the basics of interior design, beginning with the history of interior design styles and tips to identifying your own style. You'll also learn about ways to use color and textures in interior design, different types of furniture and placement strategies, and tips for combining style with functionality.

Before jumping into interior design basics, we'll look at ways to identify your style preferences. Interior design trends evolve over time, and in many cases, some aspects of multiple styles are appealing. You'll learn strategies to combine and unify multiple styles to create your own unique, personal style. Lastly, we will discuss ways to plan all elements of your interior design for your spaces using tools like a mood board. Let's dive in!

Objectives

Read these objectives. The objectives tell you what you will be able to do when you have successfully completed this LIFEPAK®. When you have finished this LIFEPAK, you should be able to:

1. Identify the characteristics of common interior design styles.
2. Analyze design trends and ways they may be combined.
3. Identify common furniture styles.
4. Recognize the value of planning tools for interior design.
5. Describe the moods and emotions associated with colors.
6. Identify tools to find complementary color choices.
7. Describe factors that impact interior design choices.
8. Identify commonly used fabrics and their design applications.
9. Understand care and upkeep requirements of common fabrics.
10. Recognize the importance of scale when choosing furniture.
11. Understand how to balance style and function when choosing and staging furniture.
12. Identify different types of lighting and associated functions.
13. Understand the relationship between appliances and interior design.
14. Discuss the pros and cons of decor and furnishing options.

1. FINDING YOUR STYLE

The space you live in can change your mood or express your personality. Your home is not only the place you rest and relax, but also a reflection of who you are. Furnishing and decorating your home is an important task. You'll want to create spaces that appeal to you and express to others who you are. But you'll also need to make sure your spaces function as you need them to. You'll need to think about how you use each room, considering its function(s) and how to design it to not only function but also to reflect your style.

Section Objectives

Review these objectives. When you have completed this section, you should be able to:

1. Identify the characteristics of common interior design styles.
2. Analyze design trends and ways they may be combined.
3. Identify common furniture styles.
4. Recognize the value of planning tools for interior design.

Vocabulary

Study these words to enhance your learning success in this section.

aesthetics

floor plans

mid-century modern style

mood board

contemporary furniture

hardware

minimalist style

rustic

emphasis

industrial style

modern style

traditional style

Note: All vocabulary words in this unit appear in **boldface** print the first time they are used. If you are unsure of the meaning when you are reading, study the definitions given.

Modern. The **modern style** is based on a design movement from the early 1900s that embraces natural materials, neutral colors, and avoids unnecessary details. In general, this design strives for simplicity and clean lines as it follows the phrase, “form follows function.” This means that the design of furniture and accessories should clearly show its intended purpose, and if something does not have a practical purpose, it can be eliminated. Houses designed in the modern style tend to have lots of open spaces such as large rooms that serve as both living and dining room or open concept kitchens.



Hallmarks of Modern Style

Exposed structural elements	Wooden ceiling beams, concrete floors, and brick walls are all seen in modern design. Instead of hiding these structural elements, they are incorporated into the design of the space.
No curves	There is an emphasis on straight lines in modern design, and generally curves are avoided. So, think about long straight table legs, straight-backed couches, and simple picture frames.
Limited the window coverings	Modern rooms tend to have a lot of natural light and limited window coverings. Something like a very simple shade in a natural material would be best, or you can avoid window coverings completely.
A focus on natural materials	Think about using unpainted wood, natural fibers, metal, and leather.

Industrial. Fuss-free and inspired by warehouses, factories, and other industrial buildings, **industrial style** takes advantage of exposed brick, metal, and wood. Comfort is important, but furnishings should be minimal and simple with clean, clutter-free surfaces. As cities have become more populated, industrial design has soared in popularity. Because it is easy to pull off this look in non-residential spaces, many cities without enough residential areas simply transformed industrial areas into new, chic neighborhoods. For example, a warehouse could be converted to lofts or condominiums, or a factory into a grocery store.





Coastal



Lodge



Southwestern

Mid-Century Modern. The hallmark of **mid-century modern** furniture is flexibility, and tables, chairs, and other pieces were designed to be non-specific. Furniture could stack for easy storage; it was rearrangeable and interchangeable. A table was for eating a snack, playing cards, or completing work. And designers from this time period took pride in their work by creating pieces meant to be used and loved—they hold up well to hard wear.

In general, mid-century modern furniture is timeless and will mix well with other items, and it is easy to take a few mid-century modern statement pieces and build a room of mixed styles around them. Due to their unfussy, clean straight lines, these pieces have a sleek aesthetic and are often made from wood (teak is popular!). They can be distinguished by extremely tapered legs. This was the beginning of the “floating” furniture trend, where the legs were so tapered that pieces seemed to simply float above the floor. Manmade fibers began to be used extensively and some of the “retro” prints that we think of today such as starbursts and atomic designs were popular fabric patterns for upholstery.

These are just some examples of regional furnishing styles in the United States. And regional furnishing styles don’t stop at the borders of the U.S.; there are lots of other regional furnishing preferences found throughout the world. When designing your home, you can borrow elements from several different categories to create the look you desire.

Write *T* for True or *F* for False.

- | | | | |
|------|-------|---|-----------------------|
| 1.11 | _____ | named after the earliest period in American history | a. Coastal |
| 1.12 | _____ | characterized by bright colors and smooth lines | b. Colonial |
| 1.13 | _____ | heavy use of chrome and glass, minimalist design | c. Contemporary |
| 1.14 | _____ | characterized by rough-hewn wood, simple, heavy designs | d. Georgian |
| 1.15 | _____ | blends Spanish colonial and Native American influences | e. Lodge |
| 1.16 | _____ | known for its ornate decor, floral and lacy accents | f. Mid-century Modern |
| 1.17 | _____ | clean lines, incorporates a variety of materials | g. Modern |
| | | | h. Queen Anne |
| | | | i. Sleek |
| | | | j. Southwestern |
| | | | k. Victorian |

- 1.019** _____ Victorian furniture is known for its ornate decor, and its floral and lacy accents.
- 1.020** _____ Coastal furniture style often incorporates distressed paint and wicker.
- 1.021** _____ Contemporary furniture has rough-hewn wood, and simple, heavy designs.
- 1.022** _____ Southwest furniture blends Spanish colonial and Native American influences.

Circle the correct answer (this answer, 3 points).

- 1.023** _____ furniture style is often characterized by bright colors and smooth lines and began to emerge in the mid-20th century.
- a. Traditional b. Colonial c. Victorian d. Modern
- 1.024** _____ furniture style prioritizes functionality over ornate decorations and is named after the earliest period in American history.
- a. Georgian b. Colonial c. Victorian d. Queen Anne
- 1.025** _____ style incorporates exposed brick, metal, and wood, with a focus on texture and eco-friendly materials.
- a. Mid-century modern b. Industrial c. Traditional d. Lodge
- 1.026** In mid-century modern design, anything goes in terms of _____.
- a. color b. antiques c. floor plans d. furniture
- 1.027** _____ furniture style is characterized by rough-hewn wood and simple, heavy designs, often found in cabins or mountainous regions?
- a. Coastal b. Lodge c. Victorian d. Georgian
- 1.028** _____ furniture style is characterized by flexibility, clean straight lines, and is often made from wood with extremely tapered legs?
- a. Traditional b. Mid-Century Modern c. Sleek d. Lodge
- 1.029** Items you can include on an interior design mood board include _____.
- a. fabric swatches b. paint samples
c. pictures of furniture d. all of the above
- 1.030** A mood board can be used to _____.
- a. identify your unique style b. plan your interior design
c. organizing your project d. all of the above

Blue can calm you down as it is one of the most soothing colors and a popular decorating choice. It brings to mind the sky and the sea, which explains the calming effect. Studies suggest that most people like the color and that it may lead to increased productivity. It is a staple in interior design, but it can also represent coldness when the darker or icier tones are used. If you think about the dark blue of the traditional police uniform, it brings many of these associations to mind.



Green is also a soothing color and one of the easiest for the eye to observe. Its more saturated hues can represent power, though whether that is the cause or effect of it being the color of money in the United States is hard to say. It also represents nature and freshness, and, as any poet can tell you, new life. Like blue, green remains a popular choice in interior design because of its versatility and generally positive associations.



Yellow, like red, will get attention, especially in its brighter forms. However, it can be hard for the eye to absorb, and it can have a jarring effect. While it is generally associated with brightness, like the sun, too much of it is not ideal, and it is more often used as an accent color than the foundation of a color scheme.



Purple is a strong color. Purple, in its darker forms, can bring to mind power and authority and it is often connected to royalty; however, it is not a very common color, so it is likely to make a statement. Like many of the secondary colors, it is more often used as an accent than the basis of the color palette.

As you consider color schemes for your home, keep in mind that the colors you choose can evoke feelings. These feelings may be some of the traditional ones mentioned above, or they can be feelings you associate with certain colors based on your own experiences.



- 3.7 When selecting furniture for a room, you should consider _____.
- a. only the price
 - b. the popularity of the brand
 - c. its function
 - d. what others will think

FURNITURE PLACEMENT

If you have a floor plan for your home, it can be really helpful when planning how to lay out your furniture and other access pieces. You can also sketch your own floor plan. In either case, measuring your spaces so you are able to determine if furniture will fit well within the space is helpful.

Once you have considered the style of furniture you want and how it will be used, it is time to consider where it will actually go. Placement will affect how functional the pieces are as well as how you'll move through a room. The **utility**, or usefulness, of furniture is also important as you'll be using it for its purpose daily. For example, if you place a couch perpendicular to the doorway, it will force everyone to go around it, making entering a room awkward rather than inviting. However, a couch could be used to divide a space that was both a living room and dining room if placed with its back to the dining area. In this case, the furniture itself would be defining the space.

When thinking about placing furniture in a room, here are some points to consider:

Focal point. Many rooms have a **focal point**, which is the feature that you want to highlight in the room such as a fireplace or television. It might also be a piece of artwork or particularly interesting antique if there is not one built into the room. A focal point provides a logical point to arrange furniture around and suggests how people will use the space. The most obvious example is a television in a family room because all furniture should be arranged to facilitate viewing.

Flow. This relates to how people will move through a room. For room flow, there should be at least two feet between pieces of furniture that people will need to walk around because less than that will make the space feel cramped and crowded and difficult to negotiate.



Furniture Layout Project

- 3.14** Draw or print the floorplan of a room. Be sure it includes doors and windows. Considering the dimensions of furniture you would place in the room, draw in a furniture arrangement that takes into account flow and spacing.



CHECK _____

Teacher

Date

Let there be lighting. Just like furniture, lighting can make or break a room. Have you ever walked into a restaurant and thought, “Geez, it’s way too dark in here! I can hardly read the menu” or “This hospital hallway is blinding!” These are examples of lighting gone wrong. Let’s take a look at the different types of lighting that designers can choose from.

It’s important to consider the function of the space when choosing lighting, including the lighting needs and the room’s aesthetics. When considering the lighting needs of a room, you should divide it into three categories: ambient, task, and accent. **Ambient lighting** is meant to achieve an even level of lighting throughout the room. This type of lighting can take many forms including overhead or recessed lighting that will project light downward, sconces or floor lamps that project light onto the walls, and valence lighting that will bounce light off the ceiling and walls.

If you’re trying to chop onions in the kitchen or write a letter at a desk, **task lighting** will help you see what you are doing. In the kitchen, this is often accomplished with under-counter lighting. And **accent lighting** is used to highlight a feature in the room. Maybe you’ve installed a large painting behind the couch or a verdant palm plant in the corner and want to draw your eye to these details.

You can also control the amount of light with **dimmers** or install motion sensors that turn lights on only when movement is sensed. **Motion sensor lights** are nice for outdoors but can also be an energy saver inside the home. Lights can also be set to a timer so they’ll turn on and off at certain times. This can help



LET'S REVIEW!

In this final section, you learned about the important considerations of scale and dimensions when staging furniture in a room. You also learned to consider the utility of furniture, common furnishings in the main rooms of homes, and placement considerations like focal points and flow. You now know the different types of lighting and their purposes and how to identify appliances that are complementary and that will meet the needs of your family. Lastly, you learned about different types of decor, and how these finishing touches can tie together a room and create a sense of harmony.



Before you take this last Self Test, you may want to do one or more of these self checks.

1. _____ Read the objectives. Determine if you can do them.
2. _____ Restudy the material related to any objectives that you cannot do.
3. _____ Use the **SQ3R** study procedure to review the material:
 - a. **S**can the sections.
 - b. **Q**uestion yourself again (review the questions you wrote initially).
 - c. **R**ead to answer your questions.
 - d. **R**ecite the answers to yourself.
 - e. **R**evise areas you did not understand.
4. _____ Review all vocabulary, activities, and Self Tests, writing a correct answer for every wrong answer.

GLOSSARY

- accent lighting** Illumination designed to highlight a feature in a room.
- aesthetics** How nice something looks.
- ambient lighting** Illumination designed to achieve an even level of light throughout the room.
- analogous colors** Colors all within the same range.
- cellulose fibers** Fibers that combine natural and manmade elements.
- complementary colors** Colors directly across from each other on the color wheel.
- contemporary furniture** Furniture with clean lines and very little decoration.
- dimensions** The size of a piece (generally refers to length, width, and height).
- dimmer** Device for varying the brightness of an electric light.
- emphasis** The strategic use of a contrasting element that draws the eye.
- ergonomic furniture** Furniture designed to keep a user’s body in a safe, upright position.
- floor plans** Like maps for a building that show all of the important parts of a space.
- focal point** Feature you want to highlight in a room.
- hardware** Drawer pulls, hinges, and other metal pieces in the context of furniture.
- harmony** The feeling that parts of a design belong together.
- industrial style** A minimal style inspired by warehouses and factories with clear, clutter-free surfaces.
- innovative fibers** A subset of synthetic fibers that often contain rubber.
- manufactured fibers** Fibers made by humans from any substance.
- mid-century modern style** A sleek style using a variety of textures, colors, and materials such as Lucite and Plexiglas.
- minimalist style** A design style that focuses on simple, clean lines and a few well-chosen pieces.
- modern style** A style that embraces natural materials, neutral colors, and avoids unnecessary details.
- monochromatic** Using all the same color.
- mood board** A series of images, sketches, and text that will map out your design ideas.
- motion sensor lights** Illumination triggered only when motion is detected.

FAMILY AND CONSUMER SCIENCE UNIT 5: LIFE PAC TEST

Write the letter of the vocabulary word that matches the correct definition (each answer 3 points).

- | | | | | |
|-----|-------|--|----|------------------------|
| 1. | _____ | feature you want to highlight in a room | a. | industrial style |
| 2. | _____ | how nice something looks | b. | dimmer |
| 3. | _____ | how the size of objects relate to one another | c. | aesthetics |
| 4. | _____ | device for varying the brightness of an electric light | d. | monochromatic |
| 5. | _____ | feeling that parts of a design belong together | e. | task lighting |
| 6. | _____ | inspired by warehouses and factories, clear, clutter-free surfaces | f. | contemporary furniture |
| 7. | _____ | furniture with clean lines and very little decoration | g. | proportion |
| 8. | _____ | using all the same colors | h. | focal point |
| 9. | _____ | colors all within the same range | i. | harmony |
| 10. | _____ | illumination designed to help you see what you are doing | j. | analogous colors |

Write *T* for True or *F* for False (each answer, 6 points).

11. _____ Large items such as beds and couches should be placed first when arranging furniture.
12. _____ Traditional rooms tend to feature accessories arranged asymmetrically rather than in pairs.
13. _____ The primary colors are red, blue, and green.
14. _____ The color wheel helps in identifying complementary colors.
15. _____ Mid-century modern homes typically have closed floor plans and small windows.
16. _____ Chenille is known for its cozy texture.
17. _____ Jacquard fabric incorporates patterns and colors into its weave.
18. _____ Small, decorative items are usually the focal point of a room.
19. _____ When arranging furniture, it's important to consider how it will be used.
20. _____ Placing furniture perpendicular to doorways enhances room flow.

Complete the activities (each answer, 6 points).

35. In 2-3 sentences, describe the factors you should consider when choosing fabrics you include in your interior design.

36. In 2-3 sentences, explain points that should be considered when arranging furniture in a room.
