

Santa Clara County 4-H Youth Development Program
Level I Clothing Proficiency
2007

Date Completed/
Project Leader
Initials

- _____ 1. Name eight basic supplies for the sewing basket and describe how they are used.
- _____ 2. Demonstrate how to take body measurements and choose the correct pattern size.
 - a. Explain how to read a pattern envelope
 - b. Determine the correct fabric amount needed for a project
- _____ 3. Identify key parts of a sewing machine. Demonstrate how to thread your machine and wind a bobbin.
- _____ 4. Demonstrate how to sew a basic straight seam, zigzag, basting, and backstitching.
- _____ 5. Identify on the fabric provided: bias, lengthwise grain, and crosswise grain.
- _____ 6. Explain simple pattern instructions and symbols.
Define and identify seven out of nine of the following terms:

Selvage and grain line	Cutting line	Place on fold
Facings	Stay stitching	Seam allowance
Notches on patterns	Seam finishes	Trim seams and corners
- _____ 7. Follow the pattern's directions and lay the pattern pieces on the fabric. Pin pattern to the fabric and obtain leader's approval before cutting.
- _____ 8. Demonstrate pressing open seams, top pressing, and how to prevent seam imprints from showing on the right side of the fabric.
- _____ 9. Which of the provided fabrics would be good to make pajamas and why?
- _____ 10. Keep a record of items made for the Clothing Project. Include the following information for each.
 - a. Your measurements
 - b. Pattern used and cost
 - c. Fabric amount and cost
 - d. A picture of item made of yourself in garment

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- _____ 11. Explain what safety issues are important to consider while using a sewing machine, iron, pins, and scissors.
- _____ 12. Show and explain a clothing item you have made to a youth member in your 4-H Club. The youth does not have to be a member of the Clothing Project. Include the following information when you share it:
- a. What the item is and why you chose to make it.
 - b. What creative touches you made to your garment.
 - c. Whether or not you enjoyed making it and why.
- or
- d. Give the project report for the Clothing Project at one of the 4-H Club meetings.
- _____ 13. Demonstrate something to do with the Clothing Project to one or more of the following:
- | | |
|------------------------------|--|
| Clothing Project Leader | Another member of the Clothing Project |
| Clothing Project Teen Leader | Clothing Project members as a group |
- _____ 14. Demonstrate how to model your garment and provide three good grooming tips.
- _____ 15. Attend a County, Sectional, or State event, e.g., Design Contest, Fashion Review, Santa Clara County Fair, Presentation Day, Make it Yourself with Wool Contest, or Field Day.

Members Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____