



University of California

Agriculture and Natural Resources | 4-H Youth Development Program

4-H Members Name: _____ **Club:** _____

CLOTHING AND TEXTILES - Level 1

The Explorer level is the most basic of all levels. The youth begins to explore the boundaries of the project area, touching on many skills and knowledge areas that will be expanded later.

Date Initial

- ___ ___ 1. Demonstrate the ability to stitch a straight seam.
- ___ ___ 2. Learn to backstitch.
- ___ ___ 3. Recognize a woven, knit and non-woven fabric
- ___ ___ 4. Identify grain lines (selvage or bias).
- ___ ___ 5. Learn why and how to pre-shrink fabric.
- ___ ___ 6. Identify and show proper use of sewing equipment; tape measure, shears, pins, seam ripper, needles, thread.
- ___ ___ 7. Identify sewing machine parts.
- ___ ___ 8. Wind a bobbin & thread a sewing machine.
- ___ ___ 9. Learn to pin baste.
- ___ ___ 10. Learn to use an iron and how to press a seam open.
- ___ ___ 11. Sew on a two or four hole button.
- ___ ___ 12. Learn to hem by machine.
- ___ ___ 13. Learn to blind hem by hand.
- ___ ___ 14. Learn to stay stitch and where to use it.
- ___ ___ 15. Learn to take accurate body measurements and select the proper pattern size.
- ___ ___ 16. Identify pattern markings.
- ___ ___ 17. Layout pattern on fabric using proper grain lines.
- ___ ___ 18. Learn at least one method to transfer pattern markings to fabric. Method _____.
- ___ ___ 19. Learn how to clip, grade, or notch seam allowances.
- ___ ___ 21. Learn to put in a single lap zipper.
- ___ ___ 22. Recognize appropriate seam finish for fabric.
- ___ ___ 23. Sew a complete outfit.
- ___ ___ 24. Demonstrate the ability to select colors and textures that go together.
- ___ ___ 25. Select an outfit with all accessories for a particular occasion.
- ___ ___ 26. Learn to put in a facing with interfacing.
- ___ ___ 27. Give a demonstration related to clothing.
- ___ ___ 28. Participate in the County Fashion Revue.

Project Leader's Signature of Completion: _____ Date: _____

4-H Program Representative Approval: _____ Date: _____

COMMENTS: _____





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CLOTHING AND TEXTILES - Level 2

The Explorer level is the most basic of all levels. The youth begins to explore the boundaries of the project area, touching on many skills and knowledge areas that will be expanded later

Date Initial

- ____ 1. Learn to take accurate body measurements and alter a pattern for a better fit.
- ____ 2. Coordinate the fabric, pattern and all notions for a garment that you will make.
- ____ 3. Learn to read fabric and clothing labels and how to take care of various fabrics.
- ____ 4. Identify various types of fabrics, satins, wool, denim, etc.
- ____ 5. Complete a wardrobe inventory list to assess needs.
- ____ 6. Select & buy an article of clothing that is needed in your wardrobe.
- ____ 7. Learn to recognize fitting problems & correct them.
- ____ 8. Learn at least 3 new construction methods:
 - set in sleeves, zipper center, fly, invisible, new seam finish, button holes, darts tucks or pleats, new hem stitch or finish, collar, cuffs, waist band and other, approved by leader
- ____ 9. Learn to clean, care for and adjust sewing machine.
- ____ 10. Identify & use pressing equipment; pressing cloth, clapper.
- ____ 11. Learn to recognize good construction techniques in store bought clothing.
- ____ 12. Learn to layout a pattern on napped, repeat design or plaid fabric.
- ____ 13. Learn sewing techniques for working with knits.
- ____ 14. Use at least two decorative details:
 - trim or lace, cording, yokes, appliqué or fabric paint, contrasting materials, colors, or prints, pockets, top stitching and other, approved by leader
- ____ 15. Select make or buy accessories for a garment made.
- ____ 16. Learn mending techniques.
- ____ 17. Keep record on cost of clothes & accessories you buy and make.
- ____ 18. Learn to launder a sweater.
- ____ 19. Give demonstration on clothing at Presentation Day.
- ____ 20. Exhibit clothing Project at fair, exhibit night, etc.
- ____ 21. Participate in two divisions at the County Fashion Revue.

Project Leader's Signature of Completion: _____ Date: _____

4-H Program Representative Approval: _____ Date: _____

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CLOTHING AND TEXTILES - Level 3

The Consumer level takes the member beyond the immediate project, out into the community, as they explore the project area in depth.

Date Initial

- _____ 1. Learn how to do 4 new items below:
 - Bound buttonholes, Smocking, Appliqué, Patchwork, Quilting, Embroidery, Hand-picked zipper and Frog closure
- _____ 2. Sew with 2 challenging fabrics:
 - Silk, Heavy wool and other approved by leader
- _____ 3. Do alterations on ready-made clothes for yourself.
- _____ 4. Complete wardrobe inventory: list clothes you have & list clothes you need.
- _____ 5. Recycle a garment 70%.
- _____ 6. Serve as a Junior/Teen Leader for the clothing project.
- _____ 7. Participate in the organizing of County Fashion Revue.
- _____ 8. Read commendations at County Fashion Revue.
- _____ 9. Make 1 garment for another person.
- _____ 10. Make a non-wearable article of clothing.
- _____ 11. Make 1 accessory to complete your outfit.
- _____ 12. Make a personal color sheet.
- _____ 13. Select all accessories for an outfit.
- _____ 14. Make a three piece outfit.
- _____ 15. Make a lined garment.
- _____ 16. Learn the proper storage of your clothing.
- _____ 17. Learn proper washing of your clothing.
- _____ 18. Arrange your closet for accessories, shoes, prevention of insect or other damage.
- _____ 19. Give a clothing presentation.
- _____ 20. Participate in new category at County Fashion Revue.
- _____ 21. Exhibit at fair, club exhibit night, etc.

Project Leader's Signature of Completion: _____ Date: _____

4-H Program Representative Approval: _____ Date: _____

COMMENTS: _____

