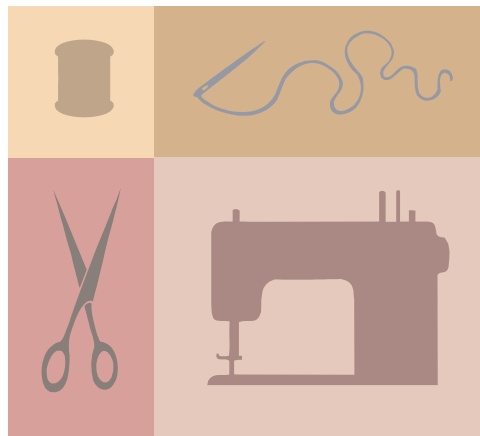


# Nevada County 4-H *Clothing & Textiles* Proficiency Program



## *LEVEL I – EXPLORER*

**NAME:** \_\_\_\_\_

**CLUB:** \_\_\_\_\_

**PROJECT:** \_\_\_\_\_

PRIMARY MEMBERS ARE NOT ELIBIGLE TO PARTICIPATE IN PROFICIENCY PROGRAMS.

1. Identify five basic supplies for the sewing basket and describe how they are used:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

2. Describe three to five safety precautions to take while sewing (i.e. using the iron pins, scissors, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

3. Demonstrate how to thread, wind a bobbin, and operate a sewing machine.

\_\_\_\_\_ *Project Leader's signature* \_\_\_\_\_ *Date*

4. Demonstrate how to sew basic straight seams.

\_\_\_\_\_ *Project Leader's signature* \_\_\_\_\_ *Date*

5. Read simple pattern instructions and demonstrate what they mean.

\_\_\_\_\_ *Project Leader's signature* \_\_\_\_\_ *Date*

6. Demonstrate how to iron seams.

\_\_\_\_\_ *Project Leader's signature* \_\_\_\_\_ *Date*

7. Show how to layout and pin a pattern onto the fabric correctly.

\_\_\_\_\_ *Project Leader's signature* \_\_\_\_\_ *Date*

8. Identify grain line (lengthwise and crosswise threads.)

\_\_\_\_\_ *Project Leader's signature* \_\_\_\_\_ *Date*

9. Demonstrate correct cutting procedures.

\_\_\_\_\_ *Project Leader's signature* \_\_\_\_\_ *Date*

10. Define the following terms:

- Straight grain \_\_\_\_\_
- Seam allowance \_\_\_\_\_
- Place on fold \_\_\_\_\_
- Seam finish \_\_\_\_\_
- Gathering \_\_\_\_\_
- Cutting line \_\_\_\_\_
- Selvage \_\_\_\_\_
- Trim corners \_\_\_\_\_
- Pre-shrink \_\_\_\_\_
- Cross grain \_\_\_\_\_
- Trim seams \_\_\_\_\_
- Notches on patterns \_\_\_\_\_
- Staystitching \_\_\_\_\_

11. Make two items in this project, such as a garment, scarf, potholder, etc.

*Items I made* \_\_\_\_\_ *and* \_\_\_\_\_

\_\_\_\_\_ *Project Leader's signature* \_\_\_\_\_ *Date*

12. Display an example of your sewing products to project members.

\_\_\_\_\_ *Project Leader's signature* \_\_\_\_\_ *Date*

13. Keep a record of your project expenses for one year and show this to your leader.

\_\_\_\_\_ *Project Leader's signature* \_\_\_\_\_ *Date*

14. Explain how what you learned in this project can help you in the future.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

15. Demonstrate correct use of seam ripper, chalk, fabric markers.

\_\_\_\_\_ *Project Leader's signature* \_\_\_\_\_ *Date*

**Congratulations!**  
**You have completed Level I of the Clothing & Textiles**  
**Proficiency Program.**

Name \_\_\_\_\_ Age \_\_\_\_\_

Club \_\_\_\_\_

Project \_\_\_\_\_

Project Leader's \_\_\_\_\_  
Printed Name Signature

Date \_\_\_\_\_

County Coordinator's \_\_\_\_\_  
Printed Name Signature

Date \_\_\_\_\_

