

Quilting Proficiency: Level I – Explorer

Date _____

Completed _____

- _____ 1. Identify the four supplies for quilting and how they are used.
- a. seam ripper b. rotary cutter c. rotary cutting mat and ruler d. chalk or fabric marker
- _____ 2. Demonstrate hand sewing skills that include: tying a knot, running stitch, slip stitch, overhand stitch and whip stitch.
- _____ 3. Read 3 simple pattern instructions and explain and/or demonstrate what they mean.
- _____ 4. Identify grain line (lengthwise and crosswise threads) on a length of fabric.
- _____ 5. Define the following terms:
- | | |
|------------------------|---------------------------------------|
| Fat quarter | “Wrong side of material” (WSOF, RSOF) |
| Selvage | batting |
| Pre-shrunk | binding |
| Seam | quilting |
| Seam allowance | piecing |
| “on the diagonal”/bias | |
- _____ 6. Identify five parts of a sewing machine.
- _____ 7. Demonstrate how to thread and operate a sewing machine.
- _____ 8. Demonstrate how to wind a bobbin on the machine.
- _____ 9. Demonstrate correct, safe cutting procedures.
- _____ 10. Demonstrate how to determine a true ¼” seam.
- _____ 11. Demonstrate how to set and press seams.
- _____ 12. Demonstrate how to layout and pin pieces of a quilt.
- _____ 13. Keep a record of your project expenses/value for one year and show your project leader.
- _____ 14. Attend a County Home Ec Review Day.
- _____ 15. Display an example of your quilting to project members.
- _____ 16. Describe three safety precautions to take while cutting, pressing, and sewing a quilted item.
- _____ 17. Give a presentation before project members.
- _____ 18. Construct two items in this project, such as a pot holder, lap quilt, place mat, wall hanging, etc.
- _____ 19. Exhibit a project at a craft show, Home Ec Review or Fair.

Member Name _____ Date: _____

Project Leader’s Signature: _____ Date: _____