



## Clothing STEAM Level 1 Fundamentals

Mastering these sewing skills will provide a solid foundation upon which the member may build skills. To achieve success in this project the skills listed below will help 4-H leaders know what to teach and 4-H member to know what they need to learn. Have your leader initial and date each skill as completed. Each level may take more than one year to complete. You need to be able to check off 10-12 skills each year. 4-H member must complete Level 1 before beginning Level 2 and complete Level 2 before beginning Level 3, or have club leader and/or 4-H Professional approval to advance a level.

<b>Level 1 Fundamentals (complete a minimum of 10 skills each year for completion.)</b>	<b>Date Completed</b>	<b>Approved By</b>
1. Identify basic sewing tools	_____	_____
2. Identify three types of thread	_____	_____
3. Identify at least six parts of the sewing machine	_____	_____
4. Using seam guide demonstrate the following stitches		
• Straight	_____	_____
• Zigzag	_____	_____
• Back Stitch	_____	_____
• Pivot	_____	_____
5. Able to thread a sewing machine	_____	_____
6. Learn to control speed on the foot pedal	_____	_____
7. Identify color relationships around the color wheel	_____	_____
8. Arrange colors to create color combinations based on color wheel	_____	_____
9. Take accurate body measurements (height, bust/chest, waist, hips, back waist length, arm length)	_____	_____
10. Identify five fibers	_____	_____
11. Identify woven, knit and non-woven fabrics	_____	_____
12. Identify fabrics with strongest static electricity	_____	_____
13. Identify which fibers are most absorbent	_____	_____
14. Identify fibers that have best water repellency	_____	_____
15. Identify raw and salvage edge or material	_____	_____

- |  |       |       |
|--|-------|-------|
| 16. Learn to lay out pattern on fabric   | _____ | _____ |
| 17. Learn to recognize pattern symbols and properly mark them on your fabric   | _____ | _____ |
| 18. Learn to read the back of a pattern envelope and know the recommended fabric, notions and how much yardage to purchase | _____ | _____ |
| 19. Learn to read a pattern guide for sewing instructions and pattern layout   | _____ | _____ |
| 20. Sew a plain seam   | _____ | _____ |
| 21. Sew a zigzag finish  | _____ | _____ |
| 22. Sew a clean finish   | _____ | _____ |
| 23. Sew a curved seam  | _____ | _____ |
| 24. Demonstrate a notch seam allowance   | _____ | _____ |
| 25. Demonstrate understitching when using interfacing  | _____ | _____ |
| 26. Identify types of interfacing  | _____ | _____ |
| 27. Demonstrate three types of hand stitches   | _____ | _____ |
| 28. Demonstrate a blind stitch by hand   | _____ | _____ |
| 29. Identify three items that can be uncycled  | _____ | _____ |
| 30. Identify two businesses that are doing what you are doing  | _____ | _____ |
| 31. Demonstrate three modeling techniques  | _____ | _____ |