

Owyhee County 4-H STEAM Clothing Level 1 - FUNdamentals Checklist

Member's Name: _____ 4-H Club: _____

Current Year: 20__ Number of years in Project _____ Age (as of January 1): _____

Age Division (circle one): Junior (8-10) Intermediate (11-13) Senior (14-18)

Project Description: Youth will gather and learn about sewing tools, understand textiles through fun science experiments, learn beginning math and engineering techniques in clothing construction, and take their skills a step further through investigating business, service learning, and modeling.

Members must complete 10 each year. All members (regardless of age) should begin with Level 1. Each level may take more than one year to complete. Members must complete Level 1 before beginning Level 2 and complete Level 2 before beginning Level 3 or have a club leader and/or 4-H Professional approval to advance to the next level.

See "Idaho 4-H Project Requirements Handbook" for more information about state requirements for this project. Submit this checklist annually with your project record book. This page will be new each year.

√	Requirement	Details	Date Completed	Leader Initials
	Enroll in 4-H and pay necessary dues.	Enroll at https://4h.zsuite.org/ & pay enrollment fee to your 4-H leader before March 1.		
	Attend six or more club/project meetings.	Each member must attend six or more meetings to be eligible to participate in Fair.		
	Complete a community service project.	The project must be completed in Owyhee County.		
	Complete annual ethics training.	Each member must complete an ethics activity each year.		
	Give an oral presentation related to <u>this</u> project area.	Must be completed at a <input type="checkbox"/> Club or <input type="checkbox"/> County level. Topic: _____		
	Complete an Involvement Report.	Submit via ZSuite before Fair.		
	Complete a Non-Animal Record Book.	Submit via ZSuite before Fair.		
	Submit Fair entries.	Entries are open June 15-July 15. Entries are required to exhibit at Fair. Late entries will not be accepted.		
	Complete this Checklist and submit to your leader before Fair.	Must be signed by member, parent, and leader to be considered complete.		
	Complete Project Guide activities.	Complete and document at least seven required and optional activities in the FUNdamentals STEAM Clothing Project Guide.		

I agree that the above requirements have been satisfactorily completed:

Member Signature _____ Date _____

Parent Signature _____ Date _____

Leader Name _____

Leader Signature _____ Date _____

Skills	Date Completed	Leader's Initials
Identify basic sewing tools		
Identify three types of thread		
Identify at least six parts of the sewing machine		
Using seam guide demonstrate the straight stitch		
Using seam guide demonstrate the zigzag stitch		
Using seam guide demonstrate the back stitch		
Using seam guide demonstrate the pivot stitch		
Able to thread a sewing machine		
Learn to control speed on the foot pedal		
Identify color relationships around the color wheel		
Take accurate body measurements (height, bust/chest, waist, hips, back, waist length, arm length)		
Identify five fibers		
Identify woven, knit, and non-woven fabrics		
Identify fabrics with strongest static electricity		
Identify which fibers are most absorbent		
Identify fibers that have best water repellency		
Identify raw and salvage edge or material		
Learn to lay out pattern on fabric		
Learn to recognize pattern symbols and properly mark them on your fabric		
Learn to read the back of a pattern envelope and know the recommended fabric, notions and how much yardage to purchase		
Learn to read a pattern guide for sewing instructions and pattern layout		
Sew a plain seam		
Sew a zigzag finish		
Sew a clean finish		
Sew a curved seam		
Demonstrate a notch seam allowance		
Demonstrate under stitching when using interfacing		
Identify types of interfacing		
Demonstrate three types of hand stitches		
Demonstrate a blind stitch by hand		
Identify three items that can be uncycled		
Identify two businesses that are doing what you are doing		
Demonstrate three modeling techniques		