

# Family and Consumer Science

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## KNITTING

Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p><b>Youth Materials:</b></p> <ul style="list-style-type: none"> <li>• <i>Knitting, Member's Guide and Project Requirements (#32023)</i> 📖 2003</li> <li>• <i>ZSuites 4-H Involvement Report</i></li> <li>• <i>ZSuites 4-H Project Record Book</i></li> </ul> <p><b>Volunteer Materials:</b> <i>None</i></p>	<p>Select the phase appropriate to your skill level and learn the skills listed in the Member's Guide and Project Requirements for that phase.</p> <p>Phases:</p> <ol style="list-style-type: none"> <li>1. Beginning Level A – learn how to cast on, knit and purl, and bind off.</li> <li>2. Beginning Level B – learn basic stitch combinations, stockinette, garter, ribbing, increasing and decreasing.</li> <li>3. Intermediate Level A – learn how to make buttonholes, pick up stitches, and knit on circular needles.</li> <li>4. Intermediate Level B – learn how to knit pattern stitches.</li> <li>5. Advanced Level A – learn to knit using multicolor techniques.</li> <li>6. Advanced Level B – learn advanced knitting techniques by selecting one of seven project focus areas.</li> </ol> <ul style="list-style-type: none"> <li>• Give an oral presentation (demonstration, speech or illustrated talk) related to this project.</li> </ul> <p>Complete the following:</p> <ul style="list-style-type: none"> <li>• <i>ZSuites 4-H Involvement Report</i></li> <li>• <i>ZSuites 4-H Project Record Book</i></li> </ul>	<ul style="list-style-type: none"> <li>• ZSuites 4-H Project Record Book</li> <li>• ZSuites 4-H Involvement Report</li> <li>• Beginning Level A &amp; B, exhibit at least one item you have made using skills learned in your project level.</li> <li>• Intermediate Level A &amp; B, exhibit two small <b>OR</b> one large item you have made using the skills learned in your project level.</li> <li>• Include in your record book the yarn content (example: 50% cotton/50% polyester) and care of your yarn.</li> </ul> <p><b>Optional:</b> You might want to include a sample of skills learned that are not included in your exhibit.</p>
<p><b>County Requirements:</b> Check with your local County Extension office for details.</p>		
<p><b>Support Materials:</b> Idaho 4-H Knitting page (and to download the <i>Knitting Member's Guide</i>): <a href="https://www.uidaho.edu/extension/4h/projects/knitting">https://www.uidaho.edu/extension/4h/projects/knitting</a></p>		
<p><b>Optional Supporting Materials</b></p> <ul style="list-style-type: none"> <li>• <i>Cool Stuff, Teach Me To Knit</i>, Leisure Arts, Inc. (Instructions geared to youth)</li> <li>• <i>Reader's Digest, Complete Guide to Needlework</i> (Volunteer Reference)</li> <li>• Web sites with downloadable "how-to" instructions: <a href="http://www.crafttown.com/knitlesson.htm">www.crafttown.com/knitlesson.htm</a>, <a href="http://www.knittinguniverse.com">www.knittinguniverse.com</a></li> <li>• Other web sites of interest: <a href="http://www.anniesattic.com">www.anniesattic.com</a></li> </ul>		