# Family and Consumer Science

## SEWING EXPRESSIONS

### LEVEL 2 - PORTFOLIO

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| **Fashion Forward, Level 2, Intermediate Portfolio Version** | In the member’s current Manual:  
- Complete at least 7 activities and record findings and put samples in the Idaho 4-H Clothing Construction Portfolio.  
- Complete at least 10-12 skills each year from the Fashion Forward Skills Checklist.  
- Have your project helper date and sign each skill from the skills checklist when completed.  
- Complete at least 4 “Before and After – What do you know?” statements (Page 3 of manual) each project year.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year. |  
- Idaho 4-H Clothing Construction Portfolio  
- 4-H Involvement Report (#91910)  
- Fashion Forward Skills Checklist  
- Display a garment or outfit including at least three new sewing skills learned in each year of taking this project  
**OR**  
- One or more non-clothing item(s) including at least three new sewing skills learned in each year of taking this project  
**OR**  
- A display or a poster (14” x 22”) illustrating something learned in this project year. |
| **Youth Materials:**  
- National 4-H Curriculum Fashion Forward, Level 2 (#32082)  
- 4-H Involvement Report (#91910)  
- Idaho 4-H Clothing Construction Portfolio  
- Fashion Forward Skills Checklist | Complete the following:  
- 4-H Involvement Report (#91910)  
- Idaho 4-H Clothing Construction Portfolio  
- Fashion Forward Skills Checklist |  
- 4-H Involvement Report (#91910)  
- Fashion Forward Skills Checklist |
| **Volunteer Materials:**  
- National 4-H Curriculum Sewing Expressions Helper’s Guide (#32084) | Note: When using the Idaho 4-H Clothing Construction Portfolio, each member is not required to purchase a manual. One manual can be used with multiple members. |  
- 4-H Involvement Report (#91910)  
- Idaho 4-H Clothing Construction Portfolio  
- Fashion Forward Skills Checklist |

### County Requirements:
Check with your County Extension office for details.

### Support Materials:
Idaho 4-H Sewing Expressions page (and to download the Fashion Forward Skills Checklist and Idaho 4-H Clothing Construction Portfolio: [https://www.uidaho.edu/extension/4h/projects/sewing-expressions](https://www.uidaho.edu/extension/4h/projects/sewing-expressions)

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