



Clothing STEAM Level 2 Simply Sewing

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.

Level 2 Fundamentals (complete a minimum of 10 skills each year for completion.)	Date Completed	Approved By
1. Understand style and fit	_____	_____
2. Identify and describe three design principles	_____	_____
3. Identify and use three types of pressing tools	_____	_____
4. Create a tailoring ham and seam roll	_____	_____
5. Adjust pattern fit by making minor adjustments	_____	_____
6. Determine if a pattern is appropriate for a knit fabric	_____	_____
7. Create a simple	_____	_____
8. Identify five specialty fiber categories	_____	_____
9. Identify how burn testing can be used to identify fiber classes	_____	_____
10. Identify effects on two fibers with household chemicals	_____	_____
11. Identify effect of decomposition on two fibers	_____	_____
12. Describe how UV light affects dyed natural and synthetic fibers	_____	_____
13. Explain how detergent helps clean clothes	_____	_____
14. Identify characteristics of three types of specialty fabrics	_____	_____
15. Identify fabric colors that reflect and absorb light	_____	_____
16. Identify seam finishes and when to use them	_____	_____
17. Finish a seam with an over edge and a serged finish	_____	_____

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| 18. Sew darts | _____ | _____ |
| 19. Sew gathers | _____ | _____ |
| 20. Sew a button and button hole | _____ | _____ |
| 21. Demonstrate how to reduce bulk in seam allowance | _____ | _____ |
| 22. Demonstrate one hand hemming technique | _____ | _____ |
| 23. Use a variety of interfacing: fusible, non-fusible | _____ | _____ |
| 24. Sew a lap zipper | _____ | _____ |
| 25. Construct a patch pocket | _____ | _____ |
| 26. Construct a basic set in sleeve | _____ | _____ |
| 27. Understand the concept "ease stitching" | _____ | _____ |
| 28. Construct a cuff | _____ | _____ |
| 29. Identify purpose of plackets | _____ | _____ |
| 30. Attach a cuff to a placket | _____ | _____ |
| 31. Construct a basic collar | _____ | _____ |
| 32. Recognize different collar types | _____ | _____ |
| 33. Construct a sample waist band | _____ | _____ |
| 34. Identify two types of waist bands | _____ | _____ |
| 35. Identify ways to use the internet to sell products | _____ | _____ |
| 36. Understand the difference between the cost of an item and it's selling price | _____ | _____ |