

# 4-H Clothing and Textiles Proficiency Program A Member's Guide

## OVERVIEW

The 4-H Clothing and Textiles Proficiency program helps you learn what you need to know about your 4-H project. Clothing and textiles is an interesting 4-H project. Through this project, you will learn consumer skills, proper storage and care for clothing, how to make clothing and other wearing apparel for yourself and others, and acquire knowledge of fibers, yarns, and processes for making fabric. You will develop self-confidence and poise and the ability to make the most of your personal attributes. You also develop judgment and creativity in planning an attractive wardrobe that expresses your individual lifestyle.

There are many resources to help you learn more about your project:

- The University of California Davis has free resources available online by visiting: <http://anrcatalog.ucdavis.edu/4HYouthDevelopment/>. This site lists a variety of project materials and resources recommended for use in your project.
- The Shasta County 4-H Resources and Lending Library at our county 4-H Office includes other books, videos, and reference materials that can be checked out by members and leaders.
- Fabric and craft stores frequently offer classes and other educational activities as well as materials. Pattern companies offer sewing competitions and opportunities to model the items you have made. County, sectional, and state 4-H events and fairs are great places to show off your skill.

There are five levels in the Project Proficiency Program. You may choose how many levels you wish to complete:

- ◆ Level I – “Explorer”, you begin to learn how to sew.
- ◆ Level II – “Producer”, you learn more sewing skills and make clothing following a pattern.
- ◆ Level III – “Consumer”, you become an experienced in many aspects of clothing and textiles.
- ◆ Level IV – “Leader”, allows you to show your own leadership potential.
- ◆ Level V – “Researcher”, you carry out a demonstration or experiment on some aspect of clothing and textiles, and prepare a paper or portfolio.

As you work through the proficiency program, your leader will date each skill item as you complete it. When all items in a proficiency level are completed, your leader will sign the Certificate of Achievement.

# CLOTHING AND TEXTILES

## Level I - Explorer

Date \_\_\_\_\_  
Completed \_\_\_\_\_

- \_\_\_\_\_ 1. Identify five basic supplies for the sewing basket and describe how they are used.
- \_\_\_\_\_ 2. Describe three to five safety precautions to take while sewing (i.e. using the iron, pins, scissors, etc.)
- \_\_\_\_\_ 3. Demonstrate how to thread and operate a sewing machine
- \_\_\_\_\_ 4. Demonstrate how to wind a bobbin on the machine
- \_\_\_\_\_ 5. Demonstrate how to sew basic straight seams.
- \_\_\_\_\_ 6. Read simple pattern instructions and explain and/or demonstrate what they mean.
- \_\_\_\_\_ 7. Demonstrate how to iron seams.
- \_\_\_\_\_ 8. Show how to layout and pin a pattern onto the fabric correctly.
- \_\_\_\_\_ 9. Identify grain line (lengthwise and crosswise threads).
- \_\_\_\_\_ 10. Demonstrate correct cutting procedures.
- \_\_\_\_\_ 11. Define the following terms:

Straight grain	Cutting line	Cross grain
Seam allowance	Selvage	Trim seams
Place on fold	Trim corners	Notches on patterns
Seam finish	Pre-shrunk	Staystitching
Gathering		
- \_\_\_\_\_ 12. Make two items in this project, such as garment, scarf, potholder, etc.
- \_\_\_\_\_ 13. Display an example of your sewing product to project members.
- \_\_\_\_\_ 14. Keep a record of your project expenses for one year and show this to your leader.
- \_\_\_\_\_ 15. Explain how what you have learned in this project can help you in the future.
- \_\_\_\_\_ 16. Demonstrate correct use of seam ripper, chalk, fabric markers.

Member Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## CLOTHING AND TEXTILES

### Level II - Producer

Date \_\_\_\_\_  
Completed \_\_\_\_\_

1. Demonstrate how to accurately measure for correct body size/pattern size.  
\_\_\_\_\_
2. Select appropriate fabric for a pattern and explain how the color, texture, design and other aspects affect the final product and make this an appropriate garment for you.  
\_\_\_\_\_
3. Describe how to use the information on a pattern envelope.  
\_\_\_\_\_
4. Identify different fabric types and one appropriate use for each:  
\_\_\_\_\_
 

Cotton	Wool	Lace	Polyester	Acrylic
Sheers	Blends	Denim	Satin	
5. Demonstrate the basic techniques used in hand sewing including thread preparation, sewing hems and buttons.  
\_\_\_\_\_
6. Demonstrate the basic techniques used in completing a garment including buttons, button holes, zippers, sleeves, interfacing, darts, pockets, grading seams and hems.  
\_\_\_\_\_
7. Demonstrate how to grade seam allowances.  
\_\_\_\_\_
8. Demonstrate seam finishes and tell which type of stitch is used for what type of fabric listed below:  
\_\_\_\_\_
 

Straight stitch	Flat felled	Zig zag	French	Serged
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9. Explain the differences between tucks, darts, pleats, and gathers and describe where you would use them and why. Use one of these techniques in a garment.  
\_\_\_\_\_
10. Make at least one garment following a pattern.  
\_\_\_\_\_
11. Participate in one field visit to a materials or equipment provider.  
\_\_\_\_\_
12. Identify three different locations where materials can be obtained.  
\_\_\_\_\_
13. Explain to others outside of your project group about what you have learned or display your project in the community.  
\_\_\_\_\_
14. Keep a record of your expenses and at the end of the year compare the value of your product(s) to your expenses/costs.  
\_\_\_\_\_
15. Describe one mistake/error that you made in your sewing project and what you did or could have done to correct or prevent it.  
\_\_\_\_\_
16. Help someone else by sharing your knowledge or by giving away a product from your project to show positive citizenship.  
\_\_\_\_\_

Member Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# CLOTHING AND TEXTILES

## Level III - Consumer

Date  
Completed

- \_\_\_\_\_ 1. Demonstrate how to do a collar application.
- \_\_\_\_\_ 2. Demonstrate how to do a "set in" sleeve.
- \_\_\_\_\_ 3. Demonstrate how to use the color wheel and explain its application in the design of your product.
- \_\_\_\_\_ 4. Explain how to clean, launder and store a garment, include the following aspects:  
Sorting clothes      Correct water temperature      Clothing preparation: zippers,  
Reading of labels      Storage options      buttons, pockets  
   Treating stains/spots
- \_\_\_\_\_ 5. Describe four ways to save money and be economical in obtaining materials.
- \_\_\_\_\_ 6. Keep a personal reference library of helpful literature that pertains to your project.
- \_\_\_\_\_ 7. Take part in a project related demonstration or judging contest.
- \_\_\_\_\_ 8. Report the history of one aspect (origin, equipment, material, technique etc.) of textile manufacturing.
- \_\_\_\_\_ 9. Invite a guest speaker to one of your project meeting and introduce them to the group. Ask them to discuss how to creatively select and purchase clothing and accessories to make a wardrobe that fits your style and personality.
- \_\_\_\_\_ 10. Contact a local, state or national association related to clothing and textiles and report to your group what this association has to offer its members and interested individuals.
- \_\_\_\_\_ 11. Demonstrate at least three of the following advanced techniques:  
Pad/roll stitching      Lining      Bound button holes      Decorative top  
Notched lapels      Gusset      Stitching/specialty threads
- \_\_\_\_\_ 12. Visit one seamstress, tailor, textile manufacturer or other craftsman in the clothing and textile field and report what you learned.
- \_\_\_\_\_ 13. Keep a record of costs, cash expenses, time and labor charges for each product made. At the completion of the item(s) compare your products to the expense.
- \_\_\_\_\_ 14. Demonstrate at least two different mending techniques.
- \_\_\_\_\_ 15. Alone or with the group, plan and complete a community service activity.
- \_\_\_\_\_ 16. Demonstrate how to alter a pattern for fit or preference.

Member Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**CLOTHING AND TEXTILES**  
**Level IV - Leader**

Date  
Completed

- \_\_\_\_\_ 1. Serve as Junior or Teen leader in this project for one year.
- \_\_\_\_\_ 2. Assist younger members in constructing a project, demonstrate techniques as needed.
- \_\_\_\_\_ 3. Prepare teaching materials for use at project meetings.
- \_\_\_\_\_ 4. Develop and put on a judging event or train a junior team for such an event.
- \_\_\_\_\_ 5. Speak on a project-based subject before an organization other than your 4-H group.
- \_\_\_\_\_ 6. Assist at a local fair or fashion show.
- \_\_\_\_\_ 7. Assist younger members with learning a specific technique in the project.
- \_\_\_\_\_ 8. Develop your own special project related activity. Chart your progress, plan the activities, analyze successes and problems, and report on your findings.
- \_\_\_\_\_ 9. Demonstrate and assist younger members in record keeping.
- \_\_\_\_\_ 10. Demonstrate and explain color selection/suitability to skin type.
- \_\_\_\_\_ 11. Plan and lead teaching tour of a fabric store.

Member Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# CLOTHING AND TEXTILES

## Level V - Researcher

Date  
Completed

1. Report on the results of a demonstration comparing measurable differences in procedures, (or) design a garment and create the pattern with instructions. Make the garment and display it.

2. Prepare a paper of 300 words or more on one of the following topics:

- Garment care
- Period clothing
- Cultural influence on fashion
- History of a specific project related aspect
- Development of equipment (ex: sewing machine, serger)
- Markets and methods of marketing
- Evolution of techniques
- Effect/use of color, shape, form, pattern, etc.
- Resource utilization and/or conservation
- History of styles, gender influence in fashion
- Relationship of body characteristics to fashion and/or fads
- Origin of various fibers

3. Prepare a speech or illustrated talk to orally summarize your findings and present at a club, project meeting or other educational event.

Member Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Certificate of Achievement

*This certifies that*

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*has completed the Clothing and Textiles Proficiency  
in Shasta County.*

*Explorer*

*Producer*

*Consumer*

*Leader*

*Researcher*

\_\_\_\_\_  
*Date*

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