

Owyhee County 4-H Sewing Expressions Level 2 – Fashion Forward 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: In this project, youth will continue to develop sewing skills, learning intermediate techniques such as pockets, pleats, darts, and buttonholes.

All members (regardless of age) should begin with Level 1. 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.

Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the Sewing Expressions series.

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 Activity Guide activities.	Complete and document at least seven required and optional activities in the Fashion Forward Activity Guide each year.		
	Learn new skills.	Learn 10-12 skills each year from the Skills checklist.		

I agree that the above requirements have been satisfactorily completed:

Member Signature _____ Date _____

Parent Signature _____ Date _____

Leader Name _____

Leader Signature _____ Date _____

LEVEL 2 SKILLS	Date Completed	Leader's Initials
Learn the difference between knit, woven, and non-woven fabrics		
Learn four different fiber contents and their characteristics		
Adjust pattern fit by making minor adjustments		
Use a non-fusible interfacing		
Use a fusible interfacing		
Use a Flat Felled seam construction		
Use a French seam construction		
Use a Stretch Stitch seam construction		
Use a Clean finish (turn under edge & stitch) seam finish		
Use a Pinked seam finish		
Use a Zigzag seam finish		
Trim & grade enclosed seams		
Sew a straight dart		
Sew a curved dart		
Sew a 2-ended dart		
Apply a lapped zipper		
Apply a centered zipper		
Apply an invisible zipper		
Make sleeve packets		
Attach a collar		
Make gathers & ruffles		
Attach a waistband		
Construct belt loops		
Attach buttons with built-in shank		
Attach buttons thread shank		
Hem by hand		
Machine hem using blind hem		
Reinforce crotch seam		
Apply fly zipper		
Use a fly front guard		
Learn about three different types of hand sewing needles		
Be able to identify a sleeve roll		
Be able to identify a point press		
Be able to identify a sleeve board		
Learn to use a seam sealant for serged threads		
Learn to know & clip serged threads		
Learn to thread back through stitched serging		
Sew a sample or a clothing item using striped fabric		
Sew a sample or clothing item using plaid fabric		
Use a curved or shaped pocket application		
Use a pocket flap pocket application		
Use a slot pocket application		
Use an inseam pocket application		
Use a lined pocket application		
Use a welt pocket application		