

CONSUMER STUDIES

Clothing or Soft Furnishing


Learner Guide

Year 1



Consumer studies: Clothing or Soft Furnishing Option**Practical lessons – Term 1****Year 1****CLOTHING OR SOFT AND FURNISHING OPTION**

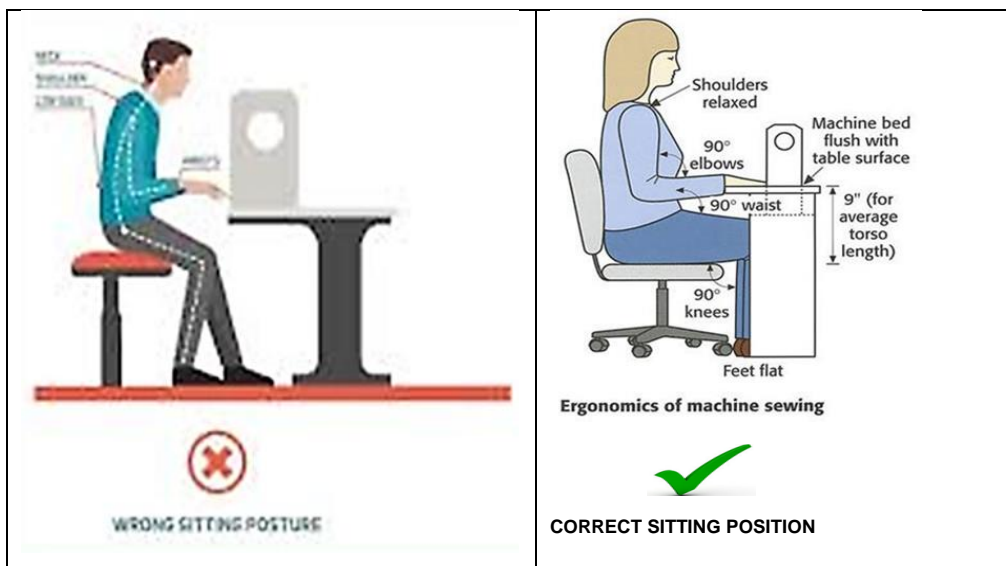
YEAR 1	TERM 1
Week 1:	Orientate the learners in the workplace room.
Week 2 & 3:	<p>Practical Lesson 1: Personal Hygiene, Health & Safety</p> <p>Activity: Safety in the sewing room (Group work)</p>
Week 4 – 6:	<p>Activity: Basic sewing equipment</p> <p>Activity: Measuring equipment</p> <p>Activity: (Demonstration) Measuring</p> <p>Practical Lesson 2: Identification of Needlework equipment and tools</p> <p>Practical Lesson 3: Measuring equipment and tools</p>
Week 7:	<p>Activity:</p> <p>Basic Hand stitches for sewing and embroidery</p> <p>Activity: Basic Hand stitches for sewing and embroidery on an article</p>
Week 8:	<p>Practical Skills Test 1 Basic hand stitches for sewing and embroidery on swatches</p>

Year 1	<ul style="list-style-type: none">• Hygiene, Safety and Security• Introduction to the laboratory / workplace
<p>Introduction:</p> <p>The environment in which you work influences your behaviour. To be truly productive, it is important to have a workplace where the furniture is well arranged. It must be arranged in such a way that activities can be performed with ease and with safety in mind. It's everyone's responsibility to keep the workplace and workstation clean and organized.</p> <p>Hygiene is a way of following practices that help to maintain health and safety. It is also important to wash your hands before touching your sewing fabrics and to wash them in-between working to prevent making your article dirty.</p> 	
<p>General safety rules in the Needlework class:</p> <ul style="list-style-type: none">• Do not run in the class – you can be seriously hurt or damage appliances.• Scissors are very dangerous, don't run or play with it.• Be careful when working with irons or steam irons, you can burn if you do not handle them correctly.• No learner is allowed to work without supervision in the needlework room.	

- Report injuries immediately.
- Never touch blood if someone is injured, report immediately so the correct procedure can be followed.
- When helping someone that has a bleeding cut, always wear gloves so as to prevent HIV transmission.
- Make sure that there is a fire extinguisher in class and that it is in a working order.
- **Always concentrate on your own work.** While talking to a friend you may sew or cut something incorrectly.
- Avoid loose clothing or jewellery and tie up hair to prevent it from becoming tangled in the moving parts of the machine.

Basic safety rules for working with a sewing machine:

- Hold head up and out of the way of moving parts.
- Sit with back straight to help with concentration.
- Work should be done in a sitting position.



- Only use the sewing machine in the designated area in the classroom.
- Equipment and appliance should be arranged in such a way as to allow for safe movement.
- Keep your fingers away from the needle and moving parts of the sewing machine.

- Do not press the foot peddle on someone else's sewing machine.
- Electric cords must be out of the way as tripping over wires can cause injury and damage equipment.
- Switch current off before inserting or removing plugs from sockets.
- Switch off your sewing machine when making adjustments.
- Make sure you have good lighting while you are sewing.
- Make sure the machine is switched off and packed away when finished

Safety measures for working with electrical appliances, e.g. ironing equipment

- See that all three-pin plugs are connected correctly
- Examine old electric wires and flexes to see whether there are any broken places – repair immediately.
- First put plug in wall socket. Then switch the plug on. Do not ever switch the switch on first.
- Never pull out the plug by its cord. Take hold of the plug itself and remove it from the socket.
- Never use electrical appliance when you are barefoot.
- It is dangerous to use any electrical appliance close to water.

Never touch anything electrical with wet hands or while standing in water.

- Never push metal objects or your fingers into a plug.
- Never overload a wall-socket. Do not plug in more than two appliances at the same time. Make use of appropriate adaptors





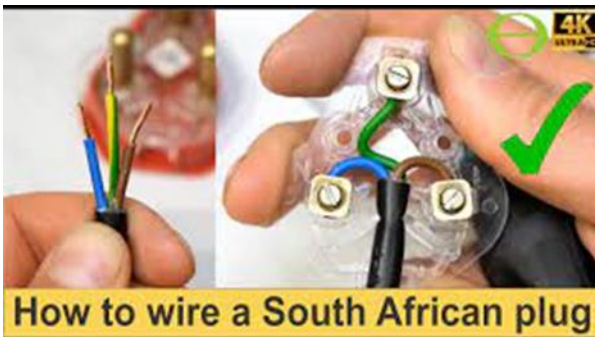
How to wire a plug?

Inside the plug there are three terminals:

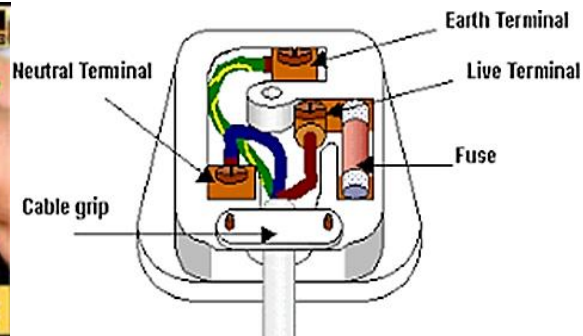
Earth: Top, centre - this is where the green & yellow wire goes – however double insulated appliances do not have an earth wire

Live: The brown wire goes to the live terminal, which is on the right side of the plug.

Neutral: The blue wire connects to the blue terminal on the left of the plug.



How to wire a South African plug



Fire Drill Safety Rules:

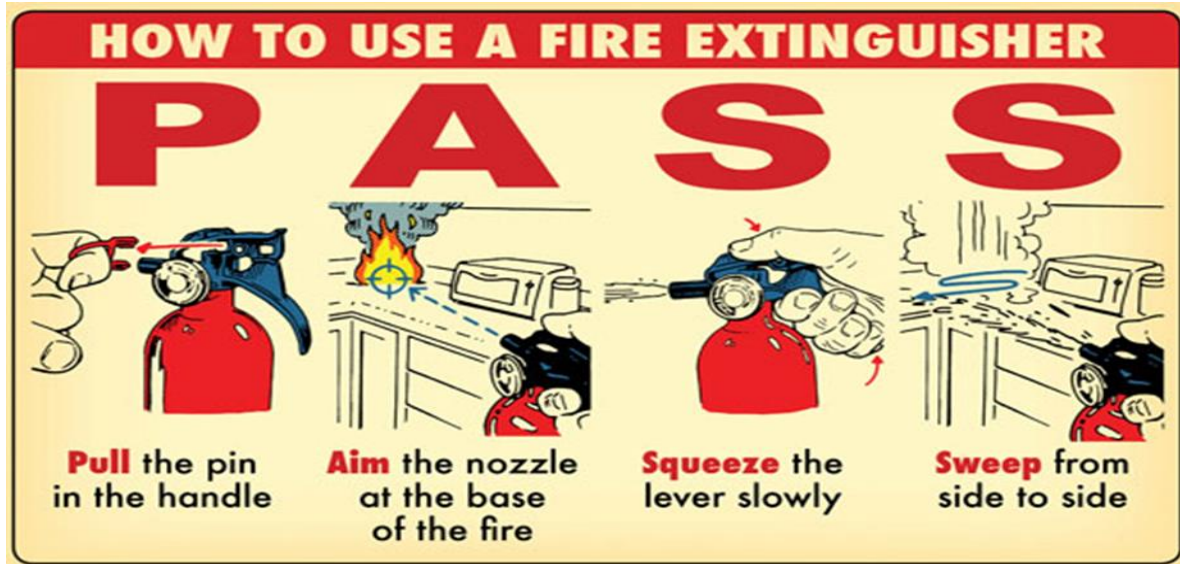
- Listen carefully to directions.
- Quietly line up
- Walk carefully out of the building to your assigned place.
- Stay with your class at all time.
- Wait with your teacher until it is safe to return to your classroom.

How to use the fire extinguisher

Remember the words **PASS**

- **P**ull the pin in the handle.

- Aim the nozzle at the base of the fire.
- Squeeze the lever slowly.
- Sweep from side to side



SAFETY SIGNS



BASIC FIRST AID

Always wash your hands. This helps to avoid infection.



Use plastic gloves to protect yourself against infection.



Rinse the wound with clean water.

Wash out the wound with running water this
Will help reduce the risk of infection, or use a
disinfection wipe.



Remove any dirt with tweezers that is cleaned with
disinfectant.

See a doctor if you cannot remove all the dirt.



Stop any bleeding. Small cuts or scraps usually stop bleeding on their own.

If needed apply gentle pressure with a bandage or clean cloth.

If bleeding does not stop elevate the wound above the heart.



Apply an antibiotic or petroleum jelly. Apply a thin layer of ointment or Vaseline to keep surface moist help prevent scarring.



and

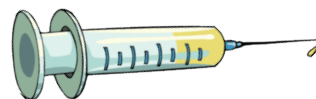
Cover the wound with a bandage or plaster, this also helps to keep the wound clean.



Change the dressing often. At least once a day.



Get a tetanus injection if the wound is deep or dirty.



Watch for signs of infection. See a doctor if there is any signs around the wound that is re, increasing pain or swelling.



HIV/AIDS

HIV / AIDS is caused by the Human Immunodeficiency Virus (HIV).

When a person is now very ill because of the virus they have acquired immune deficiency syndrome

HIV is mainly transmitted through sexual intercourse, but can also be spread through open wounds and cuts.

Once a person is infected, the virus remains in the body for life.

There is no cure for HIV/AIDS, but there are drugs/medications that help to control the virus.

The red ribbon is a sign of warning not to carelessly ignore the advice against contracting HIV

**Avoid contact with blood**

If you are helping a bleeding person:

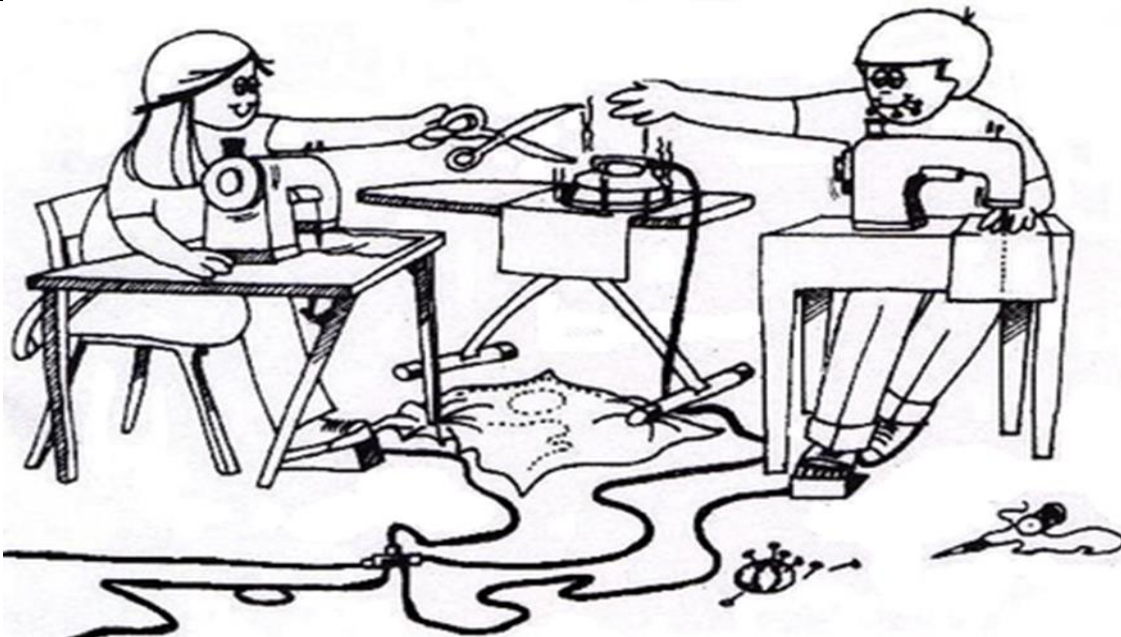
- Avoid getting any of their blood into any sores or cuts that you may have on your skin.
- Also protect your eyes and your mouth.
- There should be gloves in all first aid kits – use them.
- If you pricked yourself or anyone else's finger and there is blood, discard the pin (throw in dustbin) and clean the wound.

Practical lesson 1**YEAR 1 TERM 1**

1. Apply steps to wash your hands saying out loud each step (5)








2. Study the scenario below and create a poster about Hygiene, Safety and Security in the sewing room. Write about at least EIGHT dangers in the scenario (10)





Identify what is happening in the scenario and explain why it done




First Aid action

Reason for doing it

1.		
2.		
3.		
4.		
5.		(5)

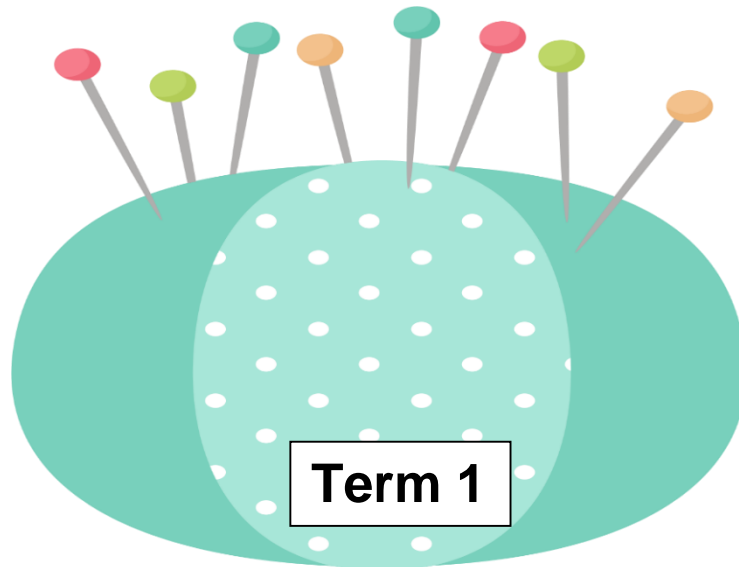
Practical lesson 2 Hygiene, Safety and Security	
Name: _____	Year 1
<p>1. Choose the correct answer from the following and write the letter only next to the number</p> <p>1.1 Hygiene is...</p> <p>A. rinsing hands with clean water.</p> <p>B. health and safety practices.</p> <p>C. switching off the iron after use.</p> <p>D. using soap carefully.</p>	

<p>1.2 Appliances also refers to ...</p> <ul style="list-style-type: none"> A. plugs. B. floors. C. equipment. D. table and chairs. <p>1.3. The correct sequence when using a fire extinguisher</p> <ul style="list-style-type: none"> A. Pull, Squeeze, Aim, Sweep B. Pull, Aim, Squeeze, Sweep C. Squeeze, Pull, Sweep, Aim D. Sweep, Aim, Pull, Squeeze <p>1.4 Choose THREE statements below that are true about classroom safety</p> <ul style="list-style-type: none"> A Put gloves on someone who is injured and bleeding B Scissors are very dangerous, don't run or play with it. C It is important to have a workplace that is well arranged C Do first aid immediately then report injuries D Press the foot when someone is sewing on the machine E Tying up your hair prevents you from sewing properly F Switch off your sewing machine when making adjustments 	
<p>2. List the FIVE safety rules to be followed when there is a fire drill</p>	
<p>Fire Drill Safety Rules:</p> <p style="text-align: right;">(5)</p>	
<p>3. Study the pictures and write what each of the warns against</p>	
	
	

		
		
		(5)
<p>4. Answer the following questions</p> <p>a. Describe when an HIV positive person is said to have AIDS (3)</p> <p>b. Apart from HIV being mainly transmitted through sexual intercourse, state how else it can be spread (1)</p> <p>c. State how long the HI-Virus remains in the body after a person is infected. (1)</p> <p>d. Explain why HIV/AIDS infected people take drugs/medications (1)</p> <p>e. On which day of the year is World AIDS Day? (1)</p> <p>f. Find out THREE important reasons there is a World AIDS day</p>		

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Year 1

Practical lessons and Skills Tests



Lesson 1
Hygiene, Safety and
Security

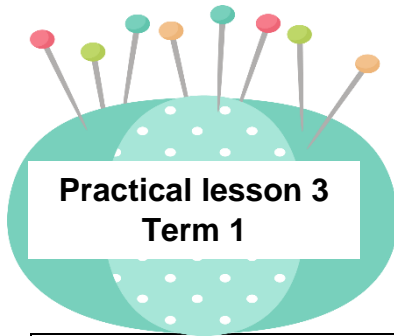


Lesson 2
Identification of
Needlework Equipment



Lesson 3
Measuring equipment






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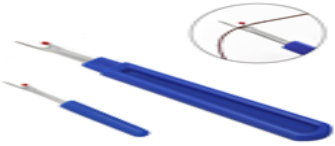
Hygiene, Safety and Security




Name: _____	Year 1
1.1 Study the words below and reorganise them in the correct sequence/order when we are washing hands Rinse hands, apply soap, wet hands, dry hands, scrub hands	
1.1	
(5)	
2. Electricity can be very dangerous if we use it incorrectly. Describe the precautions you need to take when using electricity from the following scenarios.	
2.1	You have wet hands:
2.1	
2.2	Pulling the plug out of the wall:
2.2	
2.3	You have 4 appliances:
2.3	
2.4	You are walking barefooted:
2.4	
2.5	You need to make adjustments on your electric sewing machine:
2.5	
2.6	The electrical cord:
2.6	(6)





3. State what this sign means 	
3.	(1)
4. In the event of a fire, how will you operate the fire extinguisher? Name the FOUR steps.	
4.1	
4.2	
4.3	
4.4	(4)
5. HIV/AIDS can spread through open wounds and cuts through contact with blood. Name FOUR precautions to keep in mind so as to avoid contact with their blood.	
5.1	
5.2	
5.3	
5.4	(4)
6. Basic first aid: Answer the following questions:	
6.1	Identify why you must always wash your hands before you apply first aid.
6.2	State why you need to wear plastic gloves when helping a bleeding person.
6.3	Describe what you do if the bleeding does not stop.
6.4	Explain why you need to cover a wound with a bandage or plaster.
6.5	Describe how you can wash out a bleeding wound?
Total (5) (25)	


Year 1 Term 1 Practical lesson	Identify basic sewing equipment and tools <ul style="list-style-type: none"> - name their uses and - care
<p>It is important to use the correct equipment / tools when you sew. The equipment and tools are categorized into FIVE groups</p> <p>Sewing tools, Cutting tools, Marking tools, Ironing tools, Measuring tools</p>	

1. Sewing equipment and tools


1.1 Cutting Equipment / Tools			
Name	Properties	Use	Care
Dressmaker's scissors: 	<ul style="list-style-type: none"> • large handle • long, sharp blades 	<ul style="list-style-type: none"> • use only to cut fabric 	<ul style="list-style-type: none"> • Keep away from moisture • Do not drop • Pass scissors with the handle towards the person who is going to receive them. • Carry with sharp points downwards • Do not run with scissors in your hands • Do not cut paper with it. • Tighten the pivot screw and apply oil periodically • Always avoid cutting over pins.
Embroidery scissors: 	<ul style="list-style-type: none"> • small • sharp point 	<ul style="list-style-type: none"> • cut threads • finer cutting of corners and edges 	
Pinking scissors: 	<ul style="list-style-type: none"> • serrated blades 	<ul style="list-style-type: none"> • cut a zig-zag edge in fabric to prevent it fraying (unravelling) 	
Quick unpick / seam ripper: 	<ul style="list-style-type: none"> • sharp point • hook-like shape 	<ul style="list-style-type: none"> • take out sewing mistakes • use to cut open button holes 	

Operating a pair of scissors https://youtu.be/QYiWKfpA6Zq	Using a seam unpick https://youtu.be/3s_9lhVjl8	using a pinking shears https://youtu.be/bZNwa6P3QBY	using a thread snip https://youtu.be/aUwrqsuEjBI
1.2 Sewing Tools			
Name	Properties	Use	Care
Pins: 	<ul style="list-style-type: none"> • long • thin • rust free • sharp points 	<ul style="list-style-type: none"> • keep units together before sewing 	<ul style="list-style-type: none"> • Store in a pin box or on a pin cushion • Keep away from moisture • Discard blunt or broken pins
Needles: 	<ul style="list-style-type: none"> • A selection of different needles are available • No 1 needle is long and thick • No 10 needle is short and thin 	<ul style="list-style-type: none"> • Use a no 8 – 10 needle for general sewing • Use a thin needle for thin fabric. 	<ul style="list-style-type: none"> • Keep needles separate from pins • Keep needles away from moisture.
- Embroidery needle 	<ul style="list-style-type: none"> • Sharp point • Thin • Long eye 	<ul style="list-style-type: none"> • Use for embroidery 	


<p>- Tapestry needle</p> 	<ul style="list-style-type: none"> • Short, thick needle • Blunt point 	<ul style="list-style-type: none"> • Use for coarse embroidery on gauze or netting 	
<p>Thimbles:</p> 	<ul style="list-style-type: none"> • A thimble should fit the middle finger. 	<ul style="list-style-type: none"> • Protects the finger when doing a lot of hand sewing 	<ul style="list-style-type: none"> • Keep safe with other needlework equipment.
1.3 Marking Tools			
<p style="text-align: center;">Name</p>	<p style="text-align: center;">Properties</p>	<p style="text-align: center;">Use</p>	<p style="text-align: center;">Care</p>
<p>Marking pen:</p> 	<ul style="list-style-type: none"> • Blue = water soluble • Purple = disappears after 24 hours 	<ul style="list-style-type: none"> • Make pattern markings on fabric 	<ul style="list-style-type: none"> • Keep in a safe place. • Use only on fabric.
<p>Tailor's chalk:</p> 	<ul style="list-style-type: none"> • Can be a colour pencil OR • Triangle shaped chalk 	<ul style="list-style-type: none"> • Make pattern markings on fabric 	<ul style="list-style-type: none"> • Keep in a safe place. • Use only on fabric. • They break easily, use with care



Tracing wheel and - paper: 	<ul style="list-style-type: none"> • A tracing wheel is used together with special dressmaker's carbon paper 	<ul style="list-style-type: none"> • Make pattern markings on the wrong side of the fabric 	<ul style="list-style-type: none"> • Store in a safe place • Use only on fabric
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1.4 Sewing Thread

Sewing thread: 	<ul style="list-style-type: none"> • A variety is available • Use good quality thread • Cotton for cotton fabric • Polyester for polyester fabric 	<ul style="list-style-type: none"> • Use white or yellow thread for tacking. • Use a matching colour thread for sewing and over locking. 	<ul style="list-style-type: none"> • Secure end before storing • Keep neatly in a dust free container. • Do not stick needles in it.
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The success of sewing will be determined by good ironing and pressing of the article/garment. It is important to iron after each step.

1.5 Ironing equipment		
Equipment / Tools	Use	Care
Iron 	<ul style="list-style-type: none"> - A good steam iron is essential for pressing seams and smoothing out fabric. 	<ul style="list-style-type: none"> - Iron must be clean. - Use cooled off boiled water. - Empty iron after use. - Store in upright position after it has cooled down.

		<ul style="list-style-type: none"> - Do not wind the electrical cord around a warm iron.
<p>Ironing board</p>  <p>Sleeve board</p> 	<ul style="list-style-type: none"> - Use with steam iron. <p>Use it for ironing sleeves and small parts.</p>	<ul style="list-style-type: none"> - Ironing board must be sturdy. - Cover must be clean.
<p>Press cloth: A big white calico cotton cloth.</p> 	<ul style="list-style-type: none"> - Use with iron to prevent shiny marks on fabric. 	<ul style="list-style-type: none"> - White cotton works the best. - Must be clean. - Store only when dry.

A well-ironed garment will be:

- **Flat, smooth and free of creases.**
- Seams and hems will not show through to **the right side.**
- Garments will **not have an over-pressed** and **limp** look.
- Fabrics with a **dull** surface should **not** be ironed until they become shiny.
- Be careful when ironing **stretchy fabric** or loosely woven fabrics so that you do not **change the shape of the garment.**

PRACTICAL LESSON 4**YEAR 1 TERM 1****SEWING EQUIPMENT AND TOOLS****NAME** _____

- 1. Study the names of sewing equipment and tools in COLUMN A and match them to the properties and functions in COLUMN B. Write the correct matches in COLUMN C.**

	COLUMN A Sewing equipment/tool		COLUMN B Properties and function	COLUMN C
1.1	Tape measure	A	For cutting fabric only	
1.2	Thread	B	Right size for fabric	
1.3	Dressmakers Scissors	C	Hold pins temporarily during sewing	
1.4	Pins	D	150 cm	

1.5	Needles	E	Transferring pattern markings	
1.6	Thimble	F	Spool pin	
1.7	Pincushion	G	Hold pieces of fabric before sewing	
1.8	Tracing wheel	H	Protect finger during sewing by hand	
		I	Feeds the fabric during sewing	
		J	Colourfast	(16)

2. Dictionary/ Google work
Explain the following terminology used in sewing

1.1 Colourfast

1.2 Fraying

1.3 Rust free

1.4 Discard

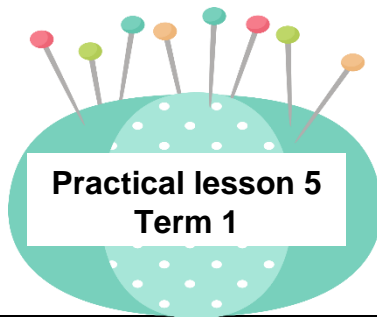
1.5 Serrated

(5)

2. Write an informative paragraph on sewing threads used in sewing.



(4)







(25)



Consumer Studies
Clothing or Soft Furnishing Option

Identification of Needlework Equipment

Name: _____		Year 1	
Practical lesson 2 – Term 1 – Identification of Needlework Equipment. Complete the name and use of the equipment displayed at the number			
1. Give any THREE categories of needlework tools you learnt about <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> 1.1 _____ 1.2 _____ 1.3 _____ </div> <div style="width: 45%; text-align: right;"> (3) </div> </div>			
2. Complete the name and use of the equipment displayed in COLUMN A. Give its use in COLUMN B <div style="text-align: right;">(16)</div>			
	2.1 COLUMN A The tool	2.2 COLUMN B Name of tool	2.2 COLUMN C Use of tool
2.1			
2.2			


2.3				
2.4				
2.5				
2.6				
2.7				
2.8				

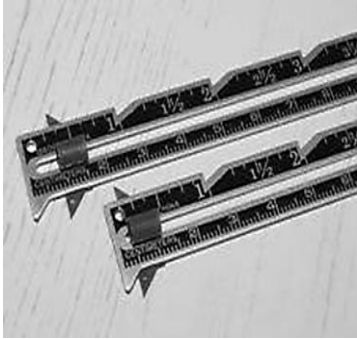


3. Describe how you will care for your iron. (3)

4. Describe a well pressed article.

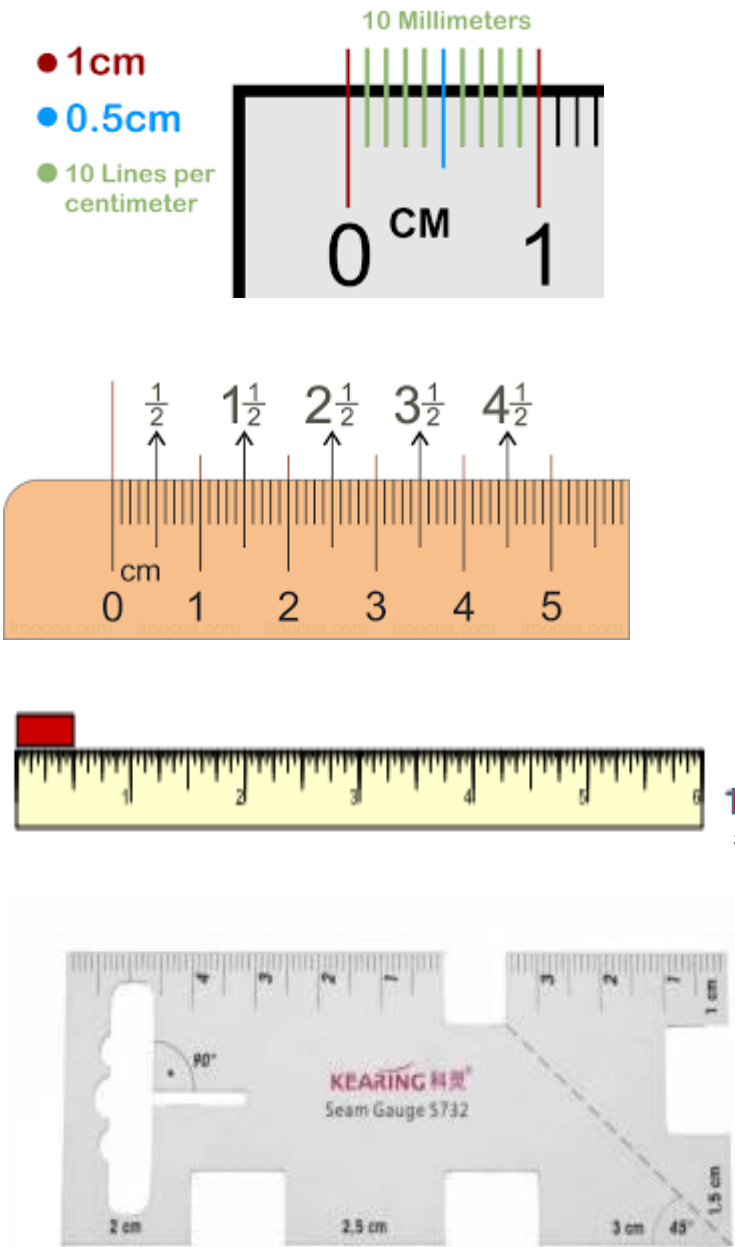
(3)

TOTAL: 25

Year 1 Term 1 Practical lesson	Identify basic measuring equipment and tools <ul style="list-style-type: none">- name their uses and- care		
It is important to use the correct measuring equipment / tools when you sew.			
Measuring tools (equipment)			
Name	Properties	Use	Care
Tape measure: 	<ul style="list-style-type: none">• 150 cm in length• made of non-stretch material• marked in mm and cm on both sides• metal tips to ensure accuracy	<ul style="list-style-type: none">• Taking of body measurements – width and length• Measure fabric• Start measuring at the metal tip	<ul style="list-style-type: none">• Wipe with a damp cloth• Store rolled up

Sewing gauge: 	<ul style="list-style-type: none"> • A short metal or plastic ruler with an adjustable sliding marker 	<ul style="list-style-type: none"> • measure small distances like seams, hems and button holes 	<ul style="list-style-type: none"> • Keep in a safe place
Measuring card 	<ul style="list-style-type: none"> • Can be home made with stiff cardboard 	<ul style="list-style-type: none"> • Use to measure seams, hems and buttonholes. 	<ul style="list-style-type: none"> • Do not bend • Keep dry
Ruler 	<ul style="list-style-type: none"> • Made of plastic or wood. • Calibrated in both mm and cm 	<ul style="list-style-type: none"> • Not commonly used in sewing • It is used to measure short measurements in a more steady way than a tape measure • Can be used to measure hems accurately 	<ul style="list-style-type: none"> • Do not break

Identifying different measurements on measuring tools



● 1cm
● 0.5cm
● 10 Lines per centimeter

10 Millimeters

0 CM 1

$\frac{1}{2}$ $1\frac{1}{2}$ $2\frac{1}{2}$ $3\frac{1}{2}$ $4\frac{1}{2}$

cm 0 1 2 3 4 5

5mm

KEARING 科爱®
Seam Gauge 5732

90° 2 cm 2.5 cm 3 cm 45° 1.5 cm

Measuring card with 1cm, 1.5cm, 2cm, 2.5cm, 3.5cm, 6cm

Body measurements – Recap

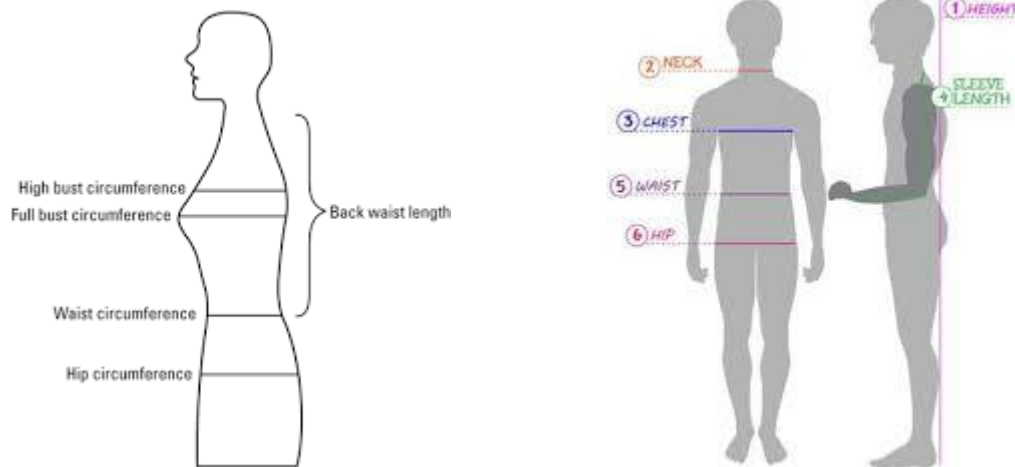
A standard **body measurements chart** can be found on all commercial patterns. You need to take your body measurements first to determine which size pattern you need to buy.

When choosing a pattern for a shirt, blouse, or top, use your bust measurement as guide. Dresses, skirts and trousers are based on waist and hip measurement. Choose a pattern according to your bust and hip measurement and make any adjustments before laying out and cutting the fabric.

Body measurements:

Take your body measurements with a **tape measure**.

Take your measurements as follow:



Bust/Chest: keep the measuring tape flat and measure around the broadest part.

Waist: measure around the natural waistline.

Hips: measure about 20 cm below the waistline, around the broadest part of the hips.

Neck-to-waist: measure from the prominent bone at the back of the neck to the waistline.

PRACTICAL LESSON 6

YEAR 1 TERM 1

USING MEASURING EQUIPMENT

Body measurements:

- Using hard paper make your own measuring card with 5mm, 1cm, 1.5cm,

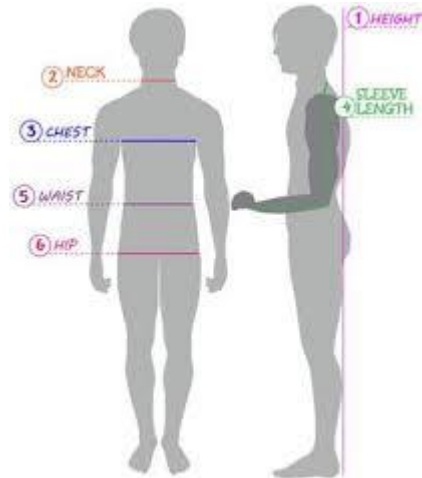
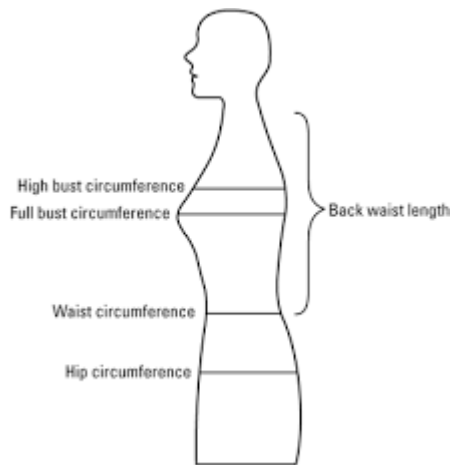
Assessment criteria

- 1 - Unacceptable, does not meet the criteria
- 2 - Poor, meet some criteria
- 3 - Average, meets most criteria
- 4 - Good, meets all the requirements
- 5 - Excellent, exceeds all requirements

(5)

2. In pairs take your body measurements
tape measure.

Take your measurements as follow:



with a

- Bust/Chest:** keep the measuring tape flat and measure around the broadest part.
- Waist:** measure around the natural waistline.
- Hips:** measure about 20 cm below the waistline, around the broadest part of the hips.
- Neck-to-waist:** measure from the prominent bone at the back of the neck to the waistline. (7)

3. Choose the correct tool from the information given

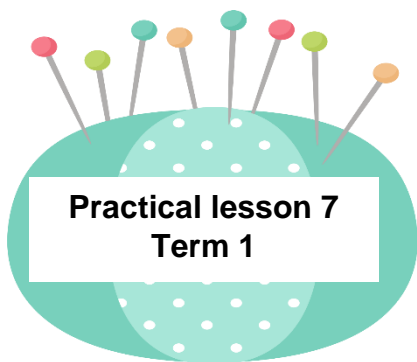
- 3.1 measuring a metre of fabric
- 3.2 cut to stop fabric from fraying
- 3.3 put pins during sewing
- 3.4 use to ensure garment don't shine when ironed
- 3.5 cut off threads during sewing
- 3.6 is home-made for measuring

(7)

4. Predict which sewing tools would be needed to make one of these pouches. Briefly explain what each tool would be used for



(6)



Consumer Studies
Clothing or Soft Furnishing Option
Measuring equipment

1. **Complete the following by filling in the missing words:**

1.1 Use a _____ to measure the width of a hem.

1.2 A _____ has an adjustable sliding marker.

1.3 Take body measurements with a _____.

1.4 When using a measuring tape to take measurements, start at the _____ tip.

1.5 A measuring tape must be made from _____ material to ensure accuracy when taking measurements. (5)

2. Use a tape measure to draw lines in your book of the following lengths:

2.1 15cm

2.2 9cm

2.3 12,5cm

2.4 5cm

2.5 2,5cm

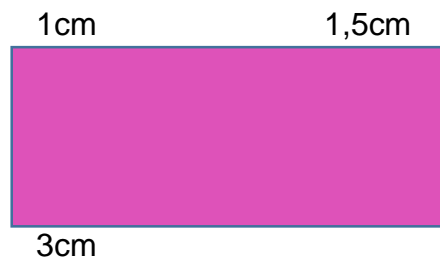
(5)

3. Use stiff cardboard to make your own measuring card. The following measurements must be displayed:

3.1 3cm

3.2 1cm

3.3 1,5cm



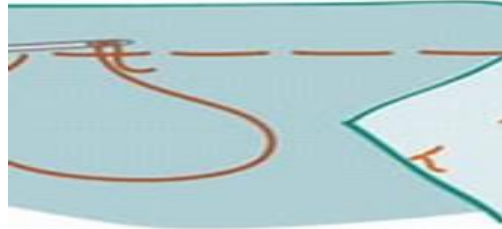
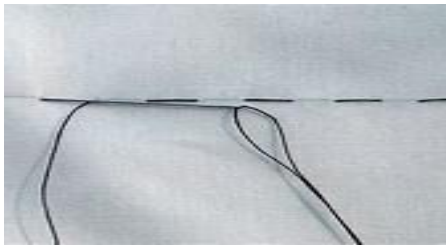
(5)

4. In pairs, demonstrate the correct use of the tape measure by taking the following measurements of your friend:

4.1 Waist measurement: _____

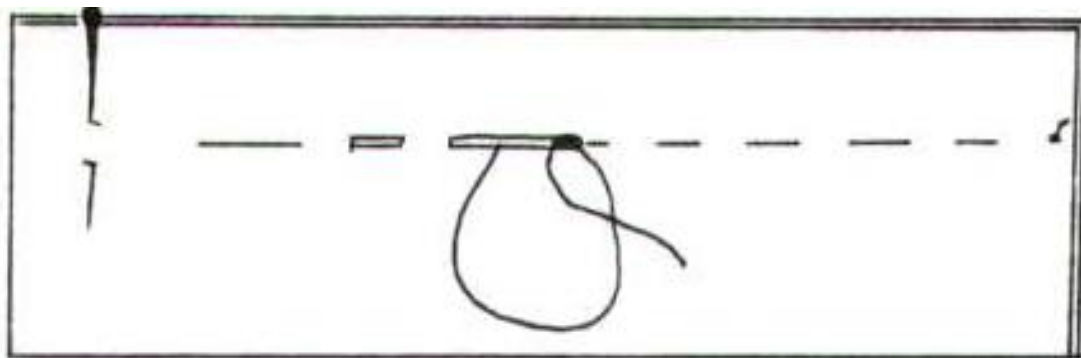
4.2 Hip measurement: _____

(5)



1.2 Running stitches:

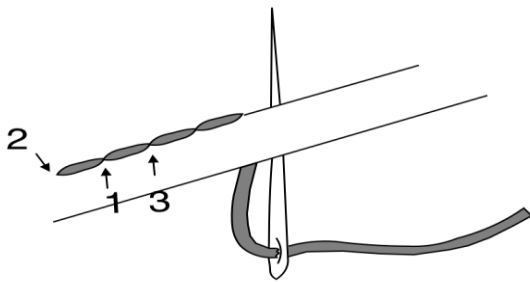
This stitch is similar to tacking and is generally used for decorating a finished project. Simply bring your needle up and down through the fabric at regular intervals to create evenly-spaced stitches. Make sure that all the stitches are the same length and the spaces between them too – this is particularly important if you are using it as an embellishment. It is also used for quilting.





1.3 Back stitch / stem stitch.

A strong stitch that is used for joining two pieces of fabric together permanently. It is stronger and firmer than the running stitch. It can be used if a sewing machine is not available to sew. It's also a decorative embroidery stitch.



back stitch

Go up through your fabric at 1...

Back down at 2..

Up at 3...

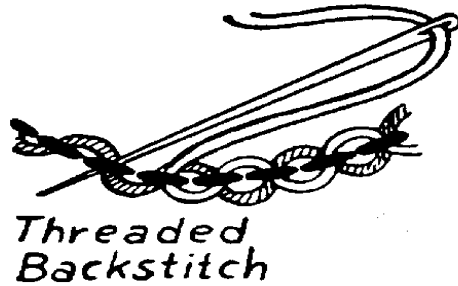
Back down at 1...

Keep going back on yourself



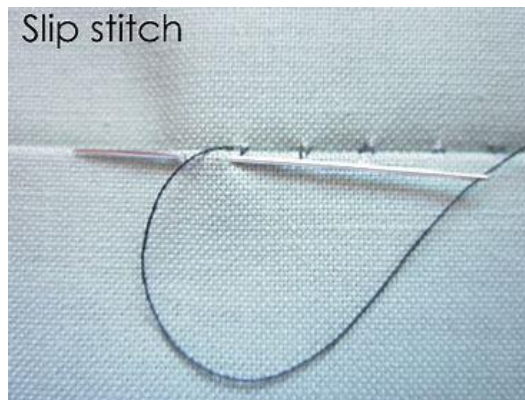
1.4 Threaded backstitch

Use the basic back stitch as explained before and add threads to serve as decoration. Different colour threads can be used. This is an easy way to add colour to your patchwork, once you are done joining the strips together.

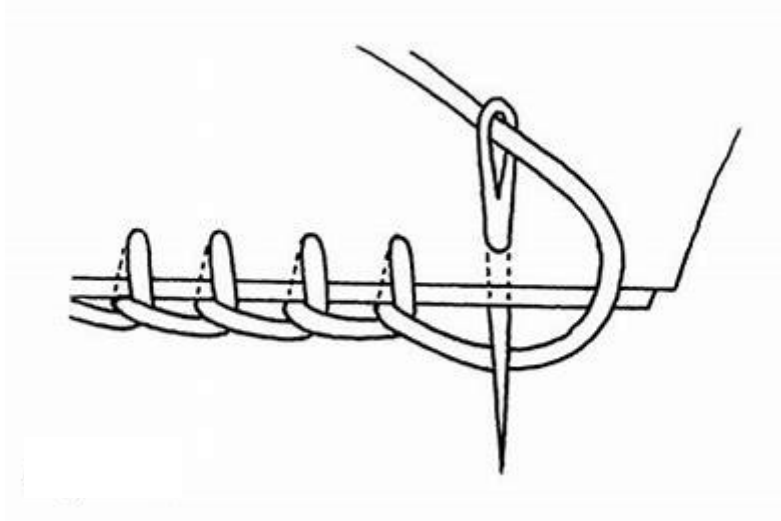


1.5 Slip stitch:

The slip stitch is a very important sewing stitch to know. It is perfect for closing up small holes you leave in order to flip a project right side out.



1.6 Blanket stitch



1.7

Herringbone stitch**Basic stitches to do patchwork and quilting by hand:****2.1 Running stitches:**

This stitch is similar to tacking and is generally used for decorating a finished project. Simply bring your needle up and down through the fabric at regular intervals to create evenly-spaced stitches.

Make sure that all the stitches are the same length and the spaces between them too – this is particularly important if you are using it as an embellishment.

It is also used for quilting.

Back stitches – basic backstitch / stem stitch.

A strong stitch that is used for joining two pieces of fabric together permanently.

It is stronger and firmer than the running stitch. It can be used if a sewing machine is not available to sew.

It's also a decorative embroidery stitch

Embroidery stitches:

Basic embroidery stitches are useful for decorating items. You can decorate clothes, sheets, pillowslips, cushions, bags and so on. Decoration adds value to an item, making it unique and accentuating your personal style.

3.2 Threaded backstitch

Use the basic back stitch as explained before and add threads to serve as decoration.

Different colour threads can be used.

This is an easy way to add colour to your patchwork, once you are done joining the strips together.

Embroidery Stitches

Embroidery thread

Cotton embroidery floss or Stranded cotton:

Most commonly used for hand embroidery. You can divide the strands and use 1, 2, 3 or 4 strands.

Very affordable with a wide range of colours



This

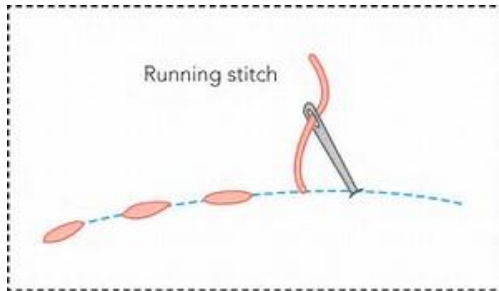


Perle thread:

is a thicker cotton thread and non-divisible. It comes in different

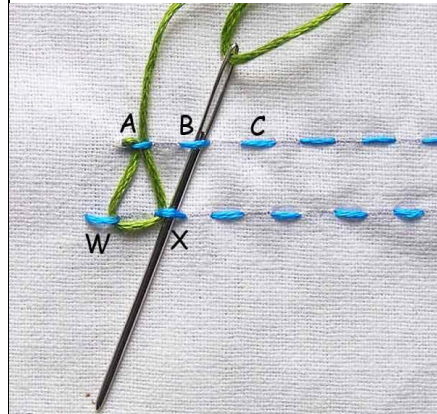
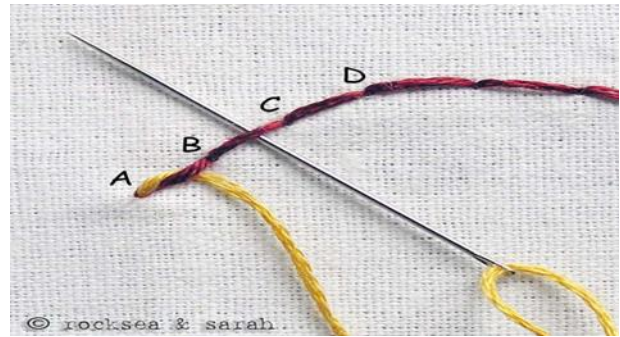
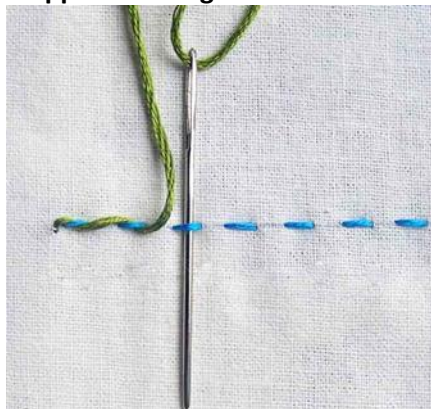
thicknesses.

It has a sheen and comes in a variety of colours.

Running Stitch

This stitch is similar to tacking and is generally

used for
**decorating a
finished
project** and
for **gathering
fabric**

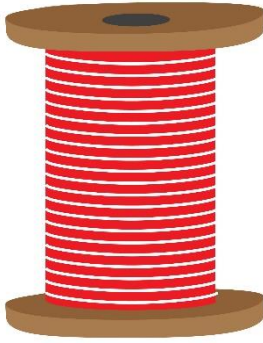
**Stepped Running Stitch****Whipped Running Stitch**

Practical Lesson 8		
CONSUMER STUDIES	OPTION: Clothing or Soft furnishing Option	
Basic hand stitches		
Name: _____		Year 1
TASK: Read the instructions and complete the practical task below.		
	Assessment criteria 1 - Unacceptable, does not meet the criteria 2 - Poor, meet some criteria 3 - Average, meets most criteria 4 - Good, meets all the requirements 5 - Excellent, exceeds all requirements	
INSTRUCTION	PASTE SWATCH HERE	
1. On a fabric swatch, demonstrate: Running stitches	(5)	
2. On a fabric swatch, demonstrate: Backstitches / Stem stitch	(5)	
3. On a fabric swatch, demonstrate: Blanket stitch	(5)	

4. On a fabric swatch, demonstrate: Slip stitches	(5)
5. On a fabric swatch, demonstrate: Herringbone stitches	(5)
25	

Practical Lesson 9		
CONSUMER STUDIES	OPTION: Clothing or Soft furnishing Option	
Basic hand stitches		
Name: _____		Year 1
TASK: Read the instructions and complete the practical task below.		
	Assessment criteria 1 - Unacceptable, does not meet the criteria 2 - Poor, meet some criteria 3 - Average, meets most criteria 4 - Good, meets all the requirements 5 - Excellent, exceeds all requirements	
INSTRUCTION	PASTE SWATCH HERE	
1. On a fabric swatch, demonstrate: Running stitches	(5)	
2. On a fabric swatch, demonstrate: Backstitches / Stem stitch	(5)	
3. On a fabric swatch, demonstrate: Blanket stitch	(5)	

4. On a fabric swatch, demonstrate: Slip stitches	(5)
5. On a fabric swatch, demonstrate: Herringbone stitches	(5)
25	



Examples of Articles that can be made by using the basic needlework equipment and a sewing machine.

The practical lessons are the minimum practical lessons required for assessment. After completion of these lessons more lessons can be done for drilling of techniques or as incentives.

The practical skills that were developed in the practical lessons are applied to practical items for selling.

Soft Furnishing: Examples such as: poaches, pot holder, table runners etc. can be selected.

Clothing: Examples such as children's clothing, clothes to fit in simple styles, aprons that cater for a variety of skills they need to learn can be selected

Choose articles that shows progression from Year 2 to Year 4.

New techniques are introduced namely disposal of fullness, fasteners and a shaped facing.

Look for articles that go with the current fashion trends. It will make learners excited to learn new skills. The focus is on machine stitching and entrepreneurship.

Make use of **Pinterest** to find interesting ideas.

The procedure followed for the application is illustrated in the examples below:

A small article can be made to get the learners confidence. Use your own imagination and the help of Pinterest to find an article that can be marketable, e.g. toiletry bag, earphone poach, glasses case, cell phone poach, etc.

Start with the garment / soft furnishing article

In **Year 3** it is possible to combine the different modules when choosing articles to make. Learners can make a bag or a pillow which includes patchwork/embroidery and then a garment to include all the prescribed techniques. By making a variety of articles,

the learners won't get bored. It will also provide them with more ideas to use once they explore their entrepreneurial skills.

If you would like to include patchwork in the bag, make use of tutorials to broaden your scope of methods to use. It is a very good way for learners to hone their sewing skills.

There are many different ways to use straight strips or squares as the starting point. Very interesting patterns can be formed.

Example of **Soft Furnishing** items to make



Bags



Pouches



Boys/girls' bow tie



Hair scrungy

This size of the bag should fit most sunglasses. If yours are larger than normal, wrap a piece of fabric around them and see how much width you need. If it's more than 15.5cm you'll need to increase the size of the pouch.

DIY Easy Drawstring Sunglasses Case

SUPPLIES REQUIRED:

1 pieces fabric 17.cm x 20cm

1 piece ribbon or bias tape, cut 36cm long

Needle and thread

pins

Safety Pin

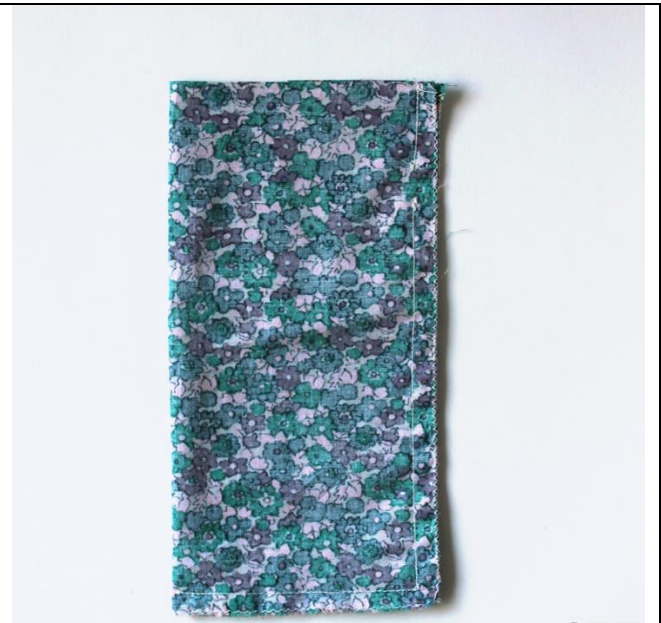


INSTRUCTIONS:



Step 1: Finish fabric edges. Fold fabric lengthwise, right sides together. (Folded size is 9cm x 24cm) Using disappearing ink pen mark points 3.3 cm and 4 from top on side with raw edges. The section between the markings will be the opening for the drawstring

Step 2: Starting at top edge, stitch to marking, backstitch and cut thread. Start stitching again at next marking 4.5cm from top. Pivot at bottom corner, stitch to folded edge, backstitch and cut threads.





Step 3: Press seams open. Make the top casing. Fold top edge down 3 cm and press. Fold edge in .11cm and press. Pin if needed. Slip stitch casing in place, stitching close to folded edge about 2.2cm from top.

Step 4: Attach one end of ribbon to safety pin. Thread through casing. Knot ends if desired.

