



# **LEARNER GUIDE**

## **GRADE 9**

### **PATCHWORK**

### **AND QUILTING**



<b>Grade 9</b>	<b>TERM 1</b>
<b>Week 1: Introduction</b>	
<b>Orientate</b> the learners in the workplace kitchen.	
<b>Career pathways</b>	
Guest Speaker	
Introduce new careers	
<b>Week 2 &amp; 3: Hygiene, Health, and Safety</b>	
<b>Practical lesson 1: Poster (Group work)</b>	
<b>Activity</b>	
Safety rules and precautions	
<b>Practical Lesson 2</b>	
Hygiene, Health, and Safety – Hand washing	
<b>Week 4 – 6: The Consumer</b>	
<b>Demonstration:</b>	
<ul style="list-style-type: none"> <li>· How to measure using the equipment</li> <li>· How to cut using the rotary cutter.</li> <li>· Planning a design.</li> </ul>	
<b>Practical lesson 3</b> Identification test equipment	
<b>Week 7: Food and Nutrition</b>	
<b>Demonstration:</b>	
<ul style="list-style-type: none"> <li>· How to measure using the equipment</li> <li>· How to cut using the rotary cutter.</li> <li>· <b>Activity</b></li> <li>· Planning a design.</li> </ul>	
<b>Week 8 -10:</b>	
<b>Demonstration:</b>	
<ul style="list-style-type: none"> <li>· How to measure using the equipment</li> <li>· How to cut using the rotary cutter.</li> <li>· Planning a design.</li> <li>· <b>Practical Skills Test 1:</b> How to cut using the rotary cutter.</li> </ul>	
<b>TERM 2</b>	
<b>Week 1: Hygiene, Health, and Safety</b>	

**Activity**

Plan how to make the Tissue holder

Assessment criteria:

Choosing suitable fabric

Colour combination

Shrinkage of fabrics

**Activity**

Fabrics are neatly ironed – without wrinkles

**Week 2 & 3: Entrepreneurship****Demonstration**

☐ Suitable fabrics for patchwork.

☐ Basic rules for selecting a colour scheme for patchwork.

**Demonstrate different hand stitches to use for patchwork**

**Activity**

**Plan the colour combination**

☐ Proceed to apply strip patchwork to produce a small marketable article

**Practical Lesson 4**

Plan how to make the tissue holder

**Week 4 & 5: Entrepreneurship****Practical Lesson**

☐ Suitable fabrics for patchwork.

☐ Basic rules for selecting a colour scheme for patchwork.

**Practical Lessons**

- Demonstrate different hand stitches to use for patchwork

**•Activity**

**Plan the colour combination**

☐ Proceed to apply strip patchwork to produce a small marketable article

**Practical lesson 5**

Layout for an tissue holder

**Week 6 & 7: Entrepreneurship****Demonstration**

☐ Suitable fabrics for patchwork.

☐ Basic rules for selecting a colour scheme for patchwork.

Demonstrate different hand stitches to use for patchwork

•**Activity**

Plan the colour combination

☐ Proceed to apply strip patchwork to produce a small marketable article

**Practical lesson 6**

Prepare and assemble

**Week 8 - 10:**

**Practical Skills Test 2** – Preparing and making a tab on a sampler

**TERM 3**

**Week 1: Entrepreneurship**

Demonstrate different hand stitches to use for patchwork.

- Preparation of fabric for patchwork article.

**Week 2: Entrepreneurship**

- Quilting the patchwork

Decorating the patchwork

**Week 3 - 4: Clothing**

Demonstrate different hand stitches to use for patchwork

- Plan the colour combination
- Proceed to apply strip patchwork to produce a small marketable article Preparation of fabric for patchwork article.

**Practical lesson 7 to 9**

Assembling and complete the tissue

**Activity:** Stitches and their functions

**Activity:** Quilting the patchwork - flower

**Week 6 & 7: Clothing**

Demonstrate different hand stitches to use for patchwork

- Plan the colour combination
- **Activity**
- Proceed to apply strip patchwork to produce a small marketable article Preparation of fabric for patchwork article.

<b>Activity</b>
Quilting the patchwork
<b>Week 8 - 10</b>
<b>Practical Skills Test 3</b> Cost a product

## 1. Introduction

Consumer studies is a totally new world that needs to be explored by the Grade 9 learner. Learners going into Grade 9 have some Grade 8 background in this subject and subsequently have a lot of skills and techniques to attain. These practical lessons were developed to assist the new teacher as well as the new Grade 9 learner in developing the basic skills that are normally neglected due to the emphasis on the theory component.

These 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.

### 1.1 MARK ALLOCATION

Learners work individually for practical lessons and skills test.

**The marks for the Practical Work are indicated below.**

Practical Lesson 1:	25
Practical Lesson 2:	25
Practical Lesson 3:	25
Practical Skills Test: (used for term 4)	25

The Informal Activities is done to inculcate the skills that will be assessed in the Practical Lessons, which contributes to SBA marks for Term 1. Exemplary assessment tools for the practical lessons are included. The Skills Test forms part of the PAT mark of term 4






### TO THE TEACHER





<b>RECAP - Adhered to safety measures when working with, equipment and apparatus / appliances.</b>	
<b>Setup:</b>	<b>Explain the basic laboratory safety rules.</b> <b>Use of the fire extinguisher / blanket</b> <b>Administer basic first aid</b> <b>Handwashing</b>
<b>Informal Activities:</b>	Teacher: Link dangers of electricity to practical examples in the school Show learners to wire a plug correctly Learners: Worksheet on general safety signs Practice wiring a plug
<b>Formal Activities:</b>	<b>Practical lesson 1:</b> Worksheet Health, Safety and Security.

**General safety requirements when doing manual work:**

1. Always adhere to ALL safety measures and rules
2. Prevent being too hasty for example do not run in the class, as it may lead to injuries and may cause damage to equipment or appliances
3. Prevent that attention is distracted, always concentrate on your own work because talking to a friend may cause that you make mistakes, or unintentionally harm someone else.
4. Before you begin, hide your hair for convenience.
5. The light should fall on the working surface from the left side or from the front.
6. Report injuries immediately.
7. Never touch blood if someone is injured, report immediately so the correct procedure can be followed.
8. Treat the fire extinguisher in class with respect and do not play with it.

**Techniques and steps to wash your hands:**

STEP	ILLUSTRATION
1) Wet the hands and forearms with enough running hot water.	
2) Use anti-bacterial, liquid soap (soap that kills the germs) from a dispenser.	
3) Lather the hands and forearms with soap and thoroughly rub palm against palm for 10 – 20 seconds.	
4) Place the palm of one hand over palm of other hand.	
5) Rub the back of your hands against your palm. Interlace fingers.	

<p>6) Wash the thumb with other hand, then change around – hands should be washed right up to the wrists.</p>	
<p>7) Rinse thoroughly.</p>	
<p>8) When finished, use a clean, dry paper towel to turn off the tap.</p>	
<p>9) Dry hands and nails with paper towel or with a hot air dryer to avoid re-contaminating them.</p>	



**HOW TO IMPLEMENT PEST CONTROL**

Pests are unwanted plants, animals and insects, germs or other organisms that interfere with human activity. They may bite, destroy food crops, damage property, or otherwise make our lives more difficult

**Most effective ways to control pests**

1. Properly identify your pest
2. Find more about your pests' habits
3. Decide whether an action is needed or whether you can tolerate the presence for now.
4. Explore the most effective way to control your pest.
5. Keep an eye out for pest now and in the future.

**SAFETY RULES****1. General safety rules in a Patchwork and quilting class:**

- Do not run in the workplace – you can be seriously hurt and 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 it correctly.
- No person is allowed to work without supervision.

- Report injuries immediately.
- Never touch blood if someone is injured, report immediately so the correct procedure can be followed.
- If helping someone that had a bleeding cut, always wear gloves as to prevent HIV transmission.
- If you prick your finger with a needle or pin and there is blood visible, discard of that pin or needle.



- 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.



## 2. Basic safety rules for working with a sewing machine:

- Hold head up and out of the way of moving parts.
- 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 room.
- Equipment and appliance should be arranged in such a way to allow for safe movement.
- Keep your fingers away from the needle and moving parts of the sewing machine.

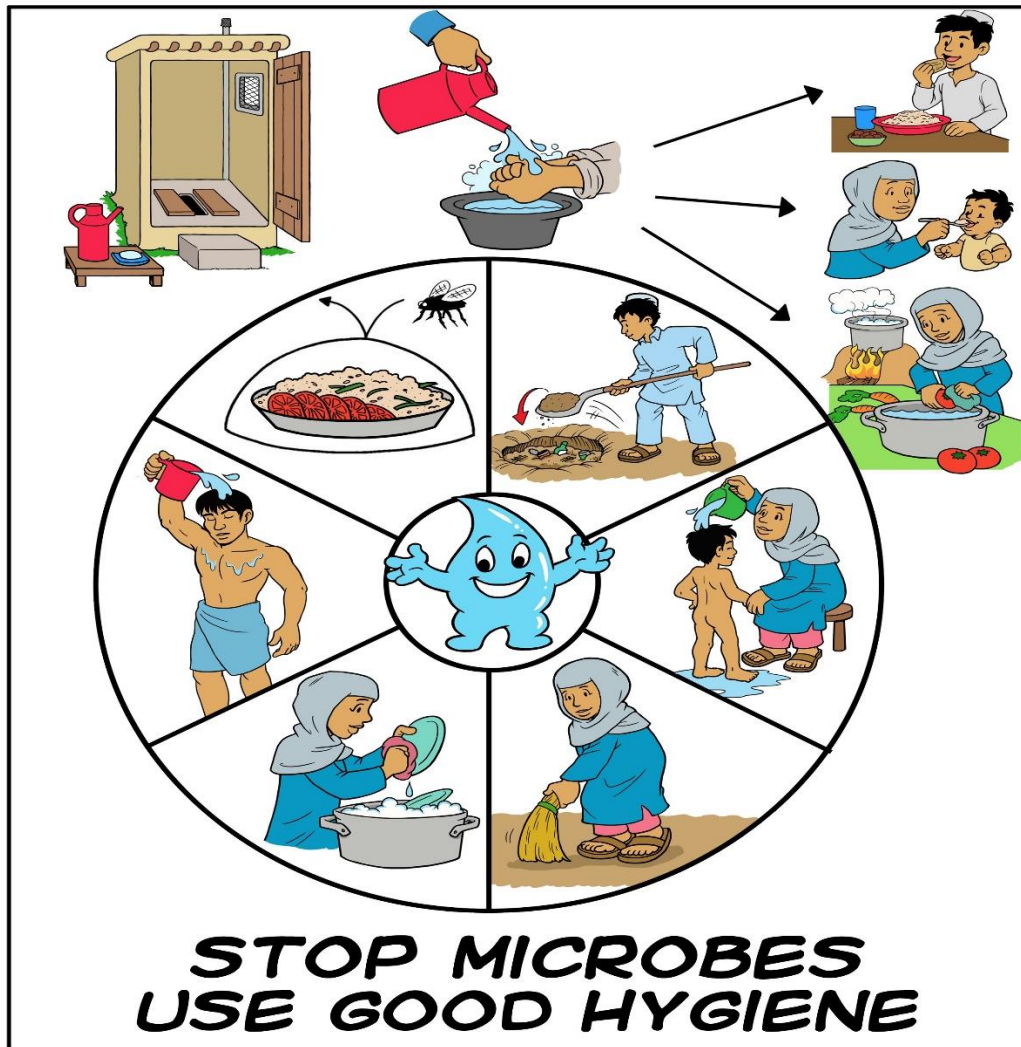
### Basic first aid – recap

#### What is the basic first aid?

















When you provide basic medical care to someone experiencing a sudden injury or illness, it's known as first aid. In some cases, first aid consists of the initial support provided to someone in the middle of a medical emergency. This support might help them survive until professional help arrives.






















- Always wash your hands. This helps to avoid infection
- Wear plastic gloves for protection.
- Rinse the wound with clean water - 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 scrapes 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 a thin layer of ointment or Vaseline to keep surface moist and help prevent scarring.
- 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 increased pain or swelling.





	MEANING	SHAPE & COLOUR	SYMBOLS are put inside the safety shape. These are used in all EEC Countries		
<b>PROHIBITION</b>	You must not. Do not do. Stop.	 <b>RED</b> means STOP	 No admittance	 No smoking	 No dirty clothes
<b>MANDATORY</b>	You must do. Carry out the action given by the sign.	 <b>BLUE</b> means OBEY	 Keep clear	 Head protection must be worn	 Wear gloves
<b>WARNING</b>	Caution. Risk of danger. Hazard ahead.	 <b>YELLOW</b> means risk of DANGER	 Danger high voltage	 Danger mind your head	 Danger fork lifts in operation
<b>SAFE CONDITION</b>	The safe way. Where to go in an emergency	 <b>GREEN</b> means GO	 First aid station	 Emergency phone	 Emergency exit

<b>MULTI-PURPOSE SIGNS</b> To be used when the hazard requires more than one of the 4 types to convey the safety message.	 Acetylene	 Wear masks	 Warning Flammable liquid	 Protective garments must be worn
<b>SUPPLEMENTARY TEXT</b> If the safety sign needs additional information it may be added in words.	 Fire alarm call point	 DANGER Highly flammable	 Protective gloves must be worn	 Electrical gloves
<b>FIRE EQUIPMENT SIGNS</b> For indicating the location of fire fighting equipment and how they should be used.	 Fire alarm call point	 Fire hose reel	 Fire extinguisher	 Firephone
<b>WORKS TRAFFIC SIGNS</b> Are the same design as public road signs.	     			<b>DANGER IDENTIFICATION MARKING</b> 

**Activity: (Groupwork)**

Considering the categories of the different Safety Signs, make each group responsible for a specific category. Every group then must design at least 2 safety signs that can be put up in the class, therefor it needs to be applicable for the class.

**What must be done in the following situations:****Minor Cuts and Scrapes**

For **minor** cuts and scrapes first remove any debris and rinse the area with water or disinfectant like Dettol, if available. Hold pressure until the bleeding stops. Once the area is clean, apply an antibacterial ointment and a bandage. Try to keep the area clean and dry.

**Foreign Objects**

Injuries involving foreign objects are fairly easy to care for. Simply remove the object and then follow the same care for a scrape or cut. However, if the object is embedded in the eyes, ears, nose, or stuck in the back of the throat, DO NOT attempt to remove it; then get the person to the hospital immediately.

**Burns**

For minor burns, run the area under cool water, apply an antibacterial ointment, and cover with a bandage.

**Electrical Shock**













A minor shock can be treated like a minor burn. However, if someone shocks, never touch the person, immediately switch off the power source

**Electrical safety tips:**

- Always cut the power
- Have the appropriate Fire extinguisher on hand
- Use more than one outlet
- Childproof all the outlets\investigate flickering lights
- Do not use extensions cord long time
- Install ground fault circuit interrupters
- Call an electrician when needy.



<b>FORMAL ASSESSMENT Consumer Studies Y3 – Option: Patchwork and Quilting</b>	
<b>Practical lesson 1- Hygiene and Safety Worksheet</b>	
<b>Term 1</b>	<b>TOTAL 25</b>
<b>Surname and Name:</b>	<b>Y3</b> _____
<p>Design and make an A-4 poster of the steps on the hand washing procedures</p>	

<b>FORMAL ASSESSMENT Consumer Studies Y3 – Option: Patchwork and Quilting</b>				
<b>Practical lesson 2: Hygiene and Safety Worksheet</b>				
<b>Term 1</b>				<b>TOTAL 25</b>
<b>Surname and Name:</b>				<b>Y3</b> _____
1. Handwashing is very important. Read the statement, and choose picture that complete the statement best. Also give a motivation for your choice.				
	Statement	Best option to complete statement (Write the correct answer in the next column Answers)		Motivate your choice
		<b>COLUMN A</b>	<b>COLUMN B</b>	<b>ANSWERS</b>
1.1	Wet the hands with	 hot	 cold	
1.2	Best soap to use			
1.3	Amount of time to rub/wash hands			
1.4	Tap while soaping hands			
1.5	Rinse the hands with hot water			
1.6	Dry the hands with			

(12)

2.	It is important to wash your hands when your hands could have been contaminated. Give SIX examples of situations that will require from you to wash your hands
2.1	
2.2	
2.3	
2.4	
2.5	
2.6	

(6)

3.	Identify TWO areas at your school where you can see that they are wasting water. Develop possible solutions that you can propose to your principal.
3.1	
3.2	
3.3	

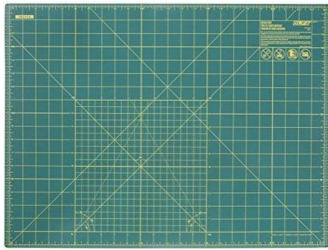



(3)













**ADVANTAGES OF A PRACTICAL SKILLS**

1. When you do something with your own hands you remember better.
2. Practical work promotes experiential learning.
3. Practical work encourages self-learning.
4. Practical work can provide you an income or career.
5. Practice leads to perfection, greater the practice, greater the expertise
6. Practical work makes students independent and increases their confidence

**EQUIPMENT USED IN PATCHWORK AND QUILTING AND ITS USES**

TOOL	NAME	USE
	Self-Healing Cutting Mat	To cut on and to get blocks more accurate for better results when cutting your fabric. Without it you are going to be cutting through whatever surface you use it on which is not good to say the least. You will also dull the blade pretty quickly.
	Rotary Cutter	A rotary cutter is a tool generally used by quilters to cut fabric. ... Rotary cutter blades are very sharp, can be resharpened, and are available in different sizes: usually smaller blades are used to cut small curves, while larger blades are used to cut to straight lines and broad curves
	Scissors	Most people have a pair of scissors in the house but when it comes to cutting fabric, it is always ideal to have a pair of scissors totally dedicated to cutting fabric and nothing else.
	Small scissors	If you are working on handwork and some small projects, small scissors will be the right choice for you. They are easily portable, and they come in handy when you need to clip threads or snip some tiny bits of the fabric.

	<p><b>Needles</b></p>	<p>The size of your needle can make a big difference. Most hand-quilting pros agree that a size 10 is ideal — the eye is not too big or small, and the needle is strong enough to handle a quilt's many layers.</p> <p>A "between" or quilting needle is short with a small eye. Common sizes are 8, 9, and 10; size 8 is best for beginners.</p>
	<p><b>Pins/Pincushion</b></p>	<p>Pins can help you achieve accuracy with your quilting as you are piecing. They help to hold fabrics together for sewing.</p> <p>The sewing pins that you use must be sharp and sturdy enough. Also, you should use either a magnetic pin bowl or a pincushion to store them safely and quickly.</p>
	<p><b>Marking tools</b></p> <p>(Water soluble pencils and chalk pen)</p>	<p>These nifty little pencils claim to disappear when wiped off with water.</p>
	<p><b>Thread</b></p>	<p>If you are using all-cotton fabric, it is best to use a cotton thread. You may have to try a few different types to find one that is both durable and easy to work with. Quilting thread, including the preferred 100% cotton variety, is stronger than sewing thread.</p>

	Conditioner	Once you have got it, coat the thread with a conditioner like Thread Magic to help keep it from knotting as you stitch.
 	Quilting Hoops	<p>There are all sorts of hoops on the market, including handheld hoops, lap hoops and standing quilt hoops. When hand quilting smaller projects, like <u>pillowcases</u>, you may not even need a handheld hoop. But for a project like a throw, hoops can be useful.</p> <p><b>Pro Tip:</b> Do not place the quilt too tightly in the hoop, like you would when embroidering. The fabric needs to be able to move up and down as you work, so make sure there is enough give.</p>
 	Thimble	This finger cover relieves the pressure required to push a needle through several layers of fabric and batting.
	Quilting machine	For sewing the fabrics together



Embroidery  
sewing machine

Embroidering the  
patchwork items



Iron and ironing  
board

Iron should be used to straighten your fabric when needed. The ironing board helps to offer a stable surface for ironing the fabrics. The iron will mostly be used after your pieces are complete.

When pressing make sure not to drag the iron, so you won't distort the seam, but simply press down on top of the seam

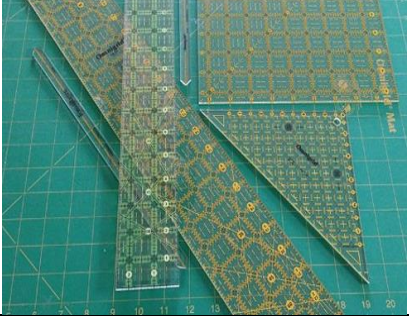


Clips

Little clips for securing the binding and also finishing your quilt. Furthermore, these clips are a great alternative to pins when working with multiple fabric layers.



Wonder Clips are perfect for holding your binding in place while sewing. Using these handy clips will prevent you from getting pin sticks as you try to wrangle a quilt through your machine.

 A clear acrylic quilting ruler with yellow markings and numbers, used for precise cutting.	<p>Acrylic quilting ruler</p>	<p>Quilter's rulers clear so you can see exactly what you are doing. The measurements are embossed onto the surface and allow for precise cutting at any angle.</p>
 A white plastic container filled with curved quilt basting safety pins, with a few pins shown outside the container.	<p>Curved quilt basting safety pins</p>	<p>For most quilting projects you will need a lot of safety pins to baste your quilt.</p>
 A red and white measuring tape, partially unrolled, showing measurements in inches and centimeters.	<p>Measuring tape</p>	<p>Measure work as you continue</p>

**FORMAL ASSESSMENT Consumer Studies Y3 – Option: Patchwork and Quilting by Machine**

## Practical lesson 3: Identification of equipment

### Term 1

**TOTAL 25**

Y3 \_\_\_\_\_

Identify the given equipment and provide a short explanation of its use

[illegible]

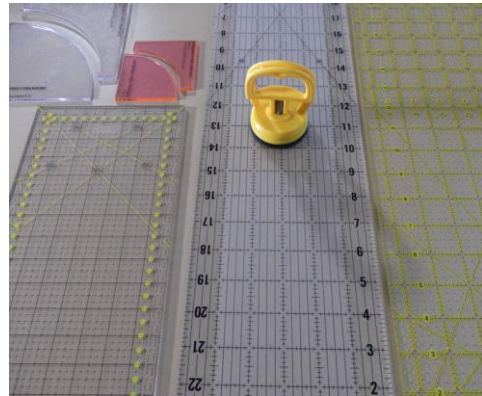


## HOW TO CUT USING THE ROTARY CUTTER

To cut with a rotary cutter, keep the fabric layers and pattern if you are using that on the mat together with pattern weights. You do not want the fabric layers to shift. The things you need to use the rotary cutter efficiently are mats (the self-healing mat or a hard surface mat) and pattern weights.

**Some optional aids that will make your cutting life easier and safer.**

1. **Rulers** also come in different sizes, brands, straight, curved.



2. **Pattern Weights** can be used to hold fabric in place and further increase the accuracy of your cutting.





3. **Safety gloves.** a rotary cutter is basically a razor blade wheel. So, you need to be extremely careful when handling it. If you only put one glove on, you put it on the hand you are not cutting with.



4. **Spare blades** If a blade turns out to be too dull for your project, you want to have a new one at hand.



**SAFETY FIRST:**

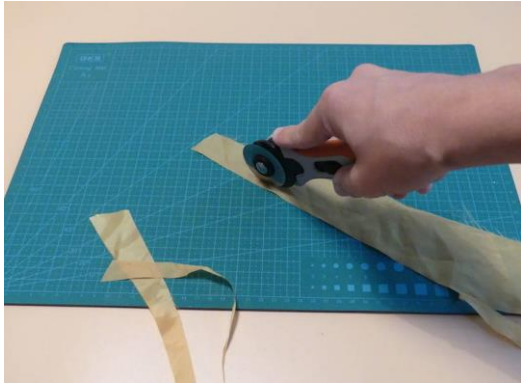
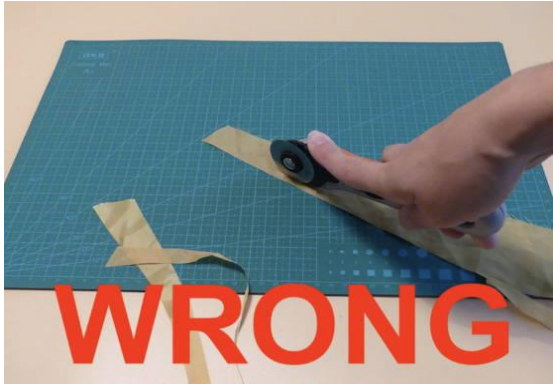
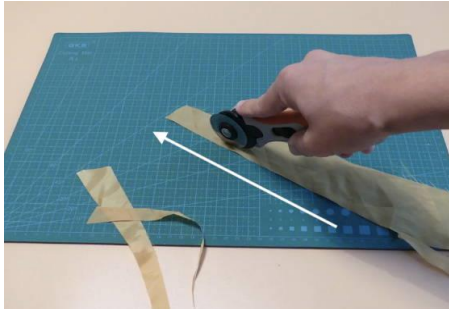
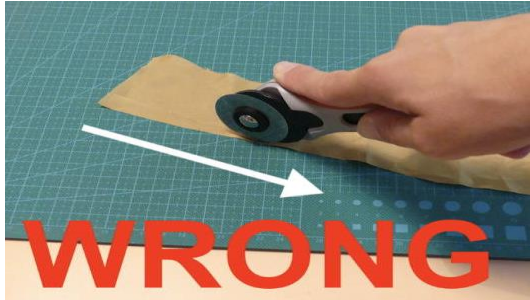
**Most rotary cutters have safety mechanisms.**

- A plastic safety shield that you can pull back when you want to cut. If you stop, you just push back the protective blade guard.
- Others have a safety lock button to prevent the lever from pushing out the blade.
- Close the safety shield after each and every cut so that the blade is protected by the plastic cover.
- As you pull the cutter up from the fabric, close it right then and there so it can't fall to cut your fabric, bare feet, or even worse, a pet or child.
- Keep the rotary cutter away from and out of the reach of children at all times and store it safely.



- Use a **sharp blade**. Anything sharp can dull with use and it becomes a much more dangerous tool. You will need to apply more pressure and lose control.
- Change the blade as soon as it shows signs of becoming dull.

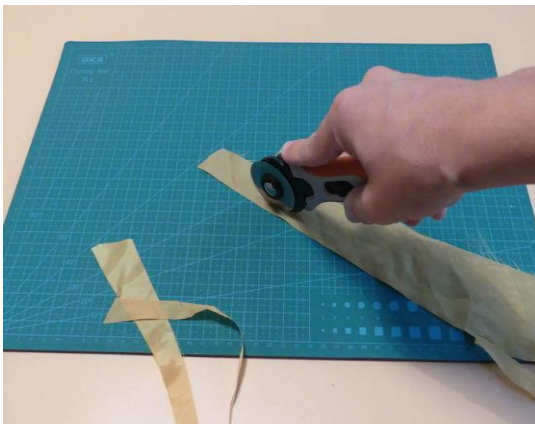
**How to hold the cutter?**

CORRECT WAY TO HOLD THE ROTARY CUTTER	WRONG WAY TO HOLD THE ROTARY CUTTER
<ul style="list-style-type: none"> <li>• Hand and wrist make a nice straight line, the index finger must press against the nonstop section on the top.</li> <li>• It is important to keep the wrist straight to prevent a repetitive motion injury.</li> </ul>	
	
<ul style="list-style-type: none"> <li>• Always cut away from your body, so that the cutter moves away from you.</li> <li>• Never pull the cutter towards you.</li> <li>• Sometimes this may not come naturally but always keep this in mind.</li> </ul>	
	

- Stand up while cutting
- This way you can put your body weight into the cut and you can see where the blade is going.



- If you are left-handed, be sure to set up your cutter for left-handed cutting.
- All cutters convert easily.
- Some rotary cutters have a symmetrical design.
- Always make sure the blade is facing towards you.
- Keep your head directly over your cutter as you roll it forward in order to clearly see your cutting line.

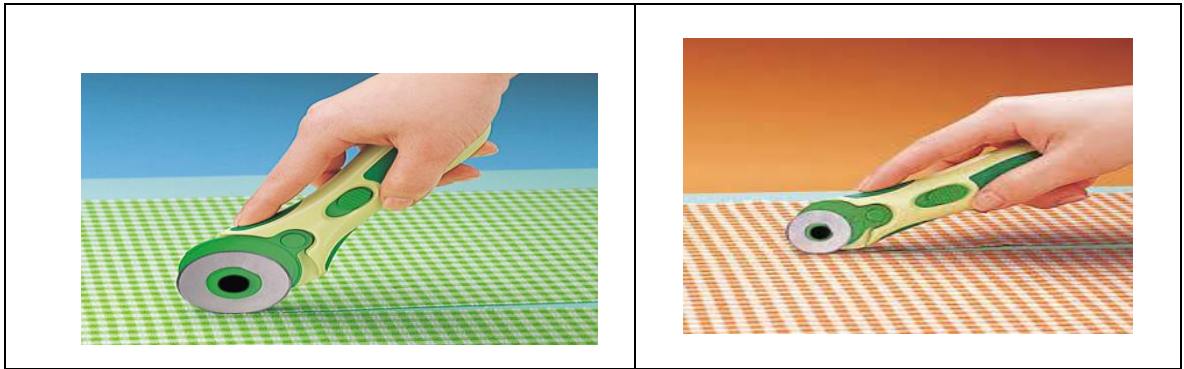




**CUTTING WITH A RULER**

- Blade position: make sure to place the blade against the edge of the ruler before you start cutting.
- If the blade is too far away, the cut will be uncontrolled and wobbly.
- If the blade is on the ruler, you could seriously cut your ruler hand.
- Never ever let one of your fingers hang off the edge of the ruler as you are cutting and don't put your hand too close to the blade.
- Always apply a constant even pressure both on your ruler and on your cutter when cutting.
- Don't push super hard on your cutter or you lose control, but you do have to apply some pressure to ensure a clean slice.
- If you don't have a non-slip ruler, you can put your pinky on the mat, behind the ruler, to stabilize.
- Align your ruler so that the fabric's left edge lines up with the ruler's marks along the entire length of the fabric.





**CUTTING WITHOUT A RULER**

- A rotary cutter can handle different types of fabric without causing shifting or distortion in pattern lines, which can occur with scissors.
- Cutting with a rotary cutter significantly reduces fraying while cutting.
- The rotary cutter rolls right through slippery or stretchy fabrics like silk, satin and knits more smoothly than sewing shears, which can hack at the material and leave behind jagged edges.
- The rotary cutter cuts without shifting things around, so it's easy to get a perfect edge.
- Use medium sized or small rotary cutters like the 18 or 28mm for curved cuts, tight corners and trimming seams.

**CHANGING THE BLADES**

- Change your blades regularly!

**To replace the blade:**

BLADE INFORMATION	EXAMPLES
<p>1. Blade sizes: The most common sizes of blades are 18mm, 28mm, 45mm, and 60mm.</p>	
<p>2. Turn the rotary cutter over in the palm of your hand and remove the nut from the back and then remove the washer and put it on your mat in a cowboy hat position.</p> 	
<p>Pull the metal bolt from the center of the rotary cutter and remove the plastic ring.</p> 	



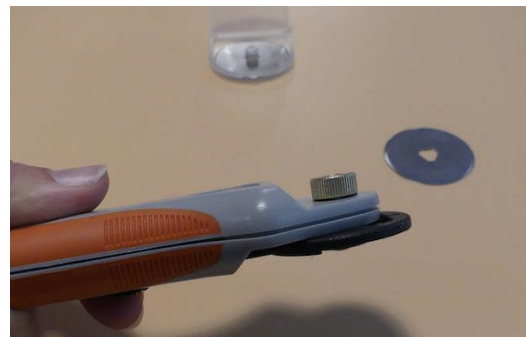
- Replace it with a new sharper blade. Put the ring and the bolt back in the handle.



- Replace the washer, make sure that's seated properly.



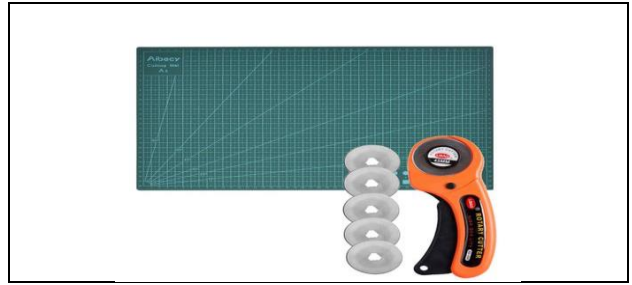
- Replace the nut, screw that finger tight.

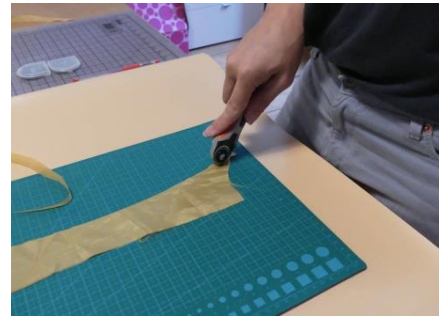




Surname and Name:

Gr. 9 \_\_\_\_

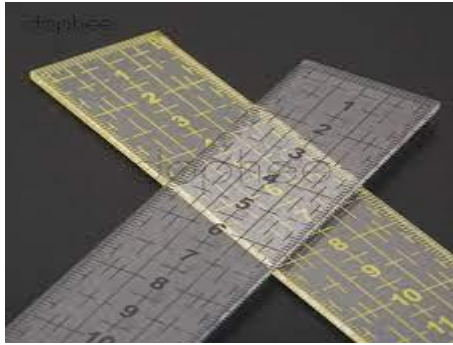
**STEP 1:  
ORGANISE A PROPER CUTTING MAT****A NON-SLIPPERY RULER****HOW TO USE A ROTARY CUTTER**

**CUT AWAY FROM YOURSELF****STAND UP****FIRM PRESSURE**

**FABRIC**

**TERM 2****PLANNING A DESIGN****How to measure using the equipment****Importance of correct measurement**

- **Measuring tools** in patchwork are very important for the perfect shape of any item produced.



**Press the fabric before measuring and cutting**

- Folds or wrinkles can affect the accuracy of the cutting.

**Use your cutting mat to line up edges of the fabric, not to measure it.**

- Ensure that the lines on cutting mats are straight so that accurate cuts will be achieved by using a ruler.

**Straighten fabric edges before beginning to cut.**

- Always trim fabric edges so they are even before beginning to cut

**Use tape or ruler when making cuts****Use a sharp rotary blade for cutting fabrics**

- Sharp rotary blades cut easier and accurately.

**Use a rotating cutting mat whenever possible rather than cutting towards your body**

- It is easier to be accurate with cutting when cutting away from your body.

**Measure twice, cut once**

- Measuring twice assists in accurate measurements.

**Suitable fabrics for patchwork**

- Cotton is often considered the best type of fabric to use for quilting, which comes in 115cm width and a medium weight.
- Quilters often find that quilt pieces line up better and are much easier to use compared to other fabrics on the market.



**TYPES OF FABRIC FOR QUILTING**

TYPE OF FABRIC	EXAMPLE OF MATERIAL
Quilter's Weight Cotton	
100% Quilting Cotton	
Cotton flannel	
Wool	

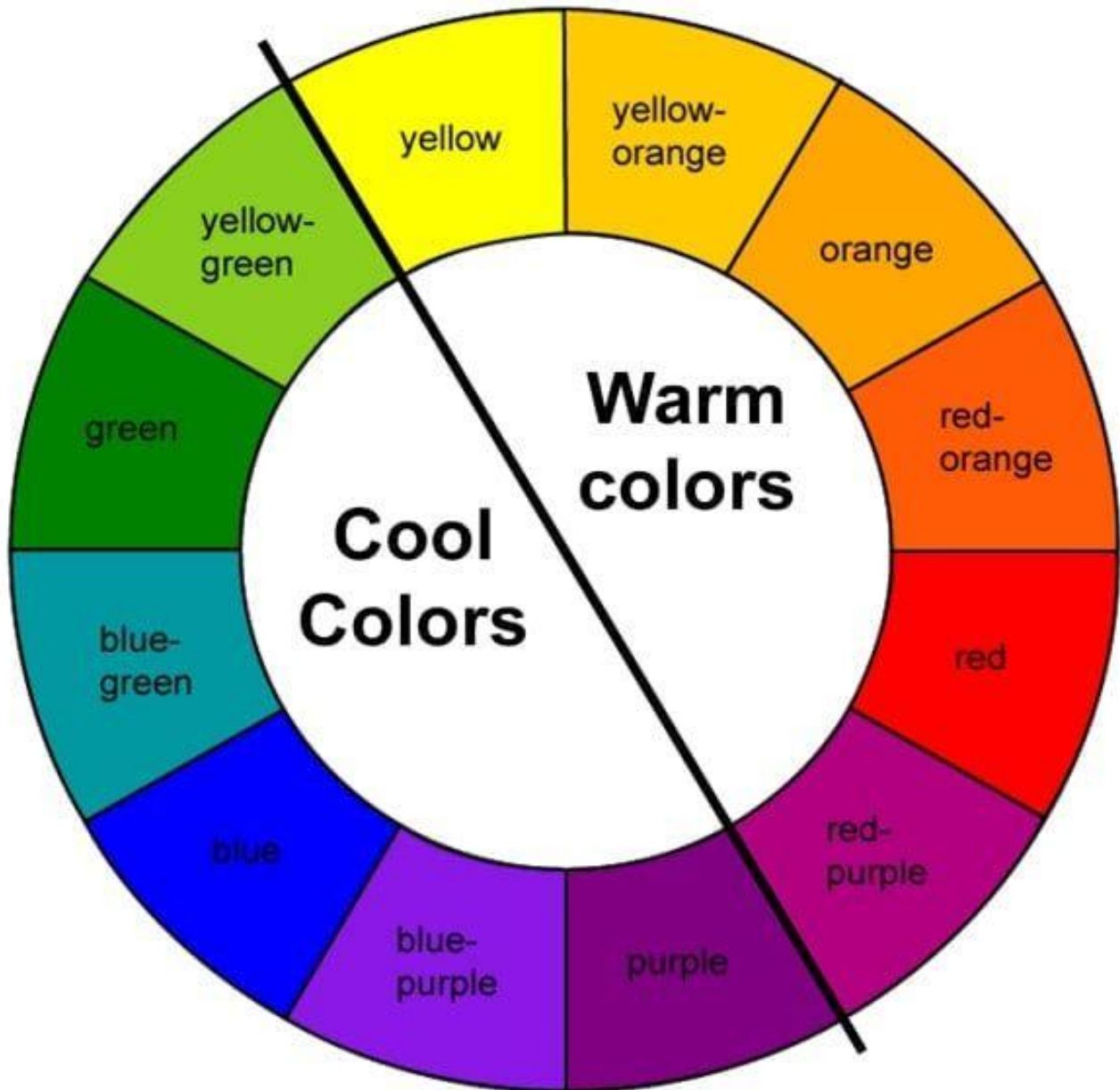


Quilter's Weight Linen



**Basic rules for selecting a colour scheme for patchwork**

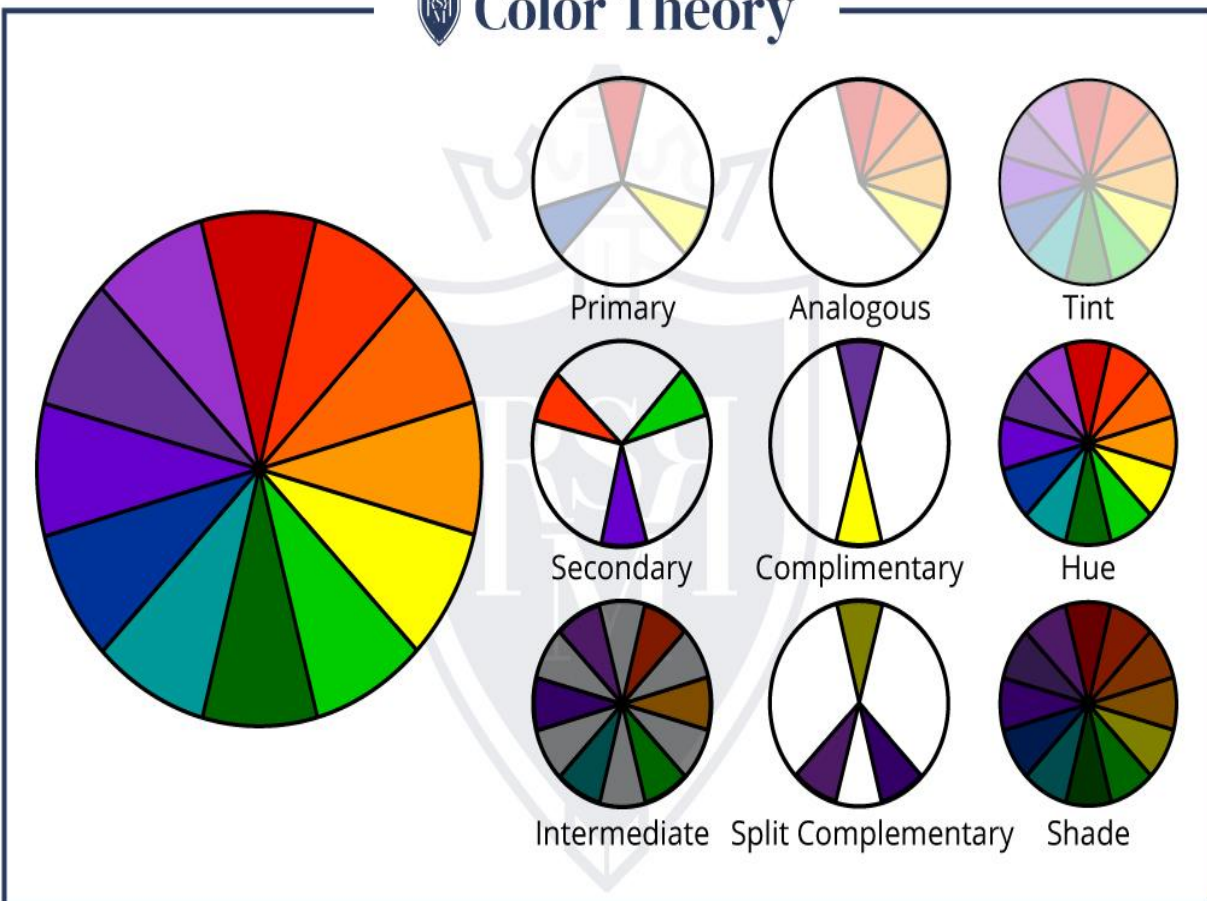
- Select TWO colors opposite from each other on the color wheel.
- One will always end up being a "warm" color and the other will be a "cool" color giving you a nice balance. Select
- THREE colors adjacent (next) to each other on the color wheel, having the middle color being the more dominant color.







## Color Theory



**PATCHWORK AND QUILTING BY A MACHINE****A SEWING MACHINE****The FUNCTIONS of the Sewing machine part - RECAP:**

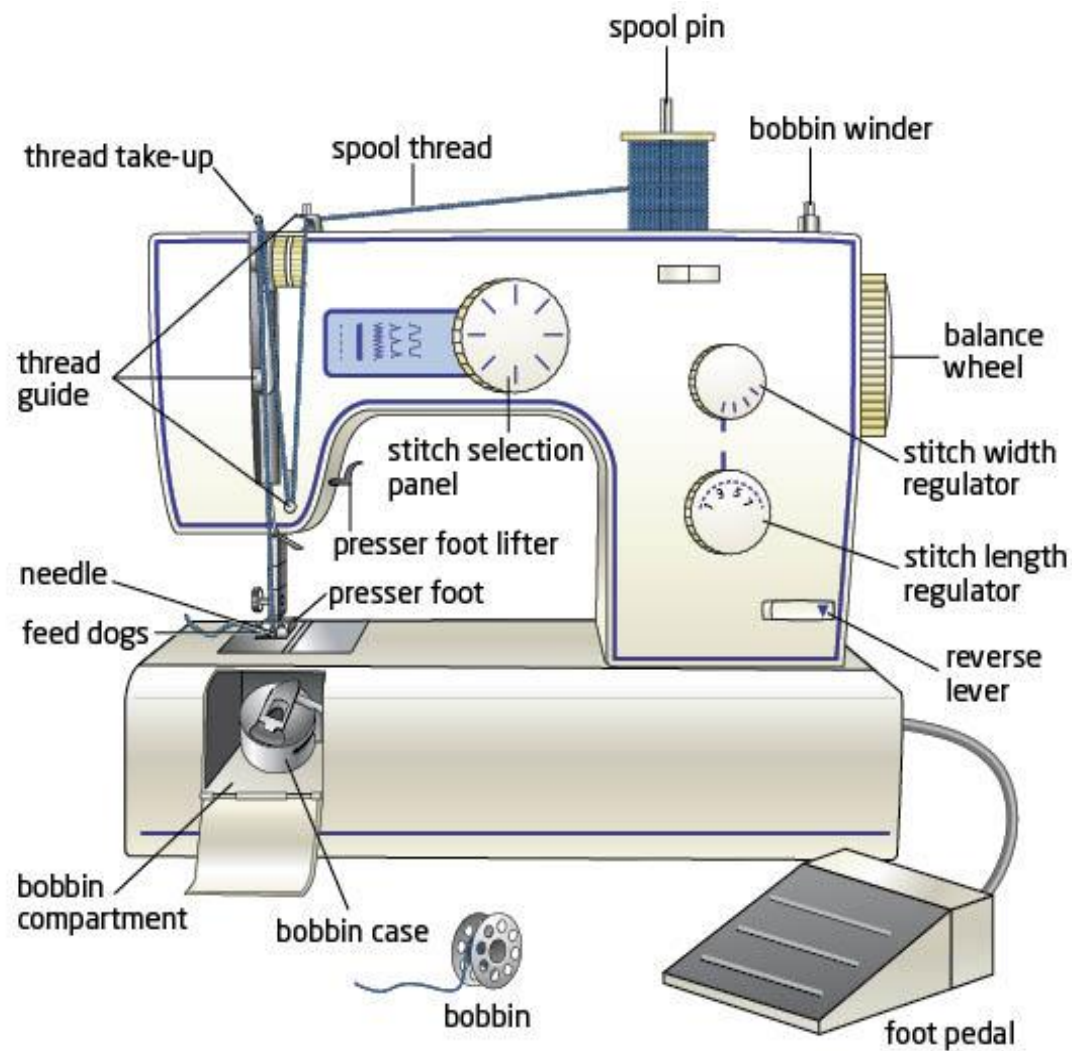
- Spool pin - Holds the upper sewing thread.
- Thread take-up lever - Forms the stitch and then pulls the thread tight.
- Thread guides - Guides the upper thread towards the needle.
- Needle – in needle clamp
- Presser foot - Holds fabric in position while being stitched.
- Feed dog – moves fabric forward while it is being stitched.
- Bobbin and Bobbin case – Spool holding bottom thread.
- Bobbin winder – wind thread on bobbin
- Reverse - To start and finish stitches so that it does not unravel.
- Stitch width regulator- from straight to zig-zag.
- Stitch length regulator- 1 = short stitches, 5 = long stitches.
- Foot pedal – put machine in motion.
- Balance wheel - Controls the function of the machine by hand.

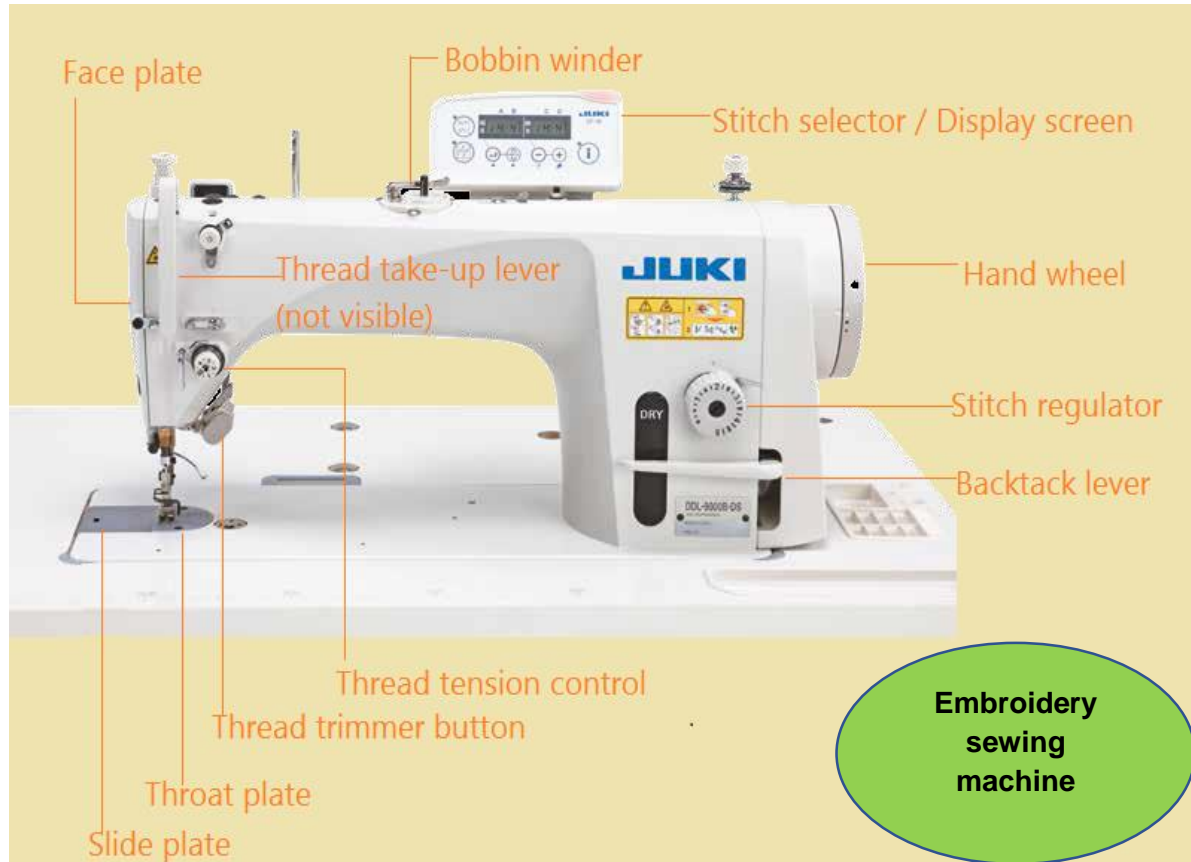
**Care of the sewing machine:**

Sewing machines are very expensive and need to be cared for and maintained to ensure that it will give you good service.

- The needle should be straight and inserted correctly.
- Replace the needle when it becomes blunt or bend.
- Do not scratch the feed plate, as it can snag fine or knitted fabrics.
- Make sure all screws are secured.
- Clean the sewing machine regularly.
- The electrical cords must be kept in good condition – don't twist or curl them
- Switch off the electricity when the machine is not in use or when it is being cleaned and oiled.
- To clean, open the feed plate and bobbin case and remove any fluff and loose threads with a brush. Wipe with a clean cloth.
- Oil the machine regularly – use the instruction manual of the machine to know where you need to put the oil. Let the machine run without thread for a while and remove excess oil with tissue paper or clean cloth.

- Have the machine serviced regularly at an approved dealer.
- Store machine covered and, in a dust, -free environment.
- Use the correct presser foot for the task.





<b>FORMAL ASSESSMENT Consumer Studies Y3 – Option: Patchwork and quilting</b>	
<b>PRACTICAL 1: Plan how to make the Tissue holder</b> <b>TERM 2</b> <b>Rubric</b>	<b>MARKS</b> <b>25</b>
<b>Surname and Name:</b>	
<b><u>Basic skills:</u></b>  <b>Sanitize the work surface</b>  <b>Wash your hands</b>	<b>2</b>
<b><u>Assessment criteria:</u></b>  <b>Choosing suitable fabric</b>  <b>Colour combination</b>  <b>Shrinkage of fabrics</b>  <b>Fabrics are neatly ironed – without wrinkles</b>	<b>18</b>
<b>QUESTIONS:</b> Make suggestions for the choice and combinations of colours for a patchwork quilt. Use the following guidelines: 1.1 designs and patterns on fabrics 1.2 intensity of colours 1.3 combinations of different colours.	

<b>FORMAL ASSESSMENT Consumer Studies Y3 – Option: Patchwork and quilting</b>	
<b>Practical lesson 2 – Layout and cutting of the Tissue holder pattern pieces</b>	
<b>Term 2</b>	<b>TOTAL: 25</b>
<b>Surname and Name:</b>	<b>Y 3</b> _____
<b>TISSUE HOLDER</b>  Fabric: <ul style="list-style-type: none"> <li>• Main fabric: 5 1/2" x 6 1/2"</li> <li>• Lining: 5 1/2" x 7 1/2"</li> <li>• A scrap of fabric for the tab: 3 1/2" x 2"</li> <li>• Iron and ironing board</li> <li>• Scissors</li> <li>• Pins</li> <li>• Matching thread</li> <li>• Sewing machine</li> </ul>	
<b>STEP 1: Pick your fabric</b>	
<b>STEP 2 :Cutting</b>	



<b>FORMAL ASSESSMENT Consumer Studies Y3 – Option: Patchwork and quilting</b>		
<b>PRACTICAL 2: Layout and cutting the pattern pieces of the tissue holder TERM 2</b>		<b>MARKS</b>  <b>25</b>
<b>Surname and Name:</b>		
<b>Basic Skills</b>		<b>4</b>
Assessment Criteria	Handling equipment	
	Does not need assistance with equipment	
	Good discipline	
	All equipment correctly selected/available	
<b>Cutting Skills</b>		<b>10</b>
Assessment Criteria	Do not need a lot of help	
	Easily follow instructions	
	Focus and attention to the task	
	Fabric edges are even cut	
	Independent movement of the hand	
<b>Appearance and of pattern pieces</b>		<b>6</b>
Assessment Criteria	All pattern pieces are cut and available	
	Sides neat and even	
	Pattern pieces are neatly laid out on the mat	
	No crisis on the pattern pieces	
	No scorching on the pattern pieces	
	Presentation creative	

**Practical lesson 3– Preparing for Assembling the Tissue Holder**  
**Term 2**
**TOTAL: 25****Surname and Name:****Y3** \_\_\_\_\_**TISSUE HOLDER cont.****STEP 3: Preparing for Assembly**

- Place the main fabric right side facing up



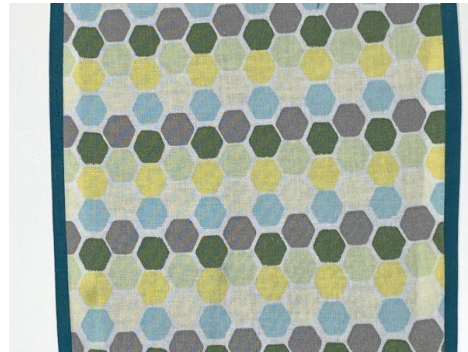
- Lay the trim and lining with the right side facing down on top of the main fabric
- Bring the short sides of the fabric together and pin them in place.
- The fabrics are not the same size so you will
- have to bring the sides together to make the raw edges meet evenly.
- There will be a little bubble in the fabric because the lining is longer than the main fabric. (Means that you have pinned it correctly)



- Using 1.5 seam allowance, sew down both of the short sides of your tissue holder making sure, that you backstitch at every beginning and end of each seam.
- Backstitching makes that you lock your seams so that they won't unravel over time.



- Flip the fabric right side out.
- Make sure the main fabric is facing up and the lining is facing down.
- Press the fabric so that the lining sticks out about 1/8" - 1/4" from the sides of the main fabric creating the look of a trim.



**Step 4: Creating the Tissue Holder Tab**

- Take the fabric for the tab and fold it half with wrong sides together and press
- You should have a sharp crease in the center of the fabric



- You should have both of the long sides turned inward and press like above.

**Finish the tab:**

- Fold the fabric in half so that the raw edges are hidden in the center



- Edge stitch close to each of the long sides to finish off your tab



Practical lesson 3– Preparing for Assembling the Tissue Holder					
Term 2					
TOTAL: 20					
Name and Surname					Y3
	Assessment Criteria		Handling equipment		3
			Does not need assistance with equipment		
			Good discipline		
			Followed instructions		
			Sewing Skills		10
		Assessment Criteria	Do not need a lot of help		
			Yarn used correct length		
			Good discipline		
			Sewing stitches correct and even		
			Even tension, not too tight or loose		
			Appearance and final finish of product		12
		Assessment Criteria	No loose threads hanging from work		
			Button stem neat and correct		
			Articles correct according to instruction		
			Handed in on time		
			Product saleable		
			Presentation creative		

<b>TERM 2: SKILLS TEST 2: Preparing and make a tab on a sampler</b>		<b>MARKS</b>  <b>25</b>
<b>Surname and Name:</b>		<b>Y3</b>
<b>Basic Skills</b>		<b>12</b>
Assessment Criteria	Sanitized the work surface/table	
	Handling equipment	
	Does not need assistance with equipment	
	Good discipline	
	All equipment correctly selected/available	
<b>Cutting Skills</b>		<b>13</b>
Assessment Criteria	Do not need a lot of help	
	Easily follow instructions	
	Focus and attention to the task	
	Fabric edges are even cut	
	Independent movement of the hand	



## TERM 3

### PATCHWORK AND QUILTING

**Define patchwork:**

Patchwork and quilting are a great way to learn to sew.

- Pieces of fabric are sewn together to create patchwork.
- Most of the sewing is in a straight line using basic stitches.



**Patchwork**, also called piecing, the process of joining strips, squares, triangles, hexagons, or other shaped pieces of fabric (also called patches), by either hand or machine stitching, into square blocks or other units. It is one of the primary constructions techniques of quilting and is often combined with appliqué.



**Starting Hand-Quilting Stitches**

Stitch with a 40 cm length of hand-quilting thread in your needle. You'll begin and end your stitching by burying the thread tail between the layers of the quilt; this prevents knots from showing on the front or back of the quilt.

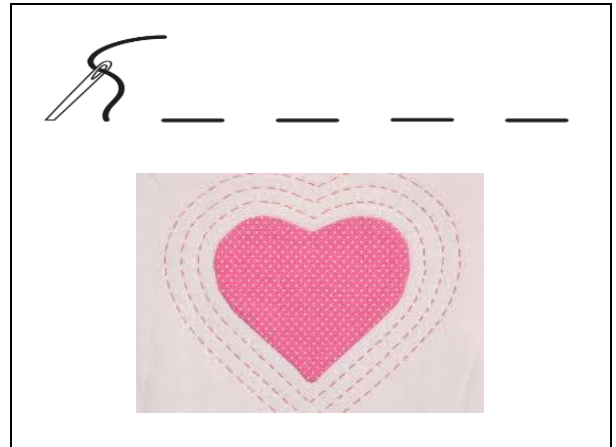
**Securing Thread to Begin**

1. With your needle threaded, hold the thread tail over the needle, extending it about 1 cm above.
2. Holding the thread tail against the needle with one hand, use your other hand to wrap the thread around the needle clockwise two or three times.
3. Pinching the thread tail and wraps with your thumb and forefinger, grasp the needle near the point and gently pull it through the thread wraps.
4. Continue pinching the thread wraps until the thread is pulled completely through and forms a small, firm knot near the end of the thread tail. This is called a quilter's knot.
5. Insert the needle into the quilt through the quilt top and batting, but not into the backing, a few cm from where you want to quilt. Bring the needle back to the surface in position to make the first stitch.
6. Tug gently on the thread to pop the knot through the quilt top and embed it in the batting.

**Basic stitches to do patchwork by hand:****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.



Running stitches are used in hand-sewing in hand patchwork to assemble pieces of light fabrics; and in quilting to hold the fabric layers and batting or wadding in place.

Loosely spaced rows of short running stitches are used to support padded satin stitch.

**PREPARATION OF FABRIC FOR PATCHWORK ARTICLE.**

Fabric Preparation is an important part of the sewing and quilting process.

- Prewashing to check for color bleeding and pressing with starch or sizing are the basics.



- Fabric should also be ironed to ensure it will be flat and can be easily folded for cutting.







- Make sure your fabric is on grain.

## QUILTING PATCHWORK

- Patchwork, also referred to as piecing, is the process of joining strips, squares or any shape of fabric together by hand or machine to create Quilt blocks, designs or Quilt tops. As a general term, patchwork refers to a composition of a variety pieces.
- Thread choice is important for any quilting project, because it holds everything together.
- It's best to start with a simple, strong thread, and wait on specialty threads like metallic or monofilament thread (made for invisible stitching), which are more difficult to work with.

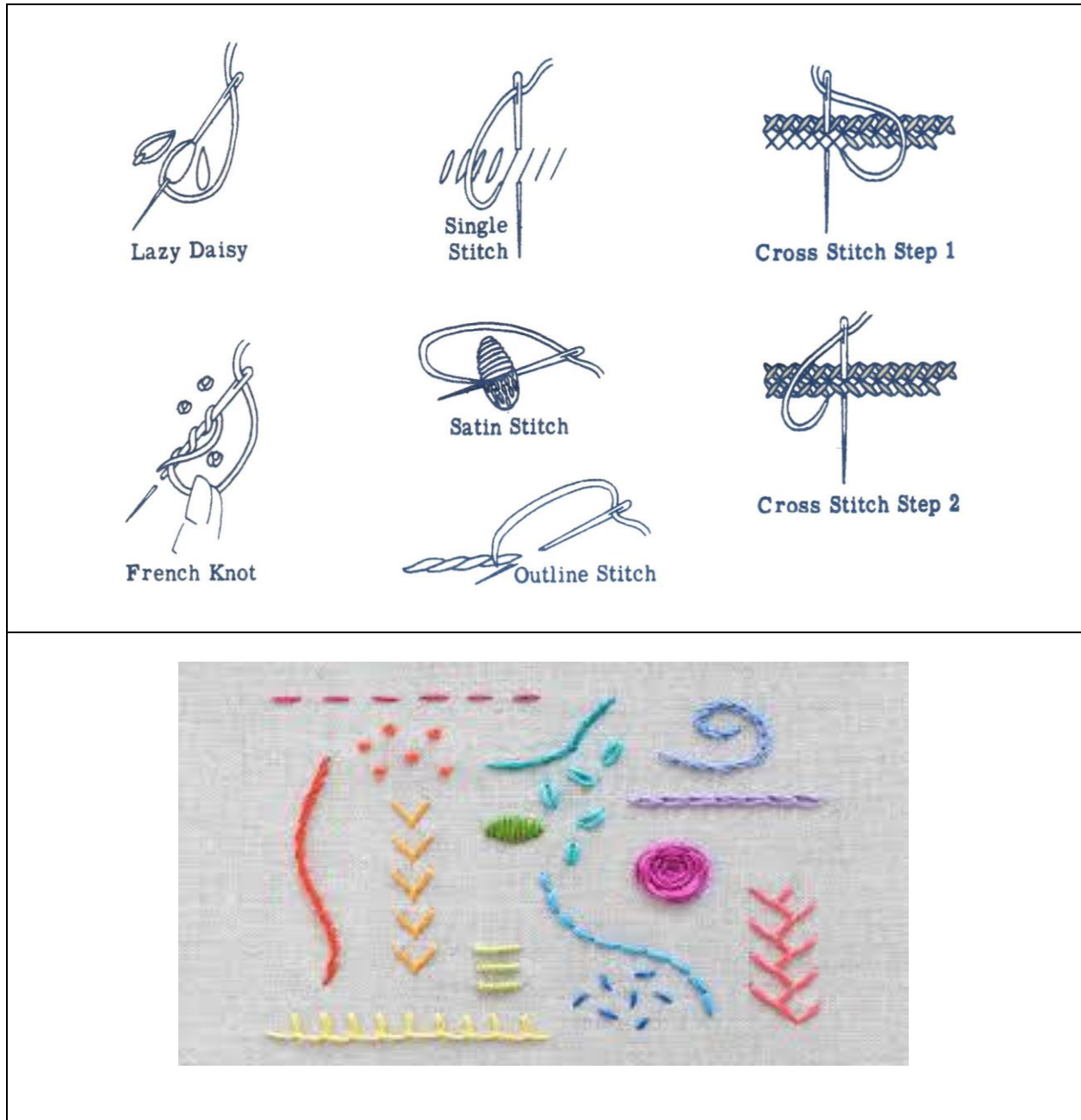
### Quilting Styles

HAND QUILTING.	MACHINE QUILTING.
<ul style="list-style-type: none"> <li>• Hand quilting is slower and methodical.</li> </ul>	<ul style="list-style-type: none"> <li>• Using a sewing machine is a popular method for quilting.</li> </ul>
 	 



**DIFFERENT HAND STICHES: EMBROIDERY****What is an embroidery**

Is the craft of decorating fabric or other material using a needle to apply thread or yarn.

**Embroidery stitches**

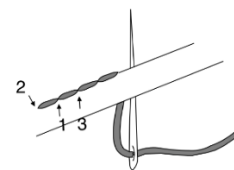
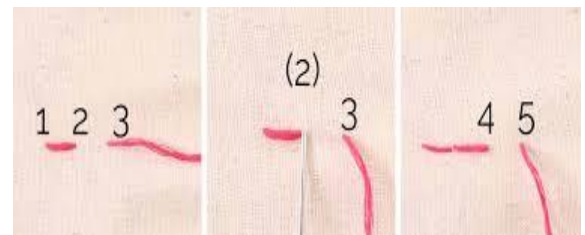
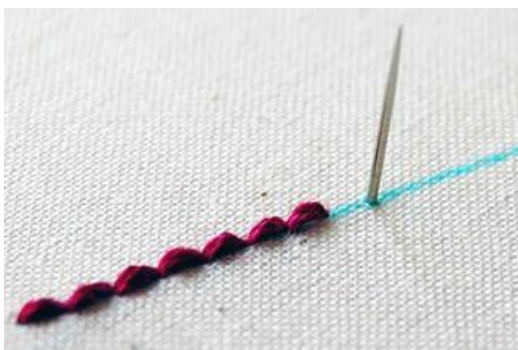


### Back stitches – basic backstitch

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.



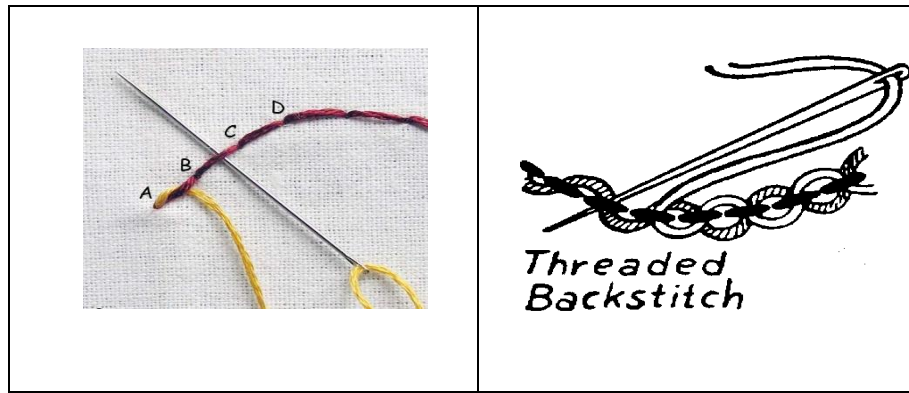
#### back stitch

Go up through your fabric at 1...  
Back down at 2..  
Up at 3...  
Back down at 1...  
Keep going back on yourself



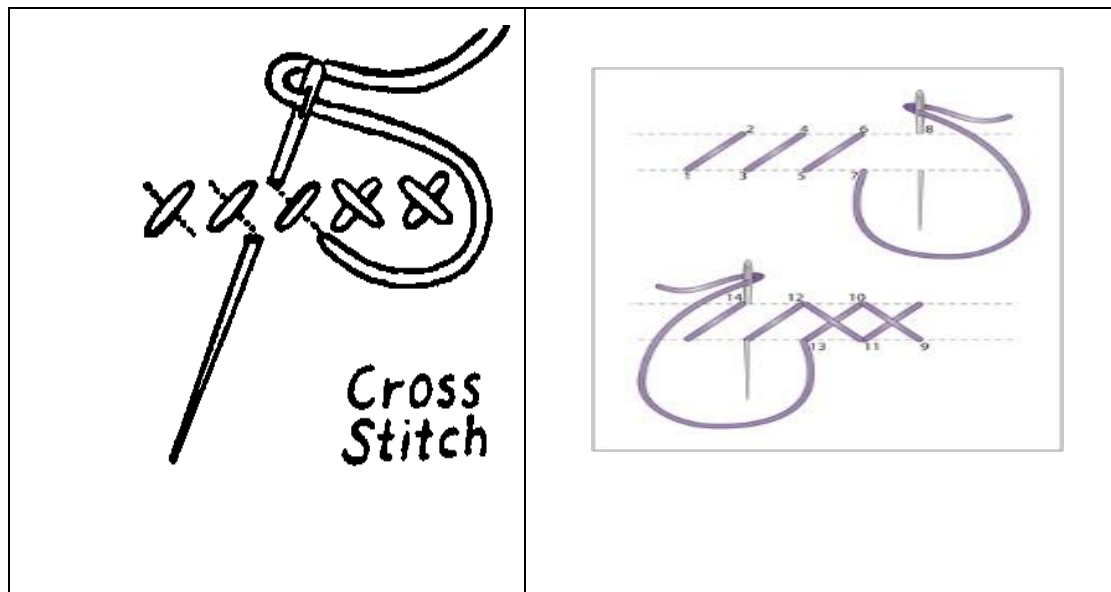
### Threaded backstitch

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.



### Cross stitch

- Bring the needle up in the bottom left, reinsert it at the top right to create a diagonal stitch.
- Bring the needle back up directly below its current position, in the next hole down. Take it back through the fabric in the diagonal hole to the right. Continue in this way across the row.
- To complete the stitches on the journey back, bring the needle up in the bottom right and take it back down through the top left hole to make the cross.
- Cross-stitch is also often used to make greeting cards, pillowtop, or as inserts for box tops, coasters and trivets.





## DIFFERENT HAND STITCHES

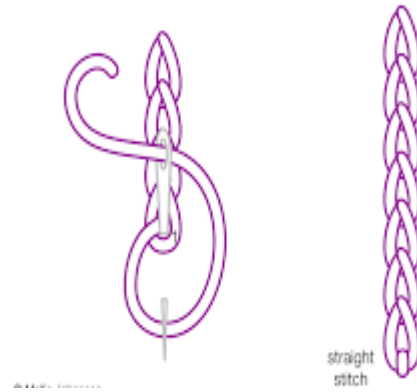
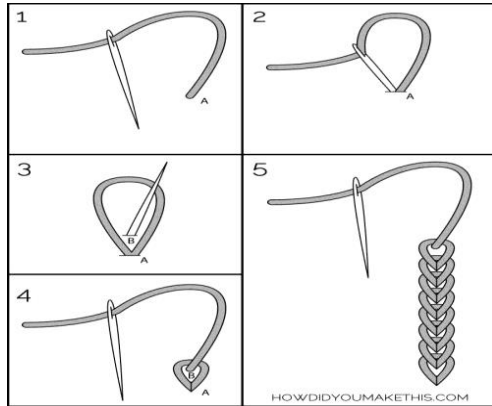
### Chain stitch:

#### How to work chain stitch:

- Secure your thread to the back of your work with an away waste knot, and bring the needle through to the right side on the line you want to follow.
- Go back down as close as possible to your starting point and bring the needle back up a short distance along the line of the pattern.
- Before you pull the needle right through the fabric, make sure that the working thread is underneath the needle.
- Then pull the needle through forming a loop or chain on the surface.
- Re-insert the needle, next to where it comes through the fabric, inside the loop of the first chain and again, bring it up further along the line.
- Tuck the thread under the needle and pull it through to make the second chain stitch.

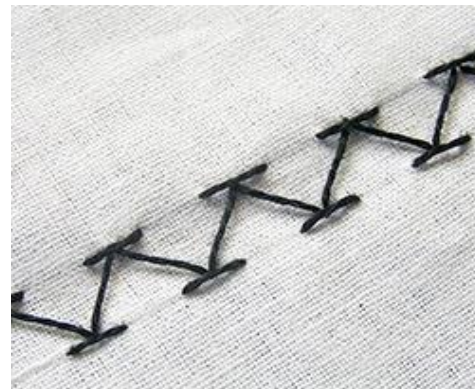
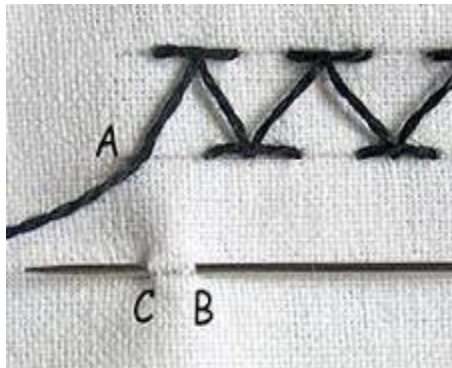
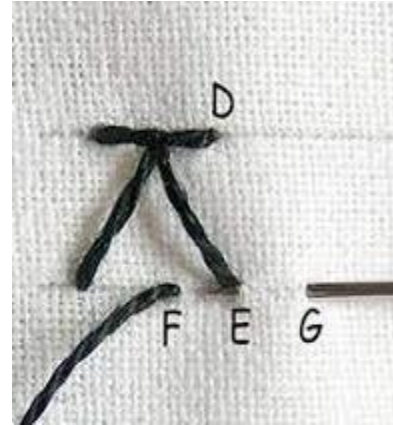
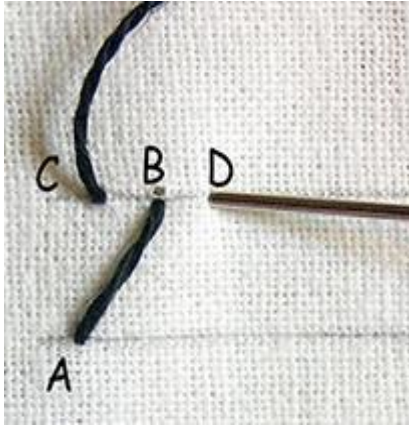
Chain stitch is an effective surface embellishment near seams on finished fabric. Because chain stitches can form flowing, curved lines, they are used in many surfaces embroidery styles that mimic "drawing" in thread.

Chain stitches are also used in making tambour lace, needle lace, macramé and crochet.



**Chevron stitch**

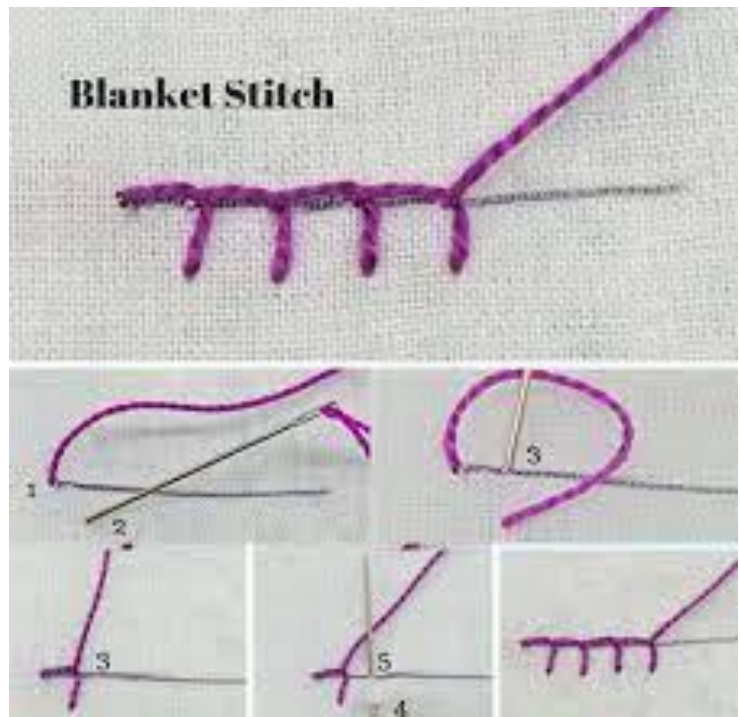
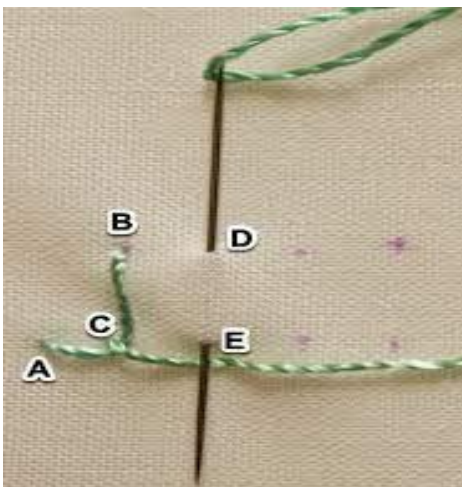
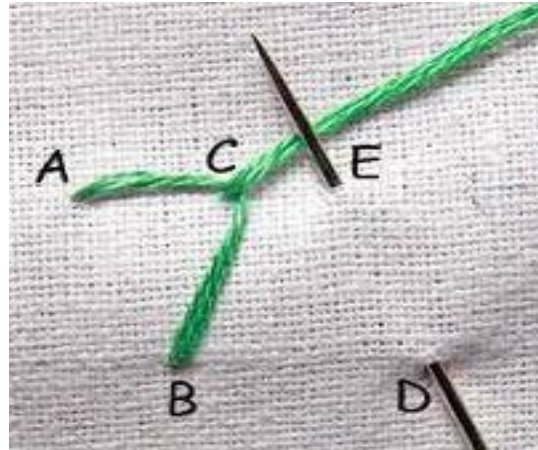
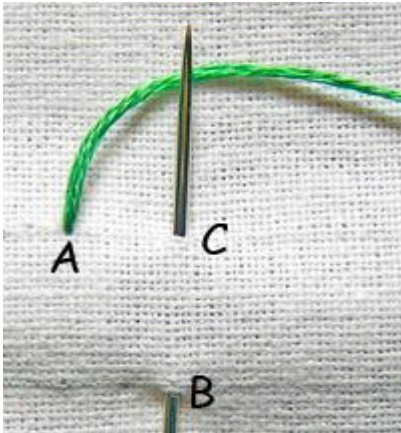
Is an embroidery technique often used for lines and borders. It is worked in a similar manner to a herringbone stitch and on a double line.

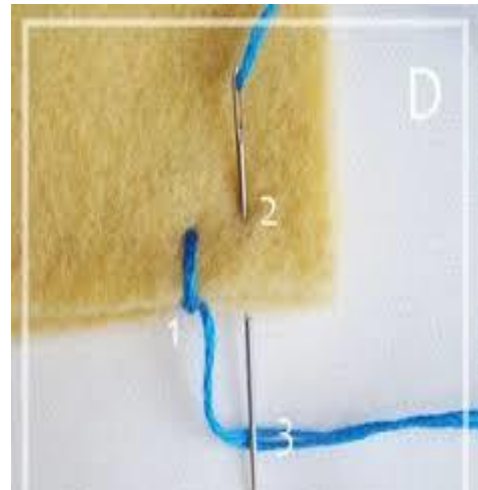
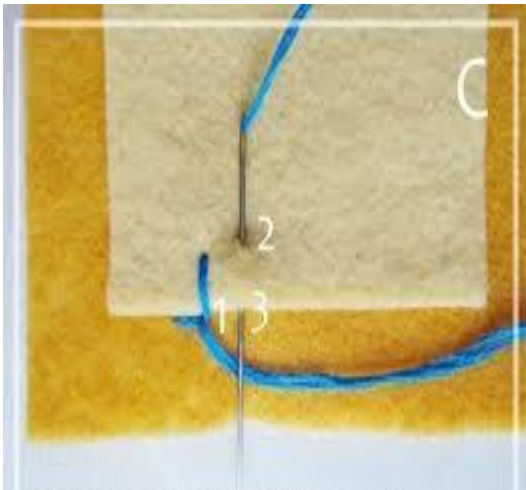
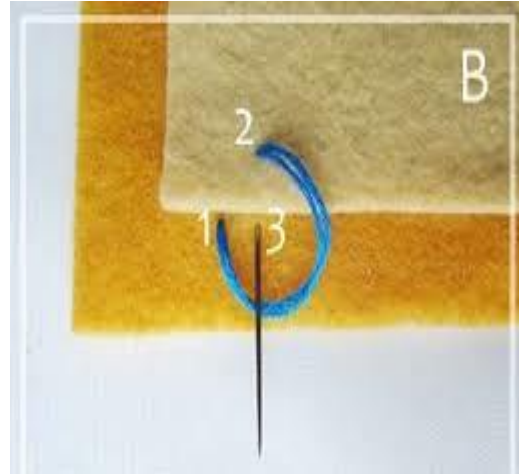
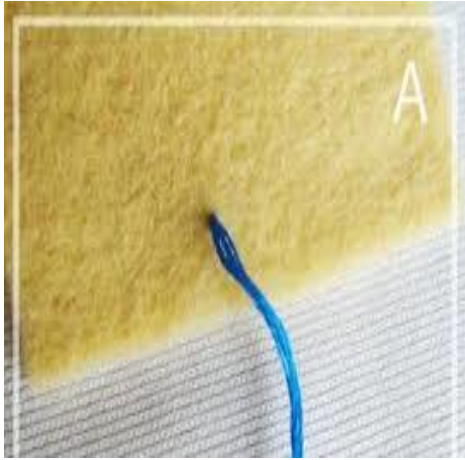




**Blanket Stitch**

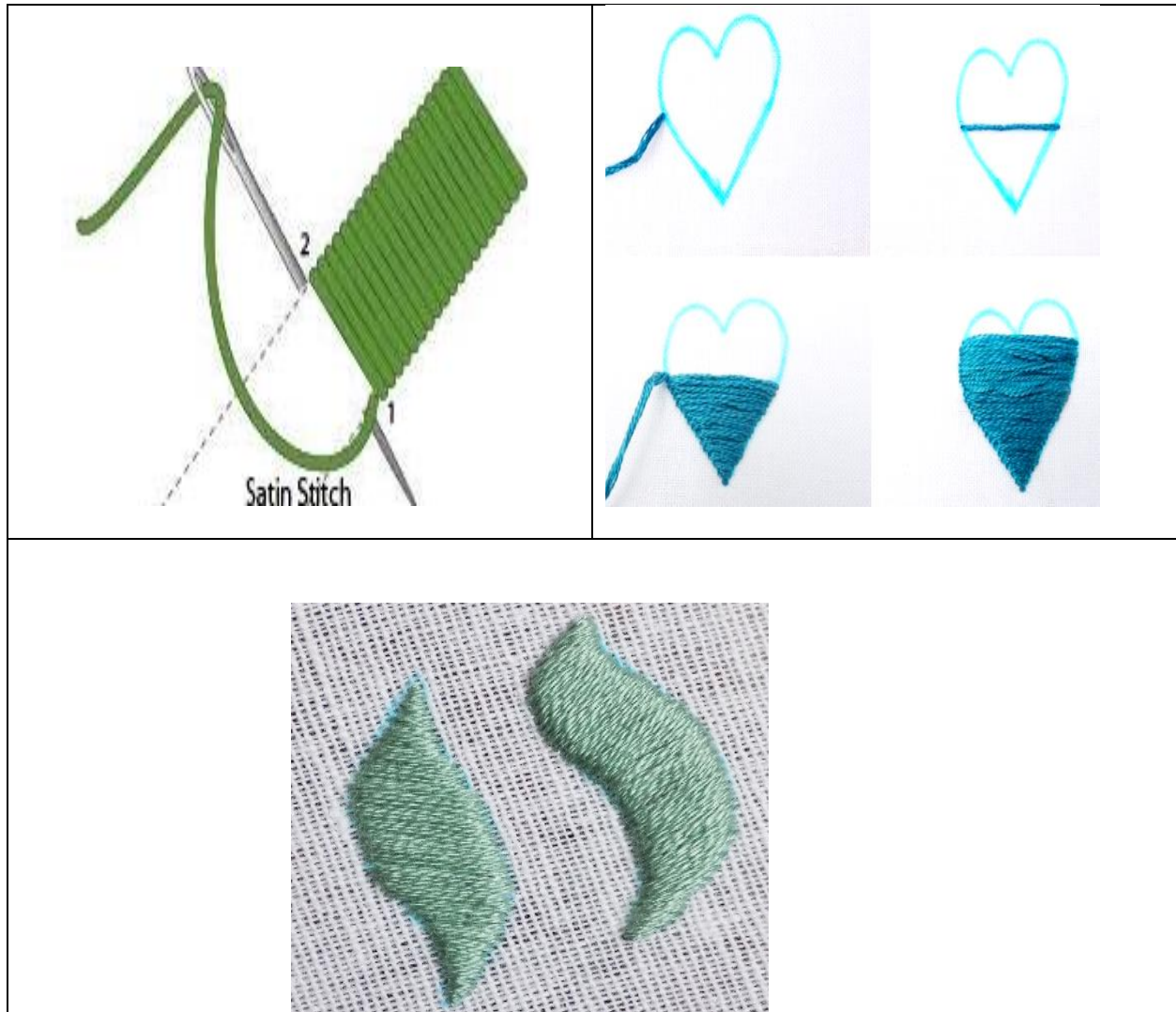
Is a stitch used to reinforce the edges of thick materials. It is a decorative stitch used to finish an unhemmed blanket



**Blanket stitch step by step**



It is used for filling in designs in embroidery



<b>FORMAL ASSESSMENT Consumer Studies Y3 – Option: Patchwork and quilting</b>	
<b>Practical lesson 3– Assembling and complete the tissue holder</b>	
<b>Term 2</b>	<b>TOTAL: 25 x 3</b>
<b>Surname and Name:</b>	<b>Y3</b> _____

**TISSUE HOLDER cont.**  
**STEP 5: Assembly the Tissue Holder**

- Take the key chain cover and make sure that it is laying with the right side facing up.
- This would be the side that has the main fabric in the center and a small piece of lining on the sides as a trim

- Take the left end of the fabric that has the lining trim showing and place it in the middle of the fabric and pin it in place.

- Fold your tab with the raw edges facing touching each other.



- Take the pins of the tissue cover and place the tab on the far left of the tissue cover with the fold of the tab facing toward the inside of the cover.
- Make sure the raw edged of the tab is sticking out slightly as shown below and re- pin in place.



- Fold the right side of the tissue cover that has the lining trim towards the sides to meet the left side in the center and pin in place.
- Pin the opposite side of your holder as well so that both of the short sides are pinned.
- Your keychain cover should now have the lining showing on the top and the bottom, and the short sides should be pinned and ready to sew.



- Sew down the short sides of your tissue cover, and remember to backstitch at the beginning and the end of each seam.
- Make sure you completely sew over BOTH the raw edges of the tab that is sticking out so that the tab is tightly secured to the tissue cover.

**STEP 6: Filling the Tissue Holder**

- The keychain tissue holder is ready to be turned right side out and filled tissue.
- Simply turn the project right side out from the opening in the center of the holder.
- Fill the tissue holder with a small pocket-sized tissue.





- To keep the plastic, open it along the perforated edges and then place it inside of your tissue cover.



### STEP 7: Attaching the Tissue Holder

- Take a key ring and slide it onto your tab so that you can attach it to your keys.
- Use a simple clam to attach it to your purse, backpack or beltloops.



<b>TERM 3: Practical lesson: 7 to 9 RUBRIC</b>		<b>MARKS: 25 x 3</b>
<b>Name and Surname</b>		<b>Y3</b>
Assessment Criteria	Handling equipment	<b>3</b>
	Does not need assistance with equipment	
	Good discipline	
	Cutting straight and correct	
<b>Sewing Skills</b>		<b>10</b>
Assessment Criteria	Do not need a lot of help	
	Easily follow instructions	
	Good discipline	
	Sewing stitches correct and even	
	Even tension, not too tight or loose	
<b>Appearance and final finish of product</b>		<b>12</b>
Assessment Criteria	No loose threads hanging from work	
	Sides neat and even	
	Articles correct according to instruction	
	Handed in on time	
	Product saleable	
	Presentation creative	



**TERM 4:**

PROJECT BASED LEARNING TERM 4: Grade 9		TOTAL: 25
Surname and Name:	Y 3 _____	
<p>People were so impressed with the product you made for the skills test in term 3, that you decided to make more of the same item and to sell it, however, to ensure that people become aware of the product you need to market it to the local community on social media. Use the following steps to help you with your marketing strategy:</p> <ol style="list-style-type: none"> <li>1. Choose a creative, suitable trade name for your potential business.</li> <li>2. Invent a logo/slogan that is suitable for your business and that would attract potential new customers</li> <li>3. Explain how you will package your item by doing the following: (Remember to use the rules of sustainability)               <ol style="list-style-type: none"> <li>(i) Paste a picture or make a drawing of the type of packaging material you will use to sell the product</li> <li>(ii) Briefly explain why you decided on this specific packaging named in (i)</li> <li>(iii) Design yourself a creative, attractive label that will fit the image of your product and will draw the attention of your target market. Make a real label that you attach to the item, in other words the label need to be the correct size and must include the needed detail to serve as a marketing tool for your product. For example, you need to include your trade name, logo, address/contact details, and the price.</li> <li>(iv) Design a basic care label. Show the following:                   <ul style="list-style-type: none"> <li>• Fabric content</li> <li>• Washing, drying, ironing and bleaching.</li> </ul> </li> </ol> </li> <li>4. Develop a full-A4 page, colourful advertisement suitable for social media</li> </ol>		

--	--