

## KNITTING AND CROCHETTING OPTION

1.1

YEAR 1	TERM 1
<b>Week 1:</b>	
<b>Orientate</b> the learners in the workplace room.	
<b>Week 2 &amp; 3:</b>	
<b>Practical Lesson 1:</b> Personal Hygiene, Health & Safety	
<b>Week 4 – 6:</b>	
Introduction to knitting Equipment and yarns <b>Practical Lesson 2:</b> Identification of Knitting equipment and tools <b>Activity</b> Reading yarn labels Care symbols	
<b>Week 7:</b>	
<b>Practical lesson 3</b> Reading yarn labels <b>Activity</b> <b>Basic hand knitting technique</b> Finger knitting	
<b>Week 8:</b>	
<b>Practical Skills Test 1 Knitting tools</b>	

**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
<b>Total</b>	<b>75</b>
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 the term. Exemplary assessment tools for the practical lessons are included. The Skills Test forms part of the PAT mark of term 4.

<b>TO THE TEACHER</b>
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<b>Health, Safety and Security</b>	
<b>Setup:</b>	Discuss the importance of electricity in our daily lives and the dangers of not adhering to rules; discuss what they know and build on prior knowledge
<b>Informal Activities:</b>	Teacher: Link dangers of electricity to practical examples in the school Show learners to wire a plug Learners: Worksheet on general safety signs Practice wiring a plug
<b>Formal Activities:</b>	<b>Practical lesson 1:</b> Worksheet Health, Safety and Security.
<b>TIME:</b>	<b>60 minutes</b>

## **Health and Safety and Introduction to the Practical classroom / workplace**

### **Introduction:**

The environment in which you work influences your behaviour. To be truly productive, it is important to have a workplace where the furniture is 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. In order to save time and energy it is important to adhere to safety measures.

### **Safety rules when performing manual work (sewing, embroidery, knitting)**

When sewing it is necessary to comply with safety requirements.

#### **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. The light should fall on the working surface from the left side or from the front.
5. Report injuries immediately.
6. Never touch blood if someone is injured, report immediately so the correct procedure can be followed.
7. Treat the fire extinguisher in class with respect and do not play with it.

#### **Safety precautions when working with fabric, thread, and accessories:**

1. Keep all work during work breaks in the product package.
2. When working do not bite through the thread with your teeth or tear it with your hands.

**Safety precautions when working with needles, pins and knitting needles:**

1. Keep needles and pins at a certain place (a special box, cushion, etc.), do not leave them at the workplace, never take the needle, pins in your mouth and do not stick them in the clothes. Do not leave a needle and pins in the product.
2. Do not use rusty needles and pins in your work.
3. Collect and dispose of pieces of broken needles or pins, wrapped in paper.
4. Count the number of pins taken before work and the number of pins at the end of the work, it must be the same.
5. Keep knitting needles and the hook in the case, at the end of the work remove them out of reach of small children.
6. When working with knitting needles keep them no closer than 35 centimetres from your eyes.

**Safety precautions when working with scissors:**

1. Keep the scissors in the case and out of reach of children.
2. When working, do not leave the scissors blades open.
3. Do not hold scissors with sharp sides up, and do not use them when central fastener is weakened.
4. When working closely observe the direction of cutting. Do not cut in motion.
5. When working hold the material with your left hand so that the fingers are away from the blade.

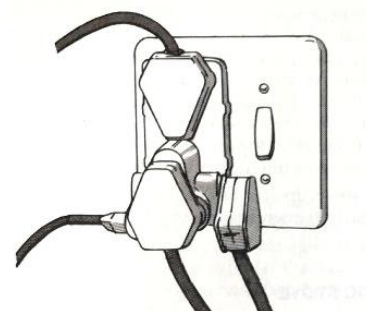
### Safety precautions when working with electric appliances:

1. Before operating the appliance, check that the cord is in proper condition, and if there are any faults, correct them.
2. Turn on and turn off the appliance, holding the plug with dry hands.
3. Do not leave the active appliance unattended.
4. Place iron only on a special heat-resistant stand.
5. When working, make sure that the cord does not touch the iron soleplate.
6. Keep the appliance in an upright position.
7. Choose an ironing mode suiting the fabric composition.
8. When ironing, do not touch hot surfaces of the iron with hands and do not dampen the fabric being ironed with plenty of water.



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

- a. Switch off the wall switches before inserting or removing a plug.
- b. Never handle equipment by pulling on the cord.
- c. Never touch apparatus with wet hands.
- d. Do not use apparatus with a damaged cord.
- e. "Octopus" connections are hazardous.  
Never overload a socket.



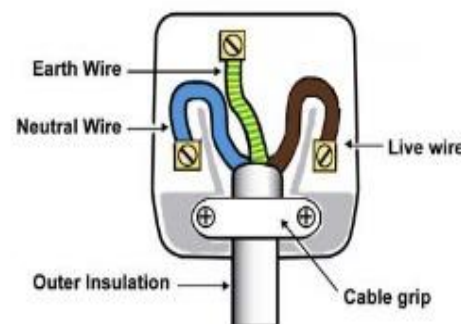
### How to wire a plug?

#### 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.



**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.
- **A**im the nozzle at the base of the fire.
- **S**queeze the lever slowly
- **S**weep from side to side

## SAFETY SIGNS

The colour of a safety sign plays a big rule in the interpretation and reaction to it.

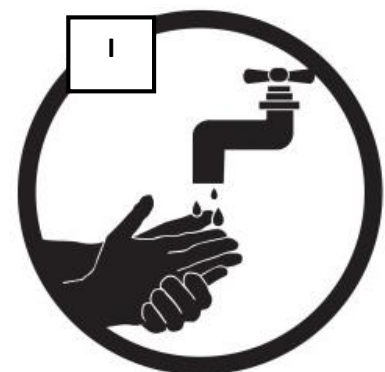
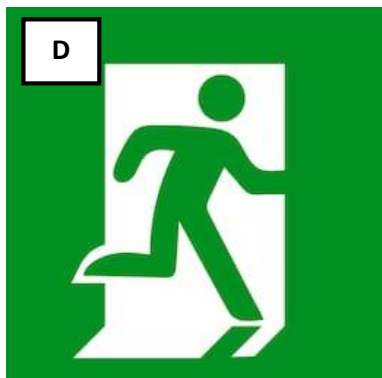
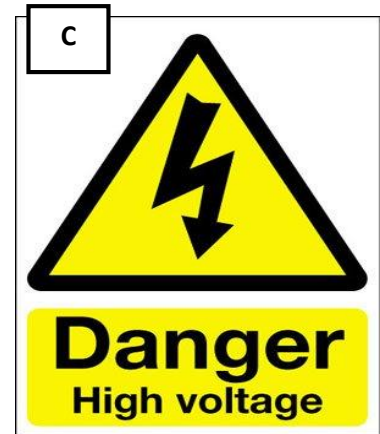
# SAFETY SIGNS & THEIR MEANINGS

<b>PROHIBITION SIGNS</b> (DO NOT DO)  A sign prohibiting behavior likely to increase or cause danger. eg. No Smoking Colour : <b>Red</b>	
<b>MANDATORY SIGNS</b> (MUST DO)  A sign prescribing specific behavior eg. Hard hats must be worn. Colour : <b>Blue</b>	
<b>SAFE CONDITION SIGNS</b> (THE SAFE WAY)  A sign indicating emergency exits or first aid/rescue equipment. Colour : <b>Green</b>	
<b>HAZARD SIGNS</b> (CAUTION, BEWARE)  A sign giving warning of a hazard or danger. eg. Danger Electricity Colour : <b>Yellow</b>	
<b>FIRE SIGNS</b> (FIRE EQUIPMENT)  A sign indicating the location of fire fighting equipment. Colour : <b>Red</b>	
<b>INFORMATION SIGNS</b> (GENERAL INFORMATION)  A sign providing general information. eg. Toilets	



**ACTIVITY SAFETY SIGNS**

1. Determine the meaning of each of the given safety sign
2. Evaluate the suitability of each of the sign's applicability for your specific practical class, motivate why it is suitable or not.

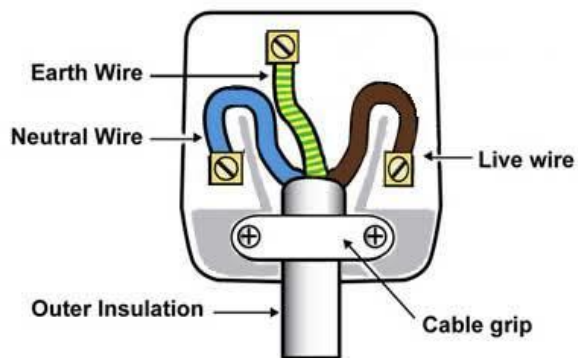


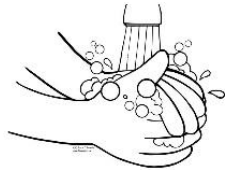






**ACTIVITY: SAFETY SIGNAGE****MARKING GUIDELINES**

1. WET FLOORS- to alert people of wet surfaces and to be guarded against from slipping and falling - suitable as floors are washed ✓
2. NO EATING – People are not allowed to eat or drink in the area – suitable as eating may cause your work to get dirty ✓
3. ELECTRICITY HAZARD-keep away, a warning of possible electrocution – not suitable there is no high voltage points in the classroom ✓
4. EVACUATION POINT-the building needs to be vacated owing to a dangerous situation arising – not suitable as assembly points are usually outside away from buildings ✓
5. BURN HAZARD - be guarded against a hot surface not suitable as there are nothing in the class that can cause a fire/burn ✓
6. FIRE EXTINGUISHER- In case of fire emergency has risen - not suitable, every class do not need one but there need to be one in the hallway or near by ✓
7. NO SMOKING – People are not allowed to smoke in the area – suitable as it is a state building, smoking not allowed in buildings ✓
8. FIRST AID - Indicates the place where first aid kit is stored – suitable you may have a accident and need a bandage or Band-Aid plaster ✓
9. HANDWASHING – Indicates that hands need to be washed regularly – suitable as dirty hands will make you projects unattractive ✓

**ACTIVITY**

Demonstrate practically how to wire a plug correctly. After wiring the plug make a labelled drawing in your book of what you have done.

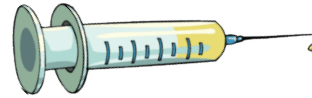
**ACTIVITY - Wiring a plug – MARKING GUIDELINE**

<b>Basic first aid</b>	
<p>Always wash your hands, before touching a wound, this helps to avoid infection.</p>	
<p>Use plastic gloves to protect yourself against infection.</p>	
<p>Rinse the wound with clean water. Washing out the wound with running water will help reduce the risk of infection, or use a disinfection wipe.</p>	
<p>Remove any dirt with tweezers that is cleaned with disinfectant. See a doctor if you cannot remove all the dirt.</p>	
<p>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.</p>	
<p>Apply an antibiotic or petroleum jelly. Apply a thin layer of ointment or Vaseline to keep surface moist and help prevent scarring.</p>	
<p>Cover the wound with a bandage or plaster, this also helps to keep the wound clean.</p>	

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 red, increasing pain or swelling.



### **Avoid blood contact**

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, especially when working with bleeding wounds.
- Put on gloves before touching the wound/blood
- If you pricked yourself or anyone else's finger and there is blood, discard of the pin (throw in dustbin) and clean the wound.

<b>Consumer Studies Year 1 – Knitting Option</b> <b>FORMAL ASSESSMENT</b> <b>Practical lesson 1 - Health and Safety Worksheet</b>				<b>TOTAL 25</b>	
Surname, Name:					Year 1 ____
<b>1. Electricity can be very dangerous if we use it incorrectly. Match the precaution in COLUMN B to the scenario in Column A. Write the letter A – F that fits the question number 1.1 -1.6 in the answer column.</b>					
	<b>COLUMN A</b>	<b>ANSWER</b>	<b>COLUMN B</b>		
1.1	You must plug in the iron to steam your knitting, but your hands are wet		A Firstly, switch of socket Secondly do not pull out with cord		
1.2	Pulling the plug out of the wall		B First put on shoes or ask someone else to put the phone on the charger		
1.3	You need to charge 4 different electrical appliances		C Charge on 4 separate sockets do not overload the same socket / do not make use of octopus connections		
1.4	You need to put your phone on the charger, but you are bare feet		D Do not use the cord, replace with another cord / if it only the outside that is frayed but wires are still intact you can just insulate the outside again		
1.5	You need to add a multiplug to the end of your electrical cord		E Ensure cord is not in the socket when putting on the multiplug, it must be totally disconnected from any electrical source		
1.6	The insulation around the electrical cord frayed		F First dry hands before touching any electrical appliances		

(6)

<b>2. In the event of a fire, put the steps you will follow when operating the fire extinguisher in the correct order. Write the letters A – D in the correct order</b>	
A	Sweep from side to side
B	Aim the nozzle at the base of the fire
C	Pull the pin in the handle
D	Squeeze the lever down
<b>ANSWER:</b>	

(8)

3. There are three terminals inside an electrical plug, and electrical cord have 3 different coloured wires. Complete the table to indicate the function of each colour wire and also indicate where it must be placed on the plug when wiring it:

LEFT RIGHT



Type/Function of wire	Colour of wire	Position on plug
Earth	Yellow and green	
Live		
		Left side of plug

(5)

**4. Basic first aid: Answer the following questions:**

4.1	Give a reason why your hands must always be washed before you apply first aid.
4.2	List ONE reason to wear plastic gloves when helping a bleeding person.
4.3	Explain what must be done if the bleeding does not stop.
4.4	Describe why a wound needs to be covered with a bandage or plaster.
4.5	Mention how a bleeding wound can be washed out.
4.6	State the importance of first aid

(6)

TOTAL 25

<b>FORMAL ASSESSMENT Consumer Studies Year 1– Option: Knitting MARKING GUIDELINES</b>			
<b>Practical lesson 1 - Health and Safety Worksheet</b>			<b>TOTAL 25</b>
	<b>COLUMN A</b>	<b>ANSWER</b>	<b>COLUMN B</b>
1.1	You must plug in the iron to steam your knitting, but your hands are wet	F✓	A Firstly, switch of socket Secondly do not pull out with cord
1.2	Pulling the plug out of the wall	A✓	B First put on shoes or ask someone else to put the phone on the charger
1.3	You need to charge 4 different electrical appliances	C✓	C Charge on 4 separate sockets do not overload the same socket / do not make use of octopus connections
1.4	You need to put your phone on the charger, but you are bare feet	B✓	D Do not use the cord, replace with another cord / if it only the outside that is frayed but wires are still intact you can just insulate the outside again
1.5	You need to add a multiplug to the end of your electrical cord	E✓	E Ensure cord is not in the socket when putting on the multiplug, it must be totally disconnected from any electrical source
1.6	The insulation around the electrical cord frayed	D✓	F First dry hands before touching any electrical appliances

(6)

<b>2. In the event of a fire, explain the steps you will follow when operating the fire extinguisher.</b>	
C	Pull the pin in the handle✓✓
B	Aim the nozzle at the base of the fire✓✓
D	Squeeze the lever down✓✓
A	Sweep from side to side✓✓

(8)

<b>3. Wiring a plug:</b>		
<b>Type/Function of wire</b>	<b>Colour of wire</b>	<b>Position on plug</b>
Earth	Yellow and green	Top terminal✓
Live	Brown✓	Right side of plug✓
Neutral✓	Blue✓	Left side of plug



(5)



<b>4. Basic first aid: Answer the following questions:</b>	
4.1	<i>Give a reason why your hands must always be washed before you apply first aid.</i> It will prevent making the wound worse by more infection. ✓
4.2	<i>List ONE reason to wear plastic gloves when helping a bleeding person.</i> To prevent contact with the blood therefor prevent you of getting HIV ✓
4.3	<i>Explain what must be done if the bleeding does not stop.</i> Apply light pressure to the wound and elevate the wound above the heart. ✓✓
4.4	<i>Describe why a wound must be covered with a bandage or plaster.</i> It helps to prevent further infection and it is to keep the wound clean. ✓
4.5	<i>Mention how a bleeding wound can be washed out.</i> Wash the wound out with running water to reduce the risk of infection, or use a disinfection wipe ✓

(6)

TOTAL 25

<b>Knitting orientation and motivation</b>	
<b>Setup:</b>	Teacher Orientates the learners in the practical workplace of the chosen option. Explain why practical work is important and discuss the advantages of working with your hands and knitting Explain to learners what they will be doing this term. Show articles, photos, video's, where you are taking them
<b>Informal Activities:</b>	<b>Learners:</b> Group activity - Make posters of SMALL products that can be viable to start a small entrepreneurial business.
<b>Formal Activities:</b>	
<b>TIME:</b>	<b>60 minutes</b>

### 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

### WHAT MAKES KNITTING WORTH WHILE

Sara Jensen is a math professor who teaches math with knitting needles and yarn instead of using the traditional calculators and textbooks. The assistant professor of Mathematics at Carthage College has a mission to get people to understand math as a method of better understanding of the world around them.

The way she has adapted to teach is through knitting and by observing real-life objects.

"Calculation" and "equation" came out on top. When the same question was posed to professional mathematicians, the top responses were "critical thinking" and "problem-solving."

**ADVANTAGES OF KNITTING****KNITTING HELPS WITH CRITICAL THINKING AND PROBLEMSOLVING**

You need to be creative and must come up with solutions when something unplanned happens or if you must adapt or create a pattern.

**KNITTING WORKS FOR TREATING ANXIETY AND DEPRESSION**

The naturally calming effect of knitting makes it easier for people to cope with these problems.

**IT HELPS TO TREAT YOUR ADHD**

It is not only cheaper than pills, but also healthier. Even boys as young as 7-8 years old are much calmer when given a knitting project.

**KNITTING FIGHTS DEMENTIA**

Dementia is the loss of cognitive functioning, these functions include memory, language skills, visual perception, problem solving, self-management, and the ability to focus and pay attention

Studies show a lower incidence of Dementia in people who knit.

**KNITTING MAKES EVERYONE HAPPY**

People who knit are happy because they create something. Recipients of knitted items are appreciative and happy.

**KNITTING HELPS WITH MEMORY AND CONCENTRATION**

Especially if you are knitting in a pattern.

**ACTIVITY:**



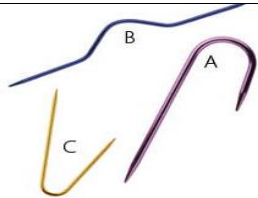
Group activity - Make posters of various SMALL products that can be used to start a small viable entrepreneurial business with. Use pictures or sketches on the poster.








When choosing products for your poster consider the following:




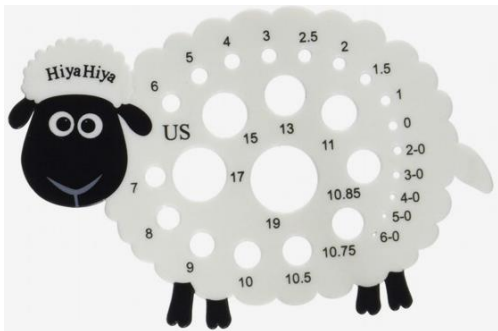
- You must be able to make it
- It must be fashionable / there will be a demand for it
- It must not take a lot of time to produce
- It must not be expensive to produce
- It must be easy to market and sell
- Resources needed for the products must be easily and readily available



<b>Knitting history and equipment</b>	
<b>Setup:</b>	Identify the knitting equipment and their uses. Importance of using the correct size needles corresponding with the type of yarn;
<b>Informal Activities:</b>	<p><b>Teacher:</b> Discuss the history/ background of knitting  Show video on history of knitting (on power point) /or read scenario  <a href="https://www.youtube.com/watch?time_continue=3&amp;v=cCQK6odf9b0">https://www.youtube.com/watch?time_continue=3&amp;v=cCQK6odf9b0</a>  Show different knitting equipment and explain their uses  Knitting tools for beginners <a href="https://www.youtube.com/watch?v=3rO78wz8bzl&amp;t=31s">https://www.youtube.com/watch?v=3rO78wz8bzl&amp;t=31s</a>  Selecting knitting needles <a href="https://www.youtube.com/watch?v=zyeltxSMG0U">https://www.youtube.com/watch?v=zyeltxSMG0U</a>  Choosing yarn <a href="https://www.youtube.com/watch?v=7b5SXNKCINU">https://www.youtube.com/watch?v=7b5SXNKCINU</a>  Different types of yarn and yarn weight (show videos or explain)  <a href="https://www.youtube.com/watch?time_continue=1&amp;v=iXN3rOrr_6Q&amp;feature=emb_logo">https://www.youtube.com/watch?time_continue=1&amp;v=iXN3rOrr_6Q&amp;feature=emb_logo</a>  <a href="https://www.youtube.com/watch?v=2JWZa2ZTVA0">https://www.youtube.com/watch?v=2JWZa2ZTVA0</a>  <a href="https://www.youtube.com/watch?v=D7cVJsvzF70&amp;t=135s">https://www.youtube.com/watch?v=D7cVJsvzF70&amp;t=135s</a>  Show/explain how to determine needle size for the type of yarn you use  <a href="https://www.youtube.com/watch?v=95uMoNa_5Sw&amp;t=21s">https://www.youtube.com/watch?v=95uMoNa_5Sw&amp;t=21s</a>  Show/explain how To Use A Needle Gauge To Measure Your Needle  <a href="https://www.youtube.com/watch?v=g0-ATuAk0X4&amp;t=4s">https://www.youtube.com/watch?v=g0-ATuAk0X4&amp;t=4s</a></p> <p><b>Learners:</b> Complete worksheet while/after listening to video on History of knitting  Measure needle sizes with needle gauge  Match the correct yarn and needle sizes</p>
<b>Formal Activities:</b>	<p><b>Practical lesson 2: (Identification test)</b>  Learners complete a worksheet based on different knitting tools and equipment.</p>
<b>TIME:</b>	<b>60 minutes</b>

### EQUIPMENT USED IN HAND KNITTING AND ITS USES

TOOL	NAME	USE
	Straight needles	Needle size must match yarn thickness. The thicker or bulkier the yarn the bigger the needles
	Double pointed needles	Needles are tapered at both ends, which allows them to be knit from either end. They are typically used in sets of four and five and are commonly used for circular knitting.
	Cable needles	For knitting cables, the stitches crossing behind are transferred to a small <b>cable needle</b> for storage while the stitches passing in front (or behind) are knitted. The former stitches are then transferred back to the original needle or knitted from the cable needle itself.

	Circular needles	Circular needles are mainly for projects knit in the round. Handy when you have a project with lots of stitches
	Stitch holders	Tool that are used by knitters to hold open stitches when not being used by the needles
	Darning/ Tapestry needles	Used to finish of project and to weave in all loose yarns
	Knitting needle Tip/point protectors	Protect the points of your needles from becoming damaged when not in use. Also, be used for keeping your stitches from falling off the needles when you're not working them.
	Manual Stitch /row counter	<b>Row counters</b> are a handy tool to <b>use</b> when working a repeating knit pattern.
	Electronic Stitch / row counter	
	Stitch markers	Stitch markers are a quick and easy way to ensure you successfully complete your knitting projects. Once you knit the stitches of your pattern, place the marker over the stitch you want to remember, and then continue knitting.

	<p>Measuring tape</p>	<p>Measure work as you continue</p>
	<p>Yarn bowl</p>	<p>Hold yarn while knitting keep it from getting dirty and helps to ensure equal tension</p>
	<p>Yarn holders / winder</p>	<p>Holders to store smaller pieces of yarn</p>
	<p>Measuring gauge</p>	<p>A needle gauge makes it possible to determine the size of a knitting needle.</p>

 	Yarn holder	This Yarn holder will help you with your knitting the yarn spins easily as you knit.
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**ACTIVITY:**

Identify the tool/ equipment that the teacher shows you, also give the function of the specific tool

## Different types of yarn and yarn weight


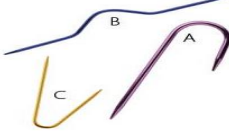














### ACTIVITY: Determine needle sizes






Take the different sized needles provided by the teacher and determine the size of each needle using the needle gauge.

Then look at the different types of yarn that was set out and predict which needles sizes will go with each of the yarn types provided



<b>FORMAL ASSESSMENT Consumer Studies YEAR 1– Knitting</b>			
<b>Practical lesson 2 – Identification test</b>			
<b>Term 1</b>			<b>TOTAL 20</b>
<b>Surname, Name:</b>			<b>YEAR 1</b>
<b>1. Study the given equipment and fill in the given table by giving the name and use (14)</b>			
<b>TOOL</b>	<b>NAME</b>	<b>USE</b>	
	1a	1b	
	2a	2b	
	3a	3b	
	4a	4b	
	5a	5b	
	6a	6b	
	7a	7b	

2. Match the yarn given in COLUMN A to the uses in COLUMN B and pick the correct size needle in COLUMN C. (6)		
YARN	USES	NEEDLE
1 <b>Super Fine</b> 	A Popular for garments and accessories	(i) 8 mm needles 
2 <b>Light</b> 	B Popular for bold accent pieces	(ii) 3 mm needles 
3 <b>Bulky</b> 	C Popular for socks	(iii) 20 mm needles 
	D Popular for sweaters and Afghans	(iv) 15 mm needles 

3. Give the name of each of these equipment				
				
A	B	C	D	E

(5)

**Practical lesson 2 – Identification test    Marking Guideline**

- 1a **Yarn holders / winder** ✓    1b Store small pieces of yarn ✓
- 2a **Cable needles** ✓    2b Use to put stitches on when knitting cables ✓
- 3a **Circulars needles** ✓    3b Used for knitting in the round/ when there are a lot of stitches ✓
- 4a **Stitch holders** ✓    4b Tool that are used by knitters to hold open stitches  
when not being used by the needles ✓
- 5a **Tip / point protectors** ✓    5b Protect needle tips and keep stitches from falling off ✓
- 6a **Stitch markers** ✓    6b to help identify and mark certain stitches ✓
- 7a **Needle gauge** ✓    7b Determine the size of the needles ✓
2.    1    C ✓    (ii) ✓  
      2    A ✓    (i) ✓  
      3    D ✓    (iv) ✓
- 3.
- A. Manual Stitch /row counter ✓  
B. Electronic Stitch / row counter ✓  
C. Yarn bowl ✓  
D. Stitch markers ✓  
E. Measuring tape ✓

**TOTAL 25**

<b>Reading Label and creating yarn</b>	
<b>Setup:</b>	<b>Information on the label of the yarn; Creating own yarn</b>
<b>Informal Activities:</b>	<p><b>Teacher:</b> Explain the meaning of all the information found on a label</p> <p><a href="https://www.youtube.com/watch?v=z-wMuHHT7rw">https://www.youtube.com/watch?v=z-wMuHHT7rw</a></p> <p>Demonstrate how to read a yarn label</p> <p>Demonstrate making yarn from plastic and T shirt</p> <p><b>Learners:</b> Worksheet on reading labels</p> <p>Create their own yarn from plastic and old T shirts.</p>
<b>Formal Activities:</b>	<p><b>Practical lesson 3:</b></p> <p>Work sheet on reading the yarn label.</p>
<b>TIME:</b>	<b>60 x 2 = 120 minutes</b>

## Information on the label of yarn

The label on a ball of yarn can give us a lot of information that can help us make and care for handmade items

### INFORMATION ON YARN LABEL



<http://www.lionbrand yarnstudio.com/>

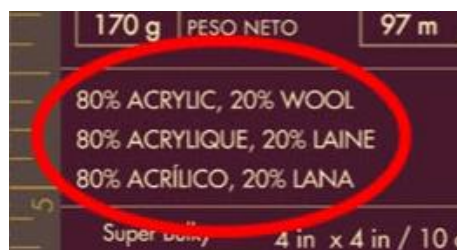
### Weight

The label indicates the weight of the yarn, some patterns indicate the weight of the yarn you need so you know how much to buy for a specific item. Yarn is sold internationally therefore it is given in ounces and g



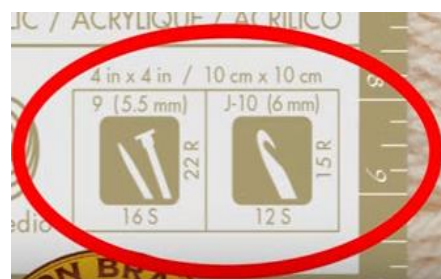
### Fibre

The label indicates the fibre content. It lists, with percentages, what the yarn is made from. It could be 100% of a certain fibre, most yarn these days is made from blends, e.g. 80% acrylic and 20% wool.



### Gauge

This describes the average gauge of the yarn when worked on the recommended size needle or hook. For example, this label recommends knitting with a US 9 (5.5 mm) needle. That means if you knit a square of 16 stitches wide and 22 rows long, it should give a 10 cm x 10 cm square block. This is helpful if you are substituting yarn, meaning, if you use different yarn than your pattern calls for.



## Yardage and Meterage

Tells you, in both yards and meters, how much yarn is on the skein. This is extremely important when determining how much yarn to buy for a project. The pattern usually gives the amount of yarn needed. Yards is included as it is the overseas measurements, as yarn is sold internationally.



## Care Instructions

The label includes care instructions where standard laundering care symbols are used. It indicates the way the article must be handled after it was completed.



## Colour and Dye Lot

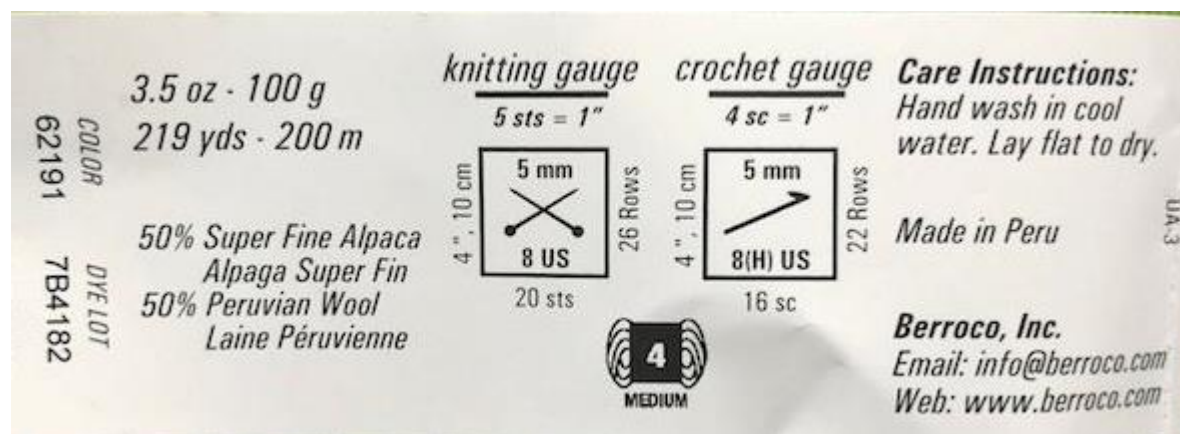
The name of the colour and the number of the dye lots. Dye lot means those skeins were dyed together and should match perfectly. Sometimes, if you look at yarns that are the same colour way but different dye lots, you will notice tiny variations in colour. It's generally not a huge difference, but it's something you may notice more in a finished piece. If you are buying multiple balls of the same colour for a project, you want to make sure, they are all from the same dye lot





**Meaning of care labels**

			
Washing water temperature	Wash with sensitive, short programs.	Non machine-washable	Do not wash
			
Bleach can be used	Do not use bleach	Dry-cleanable	Do not dry-clean
			
Suitable for drier	Do not dry with drier	Dry horizontally	Dry on a hanger
			
Hang without spinning	Can be ironed with hot iron	Can be ironed with warm iron	Do not iron

**ACTIVITY – Reading labels**

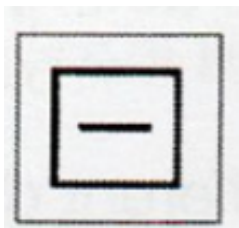
1. Give the colour of the yarn (1)
2. Give the dye lot of the yarn (1)
3. Indicate how much yarn are on the ball of yarn (1)
4. Explain why the yards and meters are given (1)
5. Give the size of needle that must be used when knitting this yarn (1)
6. If you want to determine the gauge of the yarn, state the following
  - a) Give the number of stitches must you put on (1)
  - b) Indicate how many rows must you knit (1)
  - c) Give the size the square should be (1)
7. Give the fibre content of the yarn (1)
8. Sketch care labels of the yarn (1)

**TOTAL 10**



**ACTIVITY – Reading labels      MARKING GUIDELINE**

1. 62191 ✓
2. 7B4182 ✓
3. 100g / 200m ✓
4. Yarn is sold internationally as well, and they do not always use the metric system ✓
5. Give the size of needle that must be used when knitting this yarn ✓
6. a) 20 stithces ✓  
b) 26 rows ✓  
c) 10cm x 10 cm ✓
7. 50% Alpaca and 50 % Peruvian Wool ✓
8. Handwash ✓      Lay flat to dry ✓

**TOTAL 10**

## MAKING YARN FROM PLASTIC ("Plarn")

### Step 1: Things You Need

You will need a plastic bag and some scissors.  
You can use any size or kinds of plastic bag, with or without print.  
Make sure the plastic bag you will use is clean



### Step 2: Cut the Handle and the End

Cut the end of the plastic bag and the top where the handles are.  
so you will have a tubular plastic.



### Step 3: Cut to Pieces

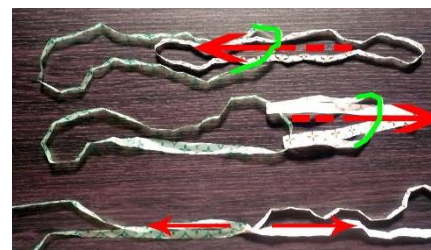
Fold the plastic bag several times and then start cutting it using some scissors. You can cut it 1 - 5cm wide, depends on how thick you want your plastic yarn to be



### Step 4: Start Connecting

Start connecting piece by piece.

1. Put your plastic piece overlapping one another
2. Fold one piece and slide it under
3. Pull both pieces gently until both pieces are connected



### Step 5: Make a Strand

Continue connecting pieces of plastic until you have a long strand. If you run out of yarn you can repeat step 1 with a new plastic bag.



## MAKING YARN FROM OLD T-SHIRTS

### Step 1: What You'll Need:

100% cotton or polyester cotton blend t-shirts (95%+ cotton)  
Scissors



### Step 2: Lay the T-shirt Flat on the Floor and Make the First Cuts

Flatten your shirt on the floor and decide how big you want your strips to be. ( $\pm 3$  cm)  
Cut off the hem of the t-shirt

Cut the shirt into strips (do not cut through) as shown, stopping under the armpits.



### Step 3: Make the Final Cuts

Cut from left to right. Grab the cut shirt and rotate it so that you can see the side seam. (See photo 1) Start a few cm below the first slit above the seam, and cut diagonally up to the slit. (Photo 2) This is the beginning of your yarn. Then look at the first slit under the seam. Cut from that slit to the next slit above the seam - you'll be cutting diagonally. Make a diagonal cut from every slit below the seam to the corresponding slit above the seam, always moving to the right. When you get to the end, you'll make a diagonal cut from the last slit below the seam to the edge of the shirt.

Photo 1



Photo 2



Photo 3







**Step 4: Step Four**

Grab one end of the ribbon, and begin to pull it either left or right, until you've pulled every inch of it. It now has a good curl to it. For the best curl, first pull it to your left, then pull it again, but to your right.

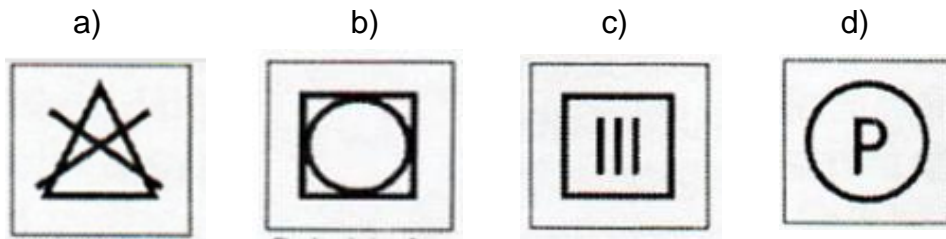
**ACTIVITY: Create your own plastic yarn**

Take two plastic bags and cut into strips, join the strips to form a continuous yarn, roll into a ball and store for later use.



FORMAL ASSESSMENT Consumer Studies Year 1– Option: Knitting	
Practical lesson 3 – Reading a label	TOTAL 25
Surname, Name:	Year 1 ____
1. Study the following label and answer the questions that follow	
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><b>A</b></p> </div> <div style="text-align: center;">  <p><b>B</b></p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  <p><b>C</b></p> </div> <div style="text-align: center;">  <p><b>D</b></p> </div> </div>	

- 1.1 Give the colour and dye lot of label A (1)
- 1.2. If using the yarn in label A is used for making a scarf, how many grams is needed (1)
- 1.3 Predict what the following care icon on the different labels mean (8)



- 1.4 Give the size of needle the yarn of label B and D must be knitted with. (1)
- 1.5 Indicate the number of stitches and rows needed for the knitting the test gauge for B (1)
- 1.6 Indicate what type of needle is indicated on label D (1)
- 1.7 Give the fibre content of Labels C (1)
- 1.8 Predict what will happen if thicker needle is used for knitting the yarn in Label B (2)
- 1.9 Using the information on the labels, determine the thickness of the yarn. (1)
- a) Explain the method you used to reach a conclusion (1)
- b) Arrange the yarn from thin to thick (4)
2. You are knitting a jersey, all parts are finished except for the front panel, unfortunately, your yarn is finished. Going to the shop the assistant gave you the same shade of colour you are working with, indicate whether you are going to buy that ball to finish the front panel or not, motivate your answer. (4)



**TOTAL 20**

**Practical lesson 3 – Reading a label MARKING GUIDELINE**

- 1.1 A - Navy marine ✓ (1)
- 1.2 2 balls of 100g ✓ (1)
- 1.3 a) Do not use bleach ✓ (4)
- b) Suitable for drier / Tumble dry ✓ (1)
- c) Hang to dry without spinning ✓ (1)
- d) Dry cleanable ✓ (1)
- 1.4 B 5 mm ✓ (1)
- 1.5 18 stitches & 23 rows ✓ (2)
- 1.6 Circular knitting needle ✓ (1)
- 1.7 80% acrylic & 20 % wool ✓ (1)
- 1.8 The article will be bigger than when knitted with the given size needle ✓ (1)
- 1.9 a) Look at the thickness of the needles - The thicker the yarn the thicker the needles will be in mm ✓ (1)
- b) B nr 5 mm needle ✓
- A nr 8 mm needle ✓
- C nr 9 mm needle ✓
- D nr 10 mm needle ✓ (4)
2. No I will not take it ✓ (1)
- The colours are the same (both are nr 8) ✓
- but the dye lot differ (one is 24 and the other 80) ✓
- That means that your colour on the front of the jersey may differ ✓
- Which may give an unattractive effect ✓ (Any (4))

**TOTAL 25**

Finger knitting	
<b>Setup:</b>	<b>Finger knitting</b>
<b>Informal Activities:</b>	<b>Teacher:</b> Show video and demonstrate finger knitting <a href="https://www.youtube.com/watch?v=h3BEgP5s9Pg">https://www.youtube.com/watch?v=h3BEgP5s9Pg</a> <a href="https://www.youtube.com/watch?v=fs5ZCiboMml">https://www.youtube.com/watch?v=fs5ZCiboMml</a> Finger knit with 1 finger <a href="https://www.youtube.com/watch?v=engMF24Lh_k">https://www.youtube.com/watch?v=engMF24Lh_k</a> Show video on different products to make <a href="https://www.youtube.com/watch?v=7KhLebID6pA">https://www.youtube.com/watch?v=7KhLebID6pA</a> <b>Learners:</b> Learn and practice finger knitting skill with plarn and yarn
<b>Formal Activities:</b>	
<b>TIME:</b>	<b>60 x 2 = 120 minutes</b>

## FINGER KNITTING

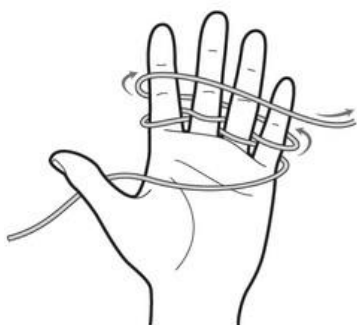
This popular technique is a great way to introduce yourself to the knitting world

**Follow the following steps**



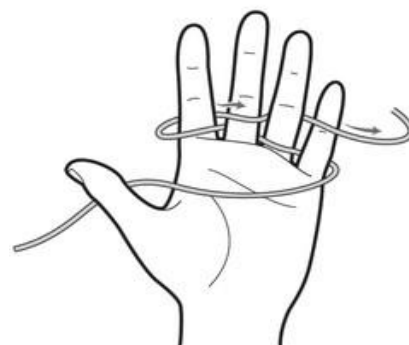
Slip the end of a ball of yarn between your thumb and index finger. Pinch to anchor the yarn as you knit.

Then loop the yarn around your pinkie and weave it through your fingers

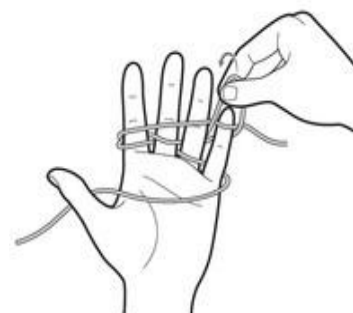


Loop the yarn around your index finger completely, and weave it toward your pinkie

Make a full loop around your fo



Slip the bottom (woven) row over the top (unwoven) row, from pinkie to index finger Repeat steps 2 through 4 as the knitted side flows down the back of your hand to the desired length. To cast off, cut the yarn, leaving about a 10-inch tail. Pull the yarn through all four loops, then pull the loops off your fingers. Tie the tail to the closest loop, trim.











**ACTIVITY: Use your plarn (plastic yarn)**

Practice the finger knitting technique, knit until your plarn is finished  
Take 3 m of ordinary yarn repeat the whole process

### Group work ACTIVITY:

Use the internet and get examples of items that were finger knitted



<b>FORMAL ASSESSMENT Consumer Studies Year 1– Option: Knitting</b>																
<b>Practical Skills Test 1</b>	<b>TOTAL 25</b>															
<b>Surname, Name:</b>	<b>Year 1</b> _____															
<p>1.1 Your grandmother sends you a gift, when you open the package, it contains lot of yarn and different sized needles. As you unpack the box you find the following inside:</p> <p>a) 15 mm, 9 mm, 5 mm and 1 mm Knitting needles (4)</p> <p>b) 20 balls of each of the following types of yarn (4)</p> <div style="display: flex; justify-content: space-around; align-items: flex-end; margin-top: 10px;"> <div style="text-align: center;"> <p style="color: red; font-weight: bold;">Super Fine</p>  </div> <div style="text-align: center;"> <p style="color: purple; font-weight: bold;">Jumbo</p>  </div> <div style="text-align: center;"> <p style="color: blue; font-weight: bold;">Bulky</p>  </div> <div style="text-align: center;"> <p style="color: orange; font-weight: bold;">Light</p>  </div> </div> <p style="margin-top: 20px;">You need to plan projects you can do with your grandmothers' generous gift so use the information above to complete the following table:</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="width: 50%;"></th> <th style="width: 12.5%; text-align: center;">Super fine yarn</th> <th style="width: 12.5%; text-align: center;">Jumbo Yarn</th> <th style="width: 12.5%; text-align: center;">Bulky yarn</th> <th style="width: 12.5%; text-align: center;">Light yarn</th> </tr> </thead> <tbody> <tr> <td>Suggest an article you can knit from the type of yarn</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Indicate which needles size you will use for the type of yarn</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <p>1.2 Give an estimation of how much 100g balls of yarn you will need for the following articles:</p> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p style="margin-top: 10px;"><b>A) Baby Beanie</b></p> </div> <div style="text-align: center;">  <p style="margin-top: 10px;"><b>B) Men's scarf</b></p> </div> </div> <p style="text-align: right; margin-top: 10px;">(2)</p> <p>2. Use the yarn provided and finger knit at least 20 rows, but you can make it the length you want. Create a small article from your piece of finger knitting.</p>			Super fine yarn	Jumbo Yarn	Bulky yarn	Light yarn	Suggest an article you can knit from the type of yarn					Indicate which needles size you will use for the type of yarn				
	Super fine yarn	Jumbo Yarn	Bulky yarn	Light yarn												
Suggest an article you can knit from the type of yarn																
Indicate which needles size you will use for the type of yarn																

Marking rubric of finger knitting and article made.

(15)

<b>CRITERIA</b>	<b>0</b>	<b>1</b>	<b>2</b>
Finger knitting	Could not knit	Do not look comfortable with the technique, struggle to get it done	Comfortable and competent with the technique
Choice of article	Choice of product not suitable at all	Product partially suitable	Excellent choice of product, extremely suitable Some creativity in the design of an article
Creativity	No creativity	Very little creativity in the design of an article	Extremely creative in the design of an article
Appearance	Appearance of final product not acceptable	Appearance of final product could be better	Excellent appearance of the final product
Ability to sell	Will not be able to sell the article	Will not be able to sell for a good price	Article will sell

**TOTAL 25**

## Practical Skills Test 1 Term 1 MARKING GUIDELINE

1.1. Complete the table:

	<b>Super fine yarn</b>	<b>Jumbo Yarn</b>	<b>Bulky yarn</b>	<b>Light yarn</b>
Suggest an article You can knit from the type of yarn	Socks, shawls, doilies, any suitable answer ✓	Floor carpet, bold accent piece, any suitable answer ✓	Sweaters, Afghans, any suitable answer ✓	Almost any garment, project or accessories ✓
Indicate which needles size you will use for the type of yarn	1 mm ✓	15 mm ✓	9 mm ✓	5 mm ✓

(8)

1.2 Give an estimation of how much 100g balls of yarn you will need for the following articles:

**A) Baby Beanie** - 1 or less ✓

**B) Men's scarf** - 2,3 or 4 balls ✓

Do not accept any other answers  
for A and B, as then it would not  
be a realistic estimate

(2)

## 2. Marking rubric of finger knitting and article made. (15)

CRITERIA	0	1	2
Finger knitting	Could not knit	Do not look comfortable with the technique, struggle to get it done	Comfortable and competent with the technique
Choice of article	Choice of product not suitable at all	Product partially suitable	Excellent choice of product, extremely suitable Some creativity in the design of an article
Creativity	No creativity	Very little creativity in the design of an article	Extremely creative in the design of an article
Appearance	Appearance of final product not acceptable	Appearance of final product could be better	Excellent appearance of the final product
Ability to sell	Will not be able to sell the article	Will not be able to sell for a good price	Article will sell