

Mendocino County 4-H Youth Development Program
Level 1 Knitting Proficiency
2009

Date Completed/
Project Leader Initials

- _____ 1. Demonstrate the following knitting stitches:
- a) Cast on
 - b) Knit
 - c) Purl
 - d) Bind off
- _____ 2. Identify the following tools and explain how they are used:
- a) Knitting needle
 - Determine the size of the knitting needle
 - Identify the material from which the needle was made
 - b) Select, identify, and explain the uses of five tools from the provided set of tools that will be chosen from the list below:
 - 1. Needles (aluminum, steel, plastic and wood)
 - 2. Needle size
 - 3. Needle material
 - 4. Yarn needle
 - 5. Marker
 - 6. Ruler or tape measure
 - 7. Pattern
 - 8. Scissors
 - 9. Stitch Gauge
 - 10. Needle gauge
 - 11. Stitch counter
 - 12. Yarn
 - 13. Storage container
 - 14. Paper and pencil
 - 15. Magnifying glass
 - 16. Safety pins
 - 17. Cable needle
 - 18. Point protectors
- _____ 3. Get the following information from the provided label
- a) Yarn is from what kind of material
 - b) Weight of yarn
 - c) Amount of yarn

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- d) Dye lot
e) Care instructions
f) Recommended needle size
- _____ 4. Explain six of the following abbreviations or terms:
- a) co
b) p
c) yo
d) k
e) stockinette stitch
f) ribbing
g) garter stitch
h) *p2,k2 repeat from* across to end
i) BO
- _____ 5. Demonstrate correct gauge. For a pattern, create a 4" = 10cm swatch that matches the specified tension for the pattern. Discuss the yarn and the needles used to acquire the correct gauge.
- _____ 6. Read the provided patter and answer the following questions:
- a) For what item is the pattern?
b) What is the desired gauge?
c) What is the recommended needle size
d) What types of stitches are used in pattern?
e) What size or sizes does the pattern make?
f) What weight yarn is recommended?
- _____ 7. Demonstrate how to read and follow directions using the provided pattern.
- _____ 8. Which of the provided yarn types would be good for a baby blanket and why?
- _____ 9. Keep a record of items made for the Knitting Project including the following information for each item:
- a) Item made
b) Yarn used – maker, color, dye lot, weight (may be done by attaching label to record)
c) Size needle(s) used

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- _____ 10. Demonstrate how to safely hand scissors to another person.
- _____ 11. What can you do to keep your work in progress clean?
- _____ 12. What should you do when someone shows you an item they have made?
- _____ 13. Present and explain a Knitting Project related item you have made to a Youth Member in your 4-H Club (does not have to be a member of the Knitting Project). Include the following information when you share it:
- a) What is the item
 - b) The fact that you made it
 - c) Whether or not you enjoyed making it and why
- Or
- d) Give a Knitting Project report for the related project at one of the 4-H Club Meetings
- _____ 14. Explain and demonstrate something you have learned about knitting this year to one or more of the following:
- a) Project Leader
 - b) Project Teen Leader
 - c) Project Members as a group
 - d) Another member of the Knitting Project
- _____ 15. Participate in a community service/citizenship activity related to the Knitting Project.
- _____ 16. Attend a County, Sectional or State 4-H event: does not have to be project related, e.g., Presentation Day, Mendocino County Fair, Redwood Empire Fair.

Member's Name _____ Date _____

Project Leader's Signature _____ Date _____