

# Mendocino County 4-H Youth Development Program

## Level I Quilting Proficiency

Name: \_\_\_\_\_ Club: \_\_\_\_\_

To obtain Level I Quilting Proficiency; complete 80% of the following items.  
Date Completed/Project Leader Initials:

- \_\_\_\_\_ 1. Name four tools that are helpful in quilting and demonstrate how to use each.
- \_\_\_\_\_ 2. Demonstrate the following hand stitching skills:

Tying a knot	Over-hand stitch
Running stitch	Whip stitch
Slip stitch	
- \_\_\_\_\_ 3. On a length of fabric, identify the following:

Grain line	Bias
Cross grain	Salvage
- \_\_\_\_\_ 4. Define the following terms:

Fat quarter	Fabric—wrong side and right side
Pre-shrunk fabric	Batting
Seam allowance	Binding
Bias	Quilting
Piecing	
- \_\_\_\_\_ 5. On the sewing machine, demonstrate how to wind a bobbin, and thread the machine.
- \_\_\_\_\_ 6. Identify five parts of the sewing machine.
- \_\_\_\_\_ 7. Describe safe fabric cutting procedures.
- \_\_\_\_\_ 8. Demonstrate two ways to achieve a true 1/4<sup>th</sup> inch seam.
- \_\_\_\_\_ 9. Demonstrate three considerations when selecting fabric, color, and design for a quilting project.
- \_\_\_\_\_ 10. Demonstrate how to set and press a seam allowance.
- \_\_\_\_\_ 11. Demonstrate how to layout and pin fabric pieces for a quilt.
- \_\_\_\_\_ 12. Describe five safety precautions to take while cutting, pressing, and sewing a quilted item.
- \_\_\_\_\_ 13. Attend a quilt exhibit or show and report your experience to your project or club group.
- \_\_\_\_\_ 14. Describe or demonstrate how to oil and clean a sewing machine.

## Level I Quilting Proficiency continued

- \_\_\_\_\_ 15. Construct at least two quilted projects such as a potholder, lap quilt, place mat, tote bag, pillow, etc.
- \_\_\_\_\_ 16. Participate in a community service or service-learning project related to the quilting project.
- \_\_\_\_\_ 17. Exhibit a quilted item at a craft show, county event, or fair.
- \_\_\_\_\_ 18. Identify by name, three historic or common quilting patterns.
- \_\_\_\_\_ 19. Explain and/or demonstrate three simple pattern instructions.

### Completion of Level I Quilting Proficiency

The member has successfully completed 80% (15 of 19) of the above items.

Member's Signature: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_