

YEAR 9 LESSON NOTES:CLOTHING AND TEXTILES

TOPIC:Garment Construction

Lesson 1: Safety Rules and Sewing Equipment

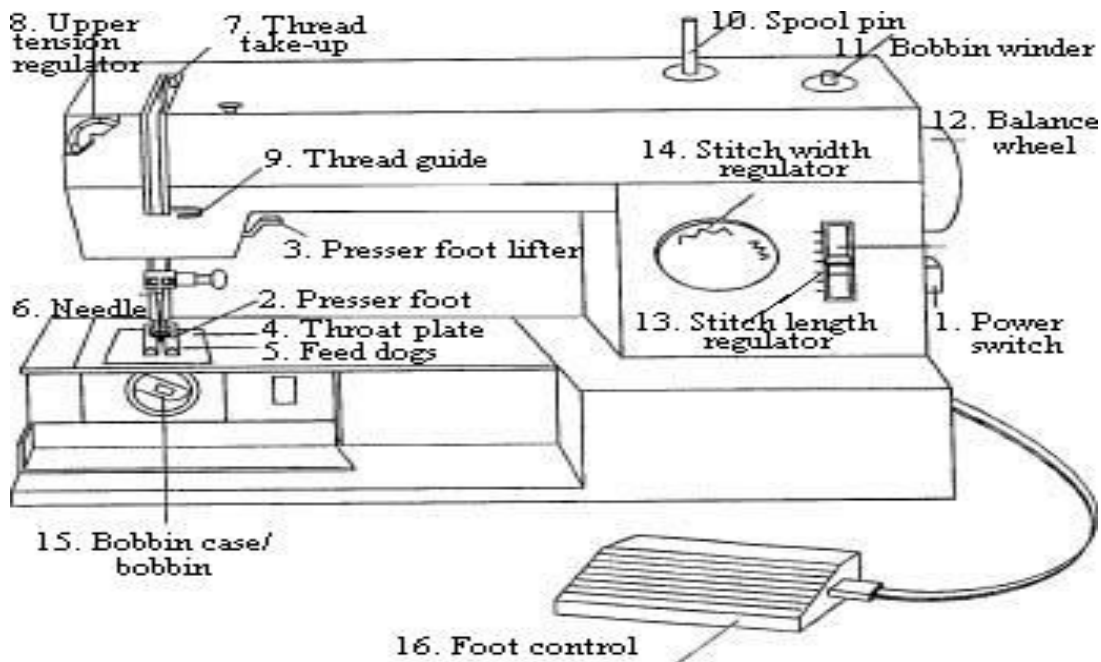
Dressing

- Put on protective clothes
- Roll up sleeves
- Tie up long hair

Working

- Enter room with teachers permission
- Never work alone
- Don't use tools and equipment with instructions of a teacher
- Don't leave tools or materials on floor after working
- When carrying tools like scissors or needles, sharp edge should be pointed downward
- Switch off machine when not in use
- Inform teachers about the accidents

Parts of a Sewing Machine



Review Questions

1. Name some of the safety rules in a sewing room.
2. List down 5 parts of a sewing machine.

Sangam SKM College-Nadi

Year 9-

Home Economics

Lesson Notes –Week 2 {12/07/21-16/07/21}

Strand: HEC 9.3 Clothing and Textiles

Sub-Strand: HEC 9.3.4 EQUIPMENT

Content Learning Outcome: At the end of this lesson, students should be able to:

- ✓ identify the parts and functions of a sewing machine
- ✓ use and care for the sewing machine correctly

Parts and function of a sewing machine

Part	Function
1. Power switch	Switch on the light
2. Presser foot	Holds fabric in place while sewing
3. Presser foot lifter	Lowers and raise the presser foot
4. Slide plate	Metal plate that covers the bobbin throat/ brackets where bobbins are placed
5. Feed dog	Moves fabric while sewing
6. Needle clamp	Holds needle in place
7. Thread take up lever	Controls the thread as it flows through the needle
8. Upper tension regulator	Regulates tightness and loosens of thread
9. Thread guide	Keeps thread in correct position
10. Spool pin	Holds the spool of thread
11. Bobbin winder	Winds thread on the bobbin
12. Balance wheel	Controls the movement of the needle
13. Stitch length regulator	Regulates length of the stitch
14. Stitch width regulator	Regulates width of pattern stitches
15. Bobbin case	Holds bobbin and regulates bottom thread tension as stitches are formed
16. bobbin	Round plastic or metal spool which holds the bottom thread in the machine
17. foot control	Moves and stops the machine safely

Care and storage of a sewing machine

- i. unplug your machine
- ii. clean your machine
- iii. oil the machine
- iv. cover your machine
- v. place your machine in the storage

General Rules for using a sewing machine

1. use correct size needle and thickness of thread for the material
2. insert bobbin correctly
3. thread the machine correctly
4. bring the bobbin thread through to the top of the machine ready for stitch
5. test the stitch on a scrap of the material to be sewn
6. do not pull the material as it passes under the foot
7. raise the presser foot after stitching
8. correct the tension if necessary

Review Questions

1. What should be done before switching on the sewing machine?
2. Why are extreme temperatures unsuitable for sewing machines?
3. Give the function of: a) balance wheel b) Spool pin c) power switch

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Lesson Notes –Week 3 {19/07/21-23/07/21}

Year 9-Home Economics

Strand: HEC 9.3 Clothing and Textiles

Sub-Strand: HEC 9.3.4 Equipment

Content Learning Outcome: At the end of this lesson, students should be able to:

- classify other sewing equipment according to their uses and care

Other Sewing Equipment

1. Pressing Tools

Name	Uses	Care and maintenance
Iron	Remove wrinkles from fabric	Baking soda and white toothpaste are mild abrasives and they will remove brown or black residue and stains from the bottom of an iron
Ironing board	For pressing clothing items	For reasons of hygiene, wash and replace your ironing board cover regularly

2. Cutting Tools

Scissors	For snipping threads, clipping and trimming seams	Use cloth to clean and wipe away any lint
Pinking shears	For neatening seams of fabrics that do not fray	Use only for fabric to prevent dulling of blades. Keeps the blades clean and oil them occasionally
Fabric shears	For cutting out pattern and fabric	Tighten screw and apply a drop of oil regularly
Rotary cutter	Used by quilters to cut fabric	Clean blade with a clean cloth moistened with a few drops of sewing machine oil

3. Measuring, Marking and Stitching Tools

Name	Uses	Care and maintenance
1. Tape measure or measuring tape	A common measuring tool. Its flexibility allows measuring great lengths; easily carried in a toolkit; permits one to measure around curves or concerns as well	Keep it dry Use only when needed
2. Measuring ruler	For determining measurements on pattern/ fabric	Keep it in a safe place as they are breakable
3. Tracing wheel and carbon paper	Transfer pattern markings of fabric	Keep tracing wheel dry to avoid rust. Keep carbon paper safely as it can be torn easily
4. Tailor chalk	For marking hems and alterations on garments, marking folds and marking position for buttons and buttonholes	Keep dry And store well
5. Pin cushion	A pin cushion is a small cushion, which is used in sewing to store pins or needles with their head protruding so as to take hold of	The strawberry pincushions helps to keep needles sharp and smooth

	them easily, collect them and keep them in place	
6. Dressmakers Pins	Holds piece of fabric temporarily for lifting purpose	Choose stainless steel pins with fine points to achieve best results
7. Hand sewing needles	Guides the thread through fabric when hand sewing	Keep it dry to avoid rust
8. Thimble	A protective shield worn on the finger or thumb when sewing	Keep dry to avoid rust, and cracking for rubber thimbles

4. Sewing Notion

Name	Uses
1. Hooks and eyes	To fasten the garment, the hook is slotted into the loop
2. Buttons	A small fastener, most commonly made of plastic but also frequently of seashell, which secures two pieces of fabric together
3. Zipper	A popular device for temporarily joining two edges of fabric. Used in clothing (e.g. jackets and jeans), luggage and other bags, sporting goods, camping gear (e.g., tents and sleeping bags) and other daily use items
4. Studs	Small usually metal objects to fasten the front of pleated or stiff- front shirts in lieu of button
5. Ric rac	Used as decorative finishing an apron, dresses or bags
6. Cords	The cords twines and strings are ideal accessories for garments, bags and backpacks
7. Lace	An openwork fabric, patterned with open holes in the work, made by machine or by hand and used for decoration on edges or on fabric
8. Elastic	Stretchable fabric used as cords to remove fullness in clothing items
9. Braids	A complex structure or pattern formed by intertwining three or more strands of flexible material such as textile fibres and used as cords
10. Sequins	Disk shaped beads used for decorative purposes. Commonly used on clothing, jewellery, bags, shoes and lots of other accessories
11. Beads	Beads are small, decorative objects formed in a variety of shapes and size of a material such as glass, plastic or wood and that are pierced for threading or stringing

Review Questions

1. Define sewing notion.
2. Name two:
 - a) cutting tools
 - b) pressing tools
 - c) measuring tools
3. Write down the uses of the following sewing equipment:
 - a) fabric shears
 - b) pin cushion
 - c) thimble