

**WORKSHEET 20****School: Ba Sangam College****Name: _____****Subject: Home Economics****Year:10**

Strand	HEC 10.3 CLOTHING AND TEXTILES
Sub strand	HEC 10.3.6 Processes and Techniques
Content Learning Outcome	HEC 10.3.6.1 Show competency in applying advanced sewing techniques in constructing an article

ADVANCED TECHNIQUES AND PROCESSES

Decorative /machine Stitches

- are used to produce designs on a garment or article.
- are unique and have the ability to produce neat and effective results when used either on their own or when combined with the other stitches.



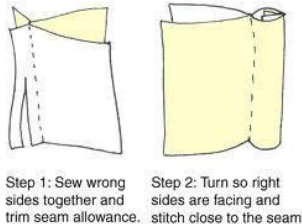
PROCESSES AND TECHNIQUES**Processes** are steps taken in the construction of a garment.

Some of the basic processes used in sewing a garment include:

- Seams
- Fastenings
- The disposal of fullness
- Edge finishes

SEAMS

A seam is the joining of the two (or more) pieces of fabric by stitching.



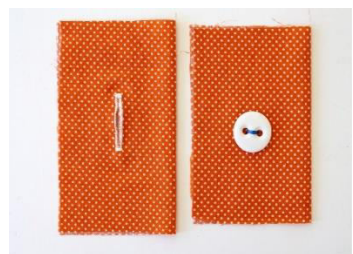
Seam	Uses	Illustrations
The plain or open seam	The side and shoulder seams of a garment.	
Flat seam	The side seams of jeans and skirts	
French seam	The shoulder seams and side seams of a child's garments. It is also known as hidden seam (strong seam)	 Step 1: Sew wrong sides together and trim seam allowance. Step 2: Turn so right sides are facing and stitch close to the seam.

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Fastenings

- Closes openings in garments.
- are covered so that the opening will not be noticed.
- used as a decorative feature. Eg. pretty buttons are used to improve the appearance of an ordinary dress or jacket.

COMMON FASTENING IN GARMENTS:

1. Zip	2. Hooks & Bars	3. Buttons & Buttonholes
		

ACTIVITY

- Define the following term: **(3 marks)**
 - Fasteners: _____
 - Seams - _____
 - Processes - _____
- List 4 examples of processes: **(2 marks)**
 - _____
 - _____
 - _____
 - _____
- Identify 2 common fasteners used on garments. **(2 marks)**
 - _____
 - _____
- State the uses of the following Processes: **(3 marks)**

a. Plain seam -

b. Flat fell seam -

c. French seam -
