

Dear Families:

In planning ahead in case of a school closing, the following assignments will be posted on the school website. 6<sup>th</sup> and 8<sup>th</sup> grade students also have paper copies of these same assignments in their class folders. PLEASE KEEP THESE ASSIGNMENTS AT HOME JUST IN CASE SCHOOL CLOSSES.

Please be sure to carefully read all the instructions on each worksheet.

### **6<sup>th</sup> Grade Work:**

#### **SEWING UNIT:**

1. Complete the **Measuring and Math Worksheet** in your Folder.
2. Read the **Sewing Aids** article and complete the **Sewing Aids worksheet**.
3. Read the **Sewing Safety Worksheet** and complete the questions on the back.

#### **NUTRITION AND FOODS UNIT:**

1. Using the **Nutrient Chart** in the Nutrition packet of your Folder, complete the **Breakfast, Lunch, Dinner worksheet**.
2. Complete the **Food Label Worksheet** using any food label from a food you have at home.
3. Complete the **If I Were A Chef for a Day** worksheet. Keep in mind the website: [choosemyplate.gov](http://choosemyplate.gov) as a resource.

### **8<sup>th</sup> Grade Work:**

**CAREERS UNIT:** Complete the following pages in your **Careers packet**:

**PG 1 – PERSONAL INVENTORY**

**PG 2 – IDEAL OCCUPATION**

**PG 3 – GOALS/CHECK OUT INTERESTS**

**PG 4 - RESPONSIBILITY POEM**

**PG 5 – RESUME WRITING INTRO**

**PG 6 – ANALYZING A RESUME**

**PG 7 – RESUME ROUGH COPY AND FINAL TYPED RESUME**

**PG 8 – STUDY GUIDE - RESUME TEST**

**PG 9 – BLS CAREER EXPLORATION – ONLINE ACTIVITY**

**PG 10- SOLID INTERVIEW SKILLS & TALKING POINTS - COMPLETE TALKING POINTS ONLY AND GIVE AN EXAMPLE FOR EACH. (RELIABLE, HARDWORKING, FLEXIBLE, FOCUSED)**

**PG 11 – MOCK INTERVIEWS – COMPLETE WITH A FAMILY MEMBER OR FRIEND.**

**PG 12 – WORKING PAPERS**

**PG 13 – APPLICATION FORMS**

**PG 14 – WANT ADS**

I will be checking my email every day should you have any questions. Stay Healthy.

Sincerely,

Ms. Taylor

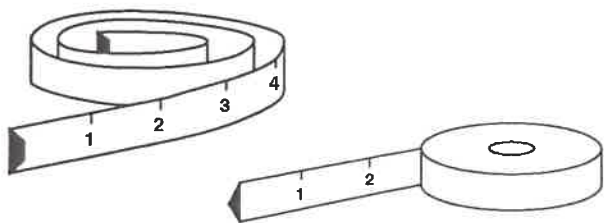
[Mtaylor3@carmelschools.org](mailto:Mtaylor3@carmelschools.org)

# Sewing Aids

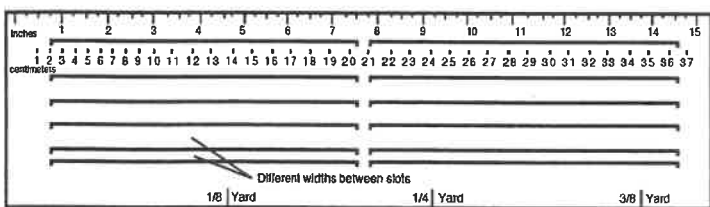
## Measuring Tools

There are many measuring tools on the market designed for sewing. The devices below are most commonly used by casual sewers. You should at least have access to a tape measure and ruler. Most measuring devices should be marked with both inches and centimeters.

**Tape Measures** are used to measure body, fabric and pattern pieces. The tape should be 60 inches long and made of flexible, non-stretch material with metal tips. Centimeters and inches should be marked on both sides of the tape. Tape measures are also available in small plastic cases with automatic retractors which make them very convenient to use and carry.

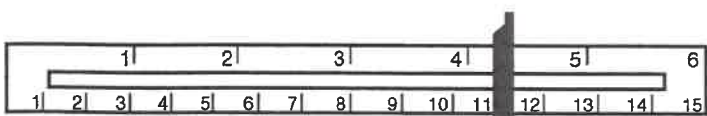


**Rulers** may be made of wood, metal or plastic. Transparent (see-through) flexible plastic rulers are particularly useful because you can see what you are measuring and can also measure slight curves. Six to twelve inch rulers work well for measuring and for marking buttonholes, hems or pleats. Rulers are also useful as straight-line guides when using a tracing wheel.

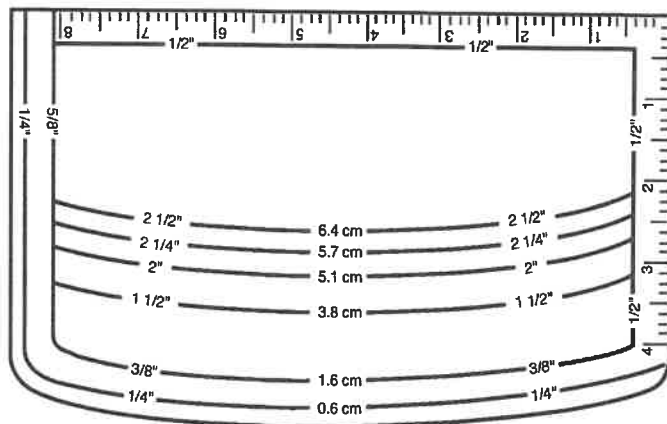


**Yardsticks** are mainly used for measuring long, straight distances. A yardstick is especially helpful when checking grainline or hemming.

**Seam Gauges** are six-inch metal or plastic rulers with adjustable slides. These are particularly useful for measuring seams, hems, buttonholes or pleats.



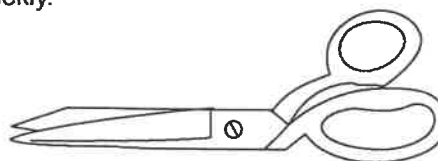
**Hem Gauges** allow you to turn and press straight or curved hems in one step. Hem gauges are also helpful for adjusting patterns.



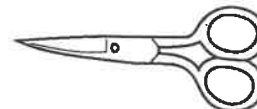
## Cutting Tools

There is a wide variety of scissors available for sewing. The most common ones are described below. A pair of 7 or 8 inch bent-handle shears and a seam ripper should be sufficient for most beginning sewers.

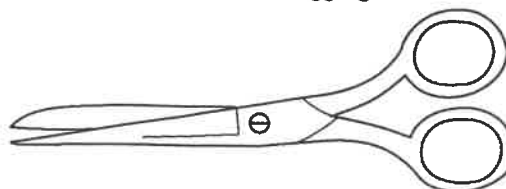
**Bent-Handle Shears** have metal blades, usually 6 to 10 inches long (may be up to 12 inches). The angled handles allow the blades to lie flat against the cutting surface, and make these ideal for cutting out pattern pieces. Holes in the handles are shaped and sized differently. Shears should always be sharp when cutting fabric. When used to cut paper they dull quickly.



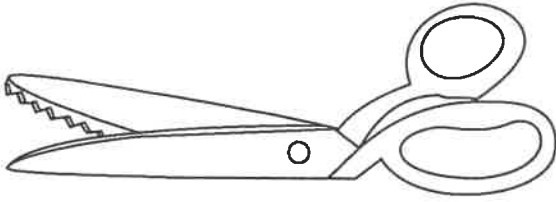
**Embroidery Scissors** are small, easily held scissors used for clipping and trimming seams and thread ends and for needlework.



**Sewing Scissors** are 5 or 6 inches long, with one pointed tip and one blunt tip. Holes in the handles are the same size and shape. These are good for trimming seams after stitching because the blunt tip eliminates snagging.



**Pinking Shears** are used to cut a zigzag edge to prevent fabric from fraying or for a decorative edge finish.



**Seam Rippers** are used to remove stitching from seams or to cut buttonholes. It is important to cut thread with care, as the blade is sharp and could easily rip into your fabric if not used properly.



## Needles and Pins

### General Information

**Sharp** needles and pins have sharp pointed ends. These are used on woven and non-woven materials. They tend to snag knit materials.

**Ball-Point** needles and pins are ideal for knit fabrics. They have rounded points which penetrate between yarns instead of cutting or breaking them. They can be used on knit fabrics without snagging.

### Needles

**Sewing Machine Needles** are available in sharp (for general use) and ball-point (for knits). The finest machine needles are size 9 (American) or size 80 (Metric), and the heaviest are size 18 (American) or 110 (Metric). The finer the fabric, the smaller the needle should be. Most sewing is done with size 11 or 14 (80 or 90). Always use a clean, well-pointed needle.

**Hand Needles** are available in sharp (for general use) or ball-point (for knits). These are available in a variety of lengths and widths for different types of fabric and uses. The best choice is an assorted package which contains several different sizes. As the number on hand needles increases, the diameter decreases. Therefore, heavier fabrics which require stronger needles should be sewn with lower-numbered needles.



### Straight Pins

**Straight pins** are available in sharp or ball-point in a variety of styles and sizes. As the length increases, so does the diameter. Pin size is stated in sixteenths of an inch. For example, a 1 inch pin is 16/16", or number 16 (this size is for delicate fabrics). For heavier fabrics use 1 1/4 inch pins (number 20) or larger.

**Flat pins** have flat heads.



**Ball-head** pins have glass or plastic ball heads. These are nice because they are easy to see and remove.



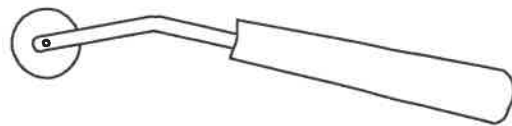
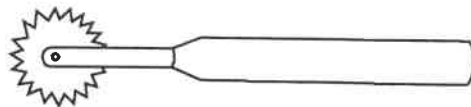
**T-pins** are used for heavy pile fabrics or loose knits because the shape keeps them from disappearing or slipping through the fabric.



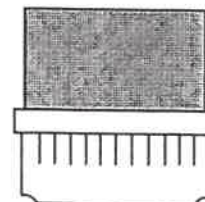
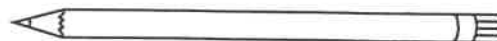
### Marking tools

Information on marking methods is given later in this booklet.

**Tracing Wheels** are used to transfer marks such as dart lines to the fabric. Most tracing wheels have saw-tooth wheels, although smooth-edge wheels are available for delicate fabrics. Tracing wheels are rolled over tracing paper to transfer the marks to the fabric.



**Tailor's Chalk** is available in pencil form or in small squares. These are generally used for simple marks such as dots and squares. Marks can be brushed away easily.



# Sewing Aid Worksheet

Write the name of each sewing aid on the line which describes it.

1. This tool makes it easier to remove stitching along seamlines.
2. These are the best choice for cutting out pattern pieces.
3. Used to measure your body.
4. Measure long, straight distances with this.
5. Short ruler with adjustable slide.
6. Used to cut a zigzag edge to minimize fraying.

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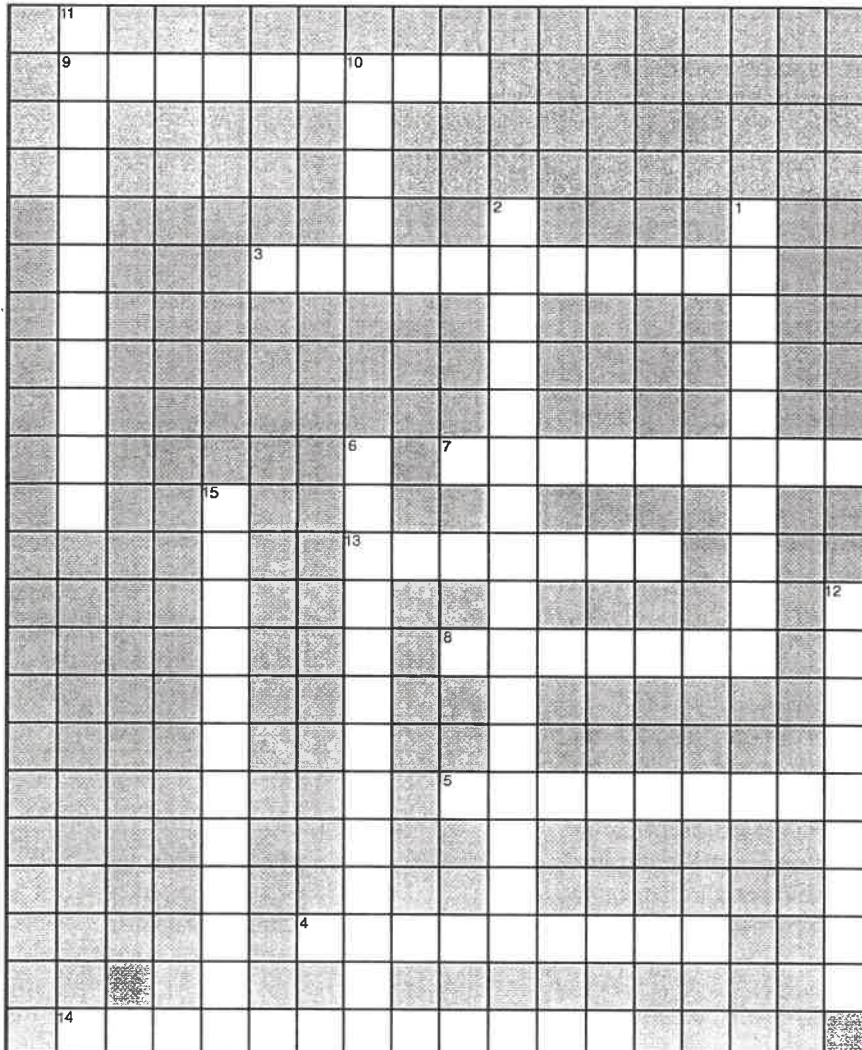
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Draw a line between each question and the correct answer in the second column.

7. What type of pins and needles are used with knit fabric? \_\_\_\_\_
8. As size number on sewing machine needles **increases**, needles get \_\_\_\_\_.
9. Hand needle diameter \_\_\_\_\_ as the number **decreases**.
10. What type of pins and needles are used with woven fabrics? \_\_\_\_\_
11. Size 9 machine needles are used on \_\_\_\_\_ fabric.
12. As the weight of fabric gets lighter, the size of the pin and needle \_\_\_\_\_.
13. These are used to take thread through fabric. \_\_\_\_\_
14. Simple marks are easily transferred to the fabric with \_\_\_\_\_.
15. A \_\_\_\_\_ is best for transferring more complex marks such as darts.

- ballpoint
- bent handle shears
- decreases
- heavier
- increases
- lightweight
- needles
- pinking shears
- seam gauge
- seam ripper
- sharp
- tailors chalk
- tape measure
- tracing wheel
- yardstick

Fill in the crossword puzzle, using the answers to the questions on this page. To help you get started, we have numbered the boxes that correspond to the answers.

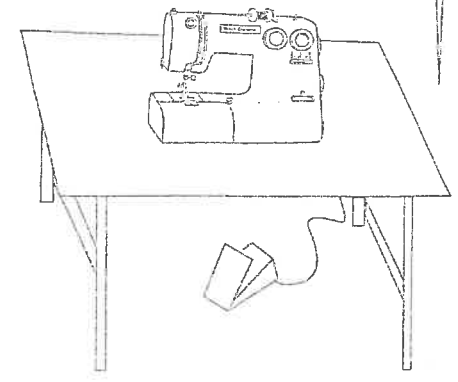




The sewing lab will be a safe place if everyone behaves in a safe manner. There are several areas of concern, some of which are equipment-oriented and some which are behavioral.

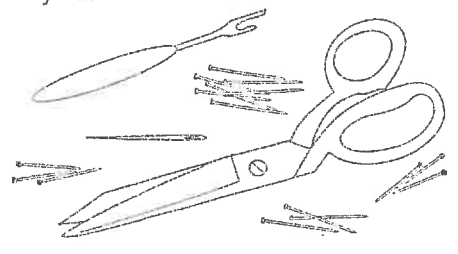
## The Sewing Machine

When operating a sewing machine, pay close attention to what you're doing, and use equipment with care. Always keep your fingers a safe distance from the needle to avoid putting the needle through your finger. Other features of the sewing machine to be aware of are the foot pedal and the electrical cord. To avoid tripping over the cords, keep all wires behind the machine and table. Make sure the foot pedal is not out in the open where it could cause someone to stumble.



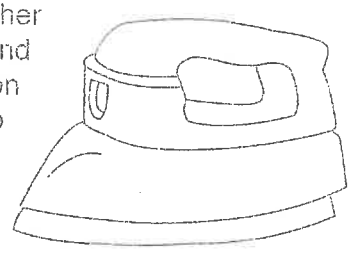
## Sewing Aids

Other possible dangers in a sewing room are found in the tools used to aid in your sewing projects. Examples include scissors, rotary cutters, seam rippers, pins, needles, and irons. When handing scissors or seam rippers to someone else give them the handled end first so there is not a chance of hurting someone. When using a rotary cutter, open the blade to cut and immediately shut the blade at the end of the cut. Never leave a rotary cutter blade open to avoid accidental injury. Dropped pins and needles should always be picked up to avoid the risk of someone sitting or stepping on them. To avoid possible accidents in the classroom, keep all sewing aids in their proper places. This will eliminate the risk of others tripping over your mess.



## Iron

The pressing surface of the iron is very hot when turned on, so don't touch it to see whether it's hot enough. Instead, sprinkle a few drops of water on the surface - if they sizzle and evaporate, the iron is hot. When handling a hot iron, never leave the iron laying flat on any surface. This could burn a hole in the surface or even start a fire. Always keep fingers away from the metal surface of the iron until completely cooled. The steam from an iron may also burn fingers if they get too close. Also, wait until fabric has cooled after ironing before you handle it. Be sure the cord is positioned safely so no one will trip or pull the iron off the board. The iron should be unplugged after use to eliminate electrical hazards.



## Safe Behavior

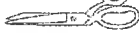



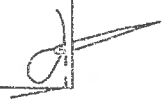


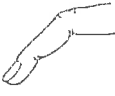

Classroom safety may even help you complete your projects on time and with a more professional look. Sit up straight and stay alert while sewing. Talking to others who are sewing could cause them to stitch a seam wrong or go too fast and stitch through their finger. Always be considerate of others and wait until they have stopped stitching to talk with them. Sewing should be a rewarding hobby. Not paying attention and cutting or sewing something wrong could cause wasted time and money if fabric has to be replaced. To avoid these circumstances pay attention to the teacher's instructions, and keep your area neat so others don't have to work around your mess.

## Sewing Safety



Directions:

Knowing how to be safe in a sewing room is an important part of learning to sew. Read the descriptions below and unscramble the words for a review of the safety rules.

- When handing a \_\_\_\_\_ or  to someone, give them handle first to prevent injury. (mase rpprei)
- Sitting or stepping on  or \_\_\_\_\_ may hurt, so keep these and all of your other tools in their proper place. (seeelnd)
- Keep the \_\_\_\_\_ under the  so no one will trip over it. (ofto leapd)
- To protect your \_\_\_\_\_, keep them a safe distance from the sewing machine . (nerifgs)
- Following the \_\_\_\_\_ rules will keep you from being injured while . (eftsay)
- If you don't \_\_\_\_\_ you could make a mistake that wastes  or fabric or even causes an injury. (ayp ttinniaeo)
- Make sure the  for the iron is out of the way to prevent \_\_\_\_\_. (pprgiint)
- \_\_\_\_\_ on the iron to determine whether it is hot without touching the iron with your . (iernlpsk taerw)
- Leaving a hot  flat on a surface may cause \_\_\_\_\_. (rbsnu)
- Always \_\_\_\_\_ the iron when you have finished. (nuglup)

Name \_\_\_\_\_ Lab Group \_\_\_\_\_ Period \_\_\_\_\_

Taylor/FACS  
PS.6

STUDY THE NUTRIENT CHART. COMPLETE FOR HOMEWORK OR HAND IN- IF COMPLETED IN CLASS.

List the 6 nutrients. Design 3 healthy meals. List a food example for nutrient in the meal.

**BREAKFAST:**

List the 6 Nutrients

Give a Food Example for each Nutrient

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

**LUNCH:**

List the 6 Nutrients

Give a Food Example for each Nutrient

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

**DINNER:**

List the 6 Nutrients

Give a Food Example for each Nutrient

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

NAME: \_\_\_\_\_ PERIOD: \_\_\_\_\_

FOOD LABEL QUESTIONS

Using a Food Label, answer the following questions:

1. Name of the food \_\_\_\_\_  
\_\_\_\_\_

2. Brand name \_\_\_\_\_

3. What is the serving size? \_\_\_\_\_

4. How many servings are found in this container?  
\_\_\_\_\_

5. What is the "main" ingredient in this product?  
\_\_\_\_\_

6. How many calories are found in one serving of  
this product? \_\_\_\_\_

7. How much total fat is contained in one serving  
of this product? \_\_\_\_\_

8. How much saturated fat is contained in one  
serving of this product? \_\_\_\_\_

9. What is the percent daily value of carbohydrates?  
\_\_\_\_\_



10. List the types and amounts of sugar found in this food:

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11. What type(s) of fats are found in this food?

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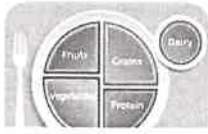
12. List the following information:

Calcium \_\_\_\_\_%      Vitamin C \_\_\_\_\_%  
Vitamin A \_\_\_\_\_%      Iron \_\_\_\_\_%

13. Is this a nutrient rich food choice? \_\_\_\_\_  
Why/Why not?

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### IF I WERE A CHEF FOR A DAY

IF I WERE A CHEF FOR THE DAY...MONEY WOULDN'T MATTER, SENSIBLE NUTRITION WOULD!!!! PLAN A FULL DAY MENU FOR A RESTAURANT THAT YOU OWN. USE THE FOOD AND NUTRITION GUIDELINES AS A START. KEEP IN MIND THE [CHOOSEMYPLATE.GOV](http://CHOOSEMYPLATE.GOV) GUIDELINES. PLAN BREAKFAST, LUNCH, DINNER, AND 2 SNACKS TO SERVE TO YOUR GUESTS. CHOOSE LOW-FAT, WHOLE WHEAT ITEMS (AND BEVERAGES) THAT CAN BE SERVED WITH PLENTY OF FRUITS AND VEGETABLES. MAKE SURE THAT YOU REMEMBER TO MAKE THE MEALS COLORFUL AND APPETIZING. BON APPETIT!! List the food groups in each menu item. List the nutrients in each food item (Ex. Eggs are a protein food). Use the back of this worksheet for the lists.

#### BREAKFAST

#### LUNCH

#### SNACK

#### DINNER

#### SNACK