

2022 Lawrence County 4-H Food & Clothing Skillathon Study Guide

Senior Clothing (ages 14 and up)

- Identify fabrics
- Answer pattern questions
- Identify seam finishes
- Identify pressing tools
- Identify notions (hook & eye, elastic, bias tape, cording, point turner, bias maker, button hole cutter, button hole spacer)

Junior Clothing (ages 8 - 13)

- Answer pattern questions
- Identify hand stitches
- Identify pattern markings
- Label parts of the sewing machine

Senior Food (ages 14 and up)

- Identify daily recommended serving per food group
- Identify nutrition facts using a food label
- Identify the important benefits of exercise
- Using menus, answer nutrition facts
- Answer food safety questions
- Make food shopping decisions

Junior Food (ages 8 - 13)

- Make food shopping decisions
- Answer food safety questions
- Using MyPlate Answer questions about food groups
- Identify food preparation tools

