

Green Valley School: Grade 7 Home Economics – 2017-2018

Please bring by first week of classes.

Most of these supplies should last for all the years you are enrolled in Home Economics (at least two). ***Please put your name on each item.***

General Supplies

- pen or pencil, eraser
- 3-ring binder or duotang
- loose-leaf paper, about five sheets

Part 1: Clothing and Textiles

Sewing project supplies

- 1 box straight (dressmakers') pins
- 1 stitch ripper
- sewing shears (optional)
- 1 box for storing sewing supplies (maximum size - 35 x 20 cm)
- thread to match fabric (about 100 m spool)

Project: Students may choose between a **locker organizer (easy)** OR a **stretchy hat (challenge)** or present to teacher your own idea for approval.

***Please pick according to your skill level. ***

The **locker organizer** requires 0.5 m of firmly woven but thin fabric (examples are **broadcloth and chambray**). Stretchy fabrics are not suitable for this project. Please purchase matching thread as well. Patterns are available in the classroom.

The **hats** require a length of **fleece** fabric. See diagrams A and B below for styles and fabric amounts. I recommend arctic or polar fleece but others will do. Please purchase matching thread at the same time. Patterns are available in the classroom.

Students may choose between diagrams A and B.

A. 0.6m x 150 cm

B. 0.4m x 60 cm remnant



Part 2: Nutritional Science

- Apron and a hair restraint (hair net, chef's hat, bandanna, clean cap)

These are required for sanitary purposes during food preparation.

- Plastic container (margarine tub) if food samples are to be taken home
- Plastic cover for protecting recipe pages (optional)