

Week 1

Topic: Textiles types, properties, production uses and Care

Textile fabric are very important

Basic Textiles Terms

1.Fibre is a hair -like basic units of raw material used in the making of yarns and fabric
eg.cotton ,linen silk ,wool,nylon

2.Yarn is a thread made by twisting or spinning fibres

Week 2

Topic: What is the study of textile

The study of textile involves an understanding of the

1.Origin of fibres

2.Ways of constructing fibres into fabric

3.Properties of the fabric

4.Ways of caring for the fabric

5.The uses of the fabric

Week 3

Topic: Reason for studying textiles

1.Identifying different types of fabric/textiles and their characteristics

2.Selecting or choosing the right fabric

3.Using fabric intelligently

4.Taking proper care of fabric

5.Handling the fabric carefully.

Week 4

Topic: General uses of textile

- 1.Construction of personal and family clothes eg.dresses ,under wear
- 2.Construction of house hold linen,such as bed sheets, curtains,towels
- 3.House or soft furnishings such as carpet,rugs , upholstery
- 4.The production of sports wear such as shoes, T-shirt
- 5.Keeping the body warm or cool eg sweater and cotton wear

Week 5

Topic: Weaving

This is the process of constructing fabrics by interlacing two sets of yarn

Knitting : This is the process of constructing fabric by forming rows of loops with the yarn.The loops support each other like a chain

Week 6

Topic: Sewing machine and garment construction

There are different types and makes of Sewing machine.

However all the sewing machine are basically similar.They may differ type and number of kinds of stitches they make .They can also differ in the way they can be operated

Week 7

Types of Sewing machine

- 1.Hand sewing machine:This is simple ,it is operated just with hand.It requires to be balanced
2. Tread sewing machine:This is operated with the feet.The worker has both hands free for guiding the work.It normally has a special stand
- 3.Electric Sewing machine:This is operated with the aid of an electric motor.Some hand and treadle machine can easily be converted to electric sewing machine by using the electric motor

Week 8

Topic: Guidelines for choosing sewing machine

1. Compare similar types of Sewing machines by different manufacture
2. Compare their servicing arrangements
3. Consider the weight of the machine.
4. Consider money available
5. Before paying for the machine check to ensure u have the instructional manual

Week 9- 10

Topic: Food hygiene and Safety

Food hygiene means preventing harmful substances and micro-organisms or bacteria from growing in food by keeping the food clean and safe. It is also called food sanitation

Reason for healthy food handling

1. Harmful bacteria can grow in food until the food becomes unsafe to eat
2. It is necessary to prevent the spread of food born disease
3. Food easily contaminated
4. Food born disease poses serious threat/problem to human health
- 5 . Healthy food handling improves safety

Hygiene ways to handle food

1. Keep everything connected to the food clean.
2. Wash hand before handling food.
3. Wash hands after going to the toilet.
4. Wash all the cooking items
5. protect kitchen area etc.