

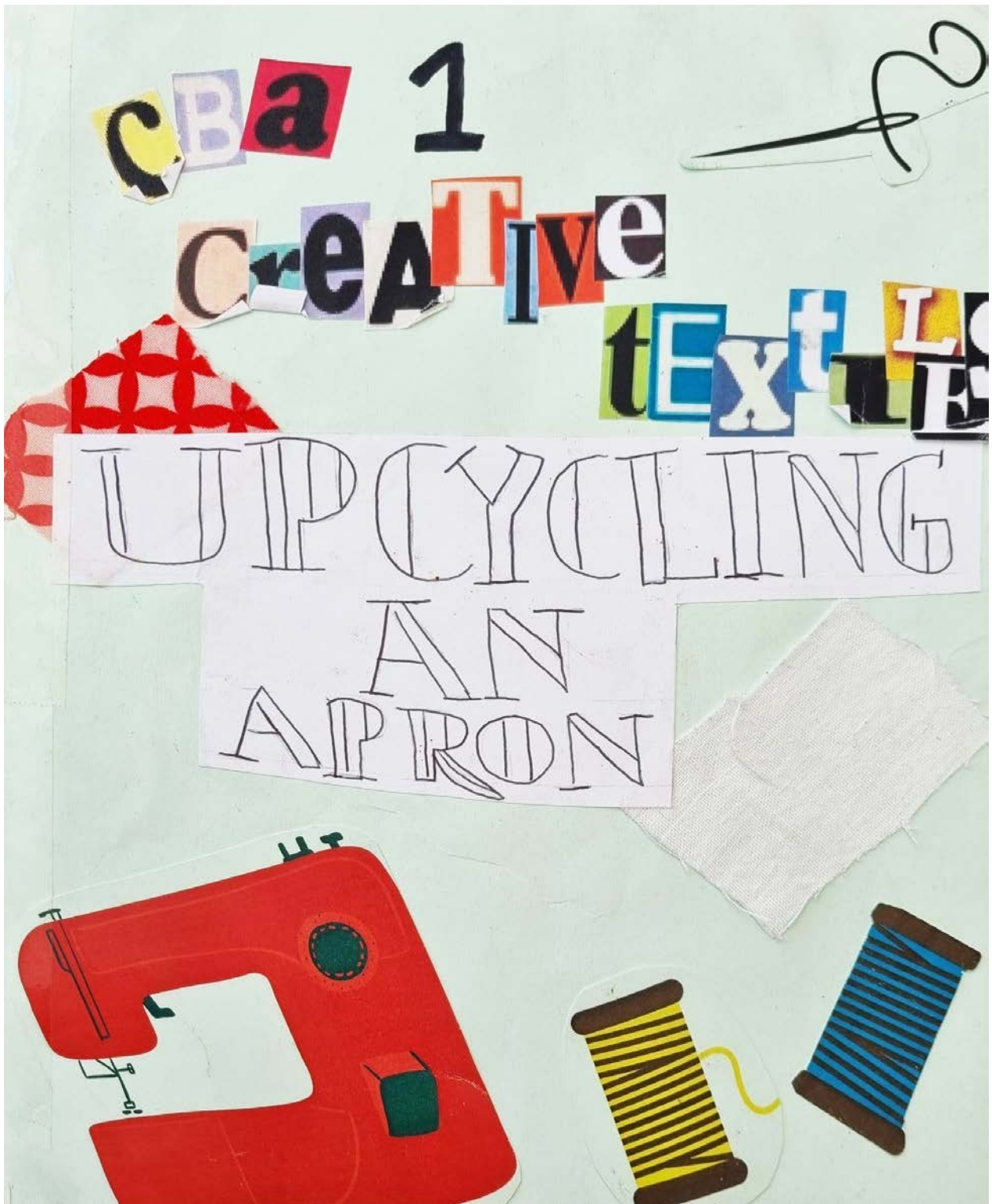


**NCCA**

An Chomhairle Náisiúnta  
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National Council for  
Curriculum and Assessment

# Junior Cycle Home Economics – Second Year

CBA 1: Creative Textiles  
Upcycling: Bedsheet  
becomes an Apron



# Contents

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**04**

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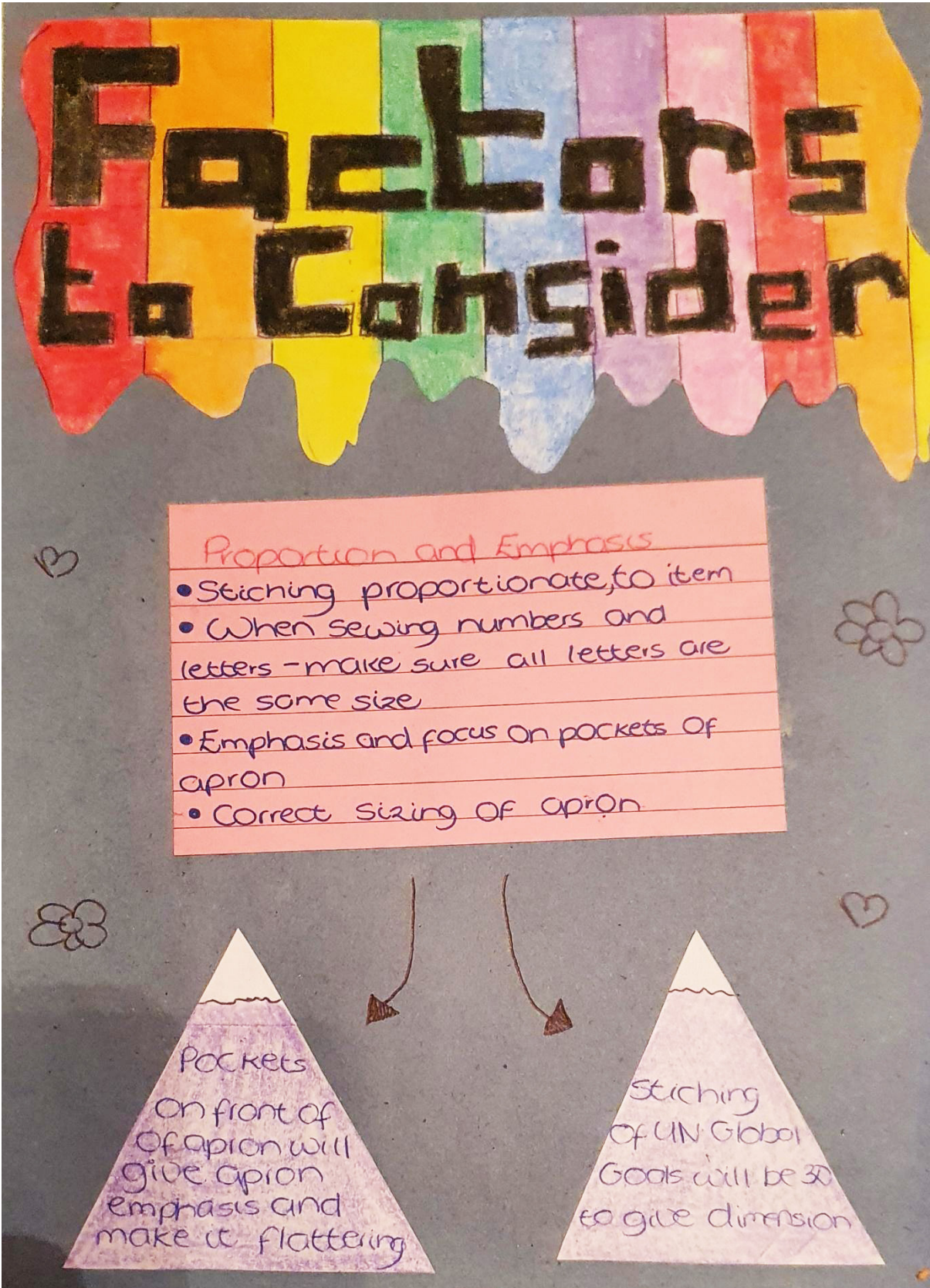
Upcycling: Bedsheet becomes an Apron

**44**

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Teacher Feedback

# Upcycling: Bedsheet becomes an Apron



## FORM!

The template of my apron is based on the template of an apron my mum has. I made sure my mum's apron fit me before basing my new apron's template off it. The pockets will be square with a curve on the bottom. Adding some curved lines to my project

\* The tie, around my waist, will help the apron fit right

\* The embroidery will be 3D - adding dimension to my project

## Colour

\* Match well together

\* Use bright vibrant colours

### Colour Scheme

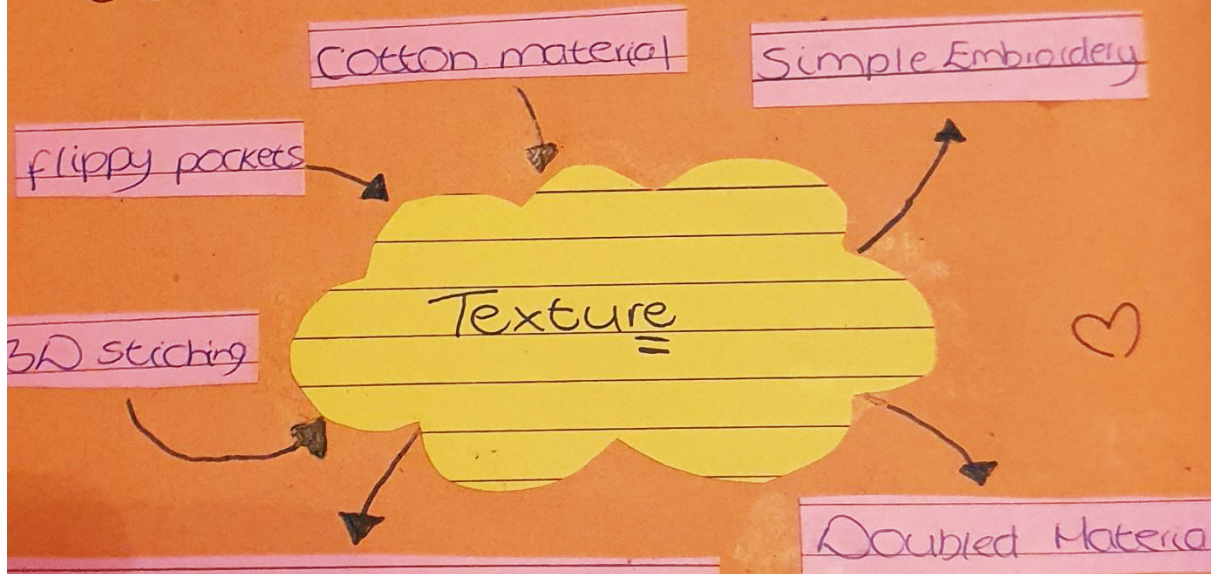
Red, Pink, White and black

# Pattern

- Sticking of 2 UN Global Goals on pockets
- Tie-dye base of apron [light splashes]
- Pattern on tie - red and pine



Base of apron -  
plain and simple  
- that isn't highly  
distractive or interfere  
while cooking and  
cleaning



Tie => thick material to allow security so, apron won't fall off.

# Consumer Trends

• Tie-dyeing using natural dyes, is better for the environment as they're are no chemicals that could go down the sink, and harm, marine life

Simple embroidery

pastel colours

I included the above consumer trends but I am also going to make my apron unique and not follow trends just because they're trends.

## SKILLS.

- Tie-dyeing
- Running Stich
- Stem Stich
- Embroidery - flowers, hearts, curly lines
- Being sustainable
- Sketching
- Couching stich

## TECHNOLOGY

- Pinterest - ideas and inspiration
- Online - how to do stitches + embroidery
- Sewing Machine

I wanted to showcase my skills in my CBA

Cost

\* I am going to be very sustainable on this project so my cost should be very low  
All I Need is

- White bed sheet
- Thread

• Material

• Dye

Dye - natural dye  
Bed sheet - I have  
Thread - I have  
Material - Shore with other old clothes

It must fit me and allow for movement  
function

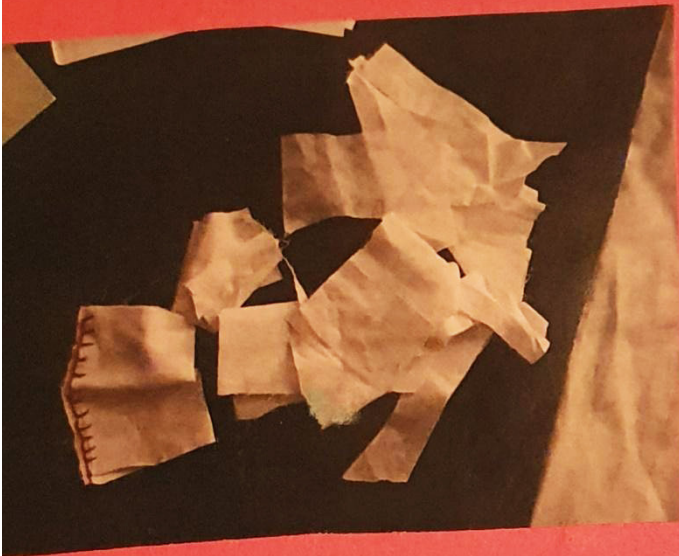
An apron I can wear while cooking + baking at home and in home ec class  
function

The function of my team is an apron.  
function



# Sustainability

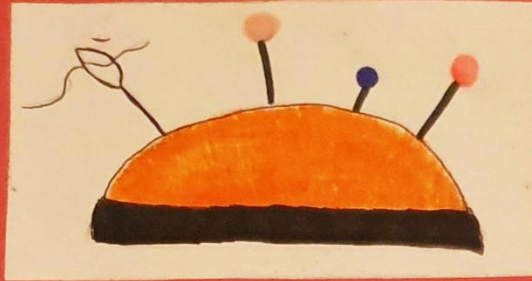
- Use materials I already have.
- Share my materials with classmates as we may have excess information.
- I am making something instead of buying which reduces the transport miles and is also a more ethical alternative, to the option being made in a sweat shop.



These are the only scraps of material I had and I will use them in future projects.

Colour - when choosing colours to tie-dye, stitch and embroider, I will use the colour wheel to see which colours work well with each other and complement each other.

# EqUipmENT

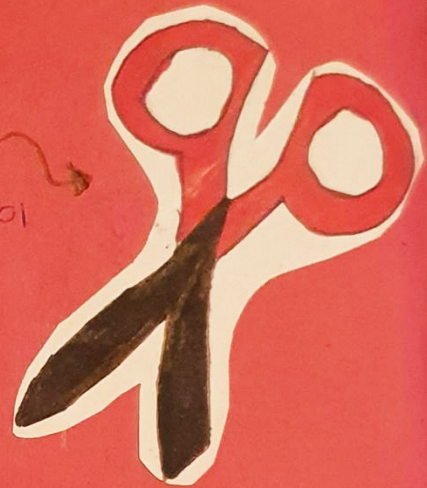


I used a pin cushion to stick my pins in

I dyed my material with a natural dye beetroot as to be more sustainable

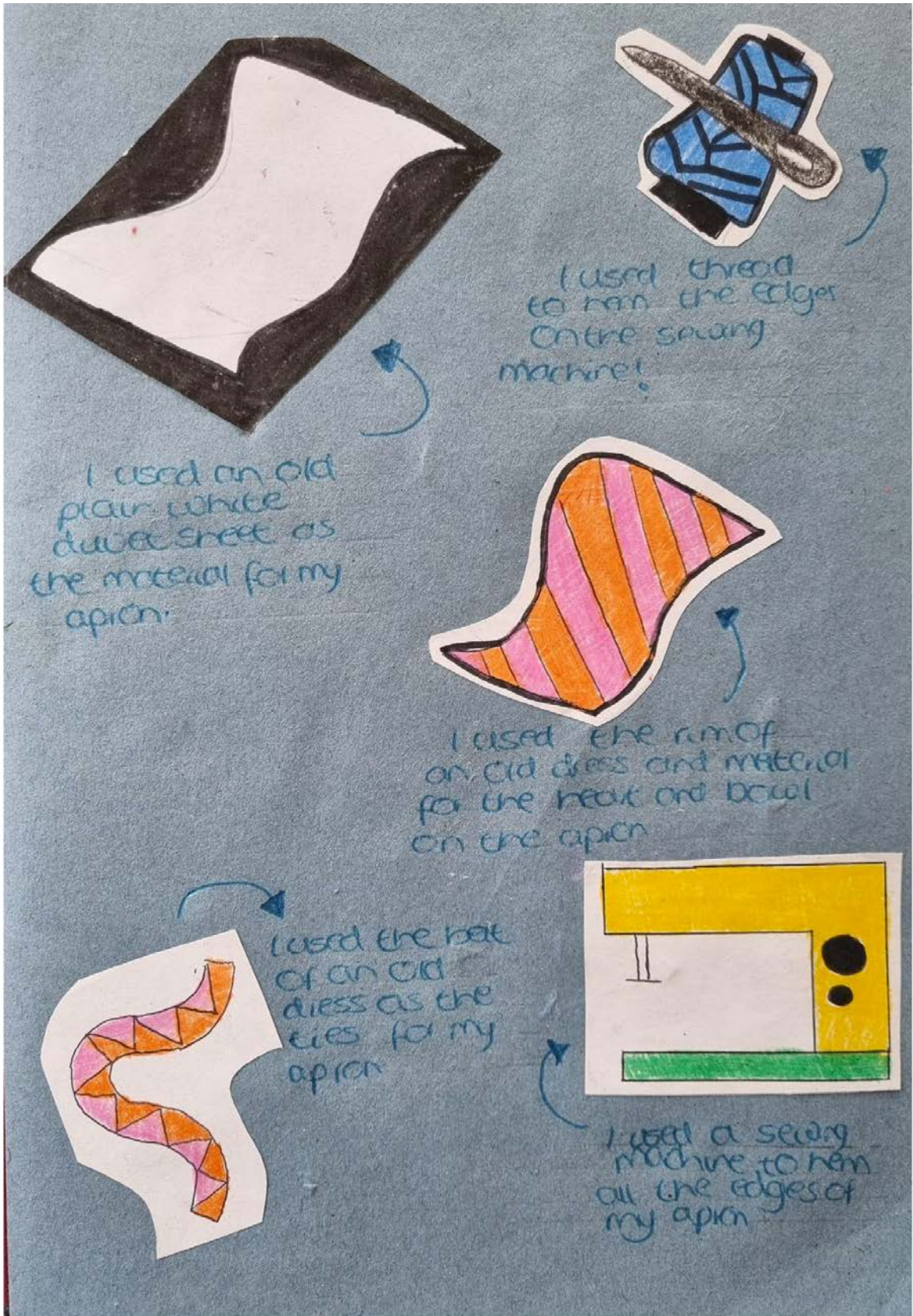


I used scissors to cut my material and thread.



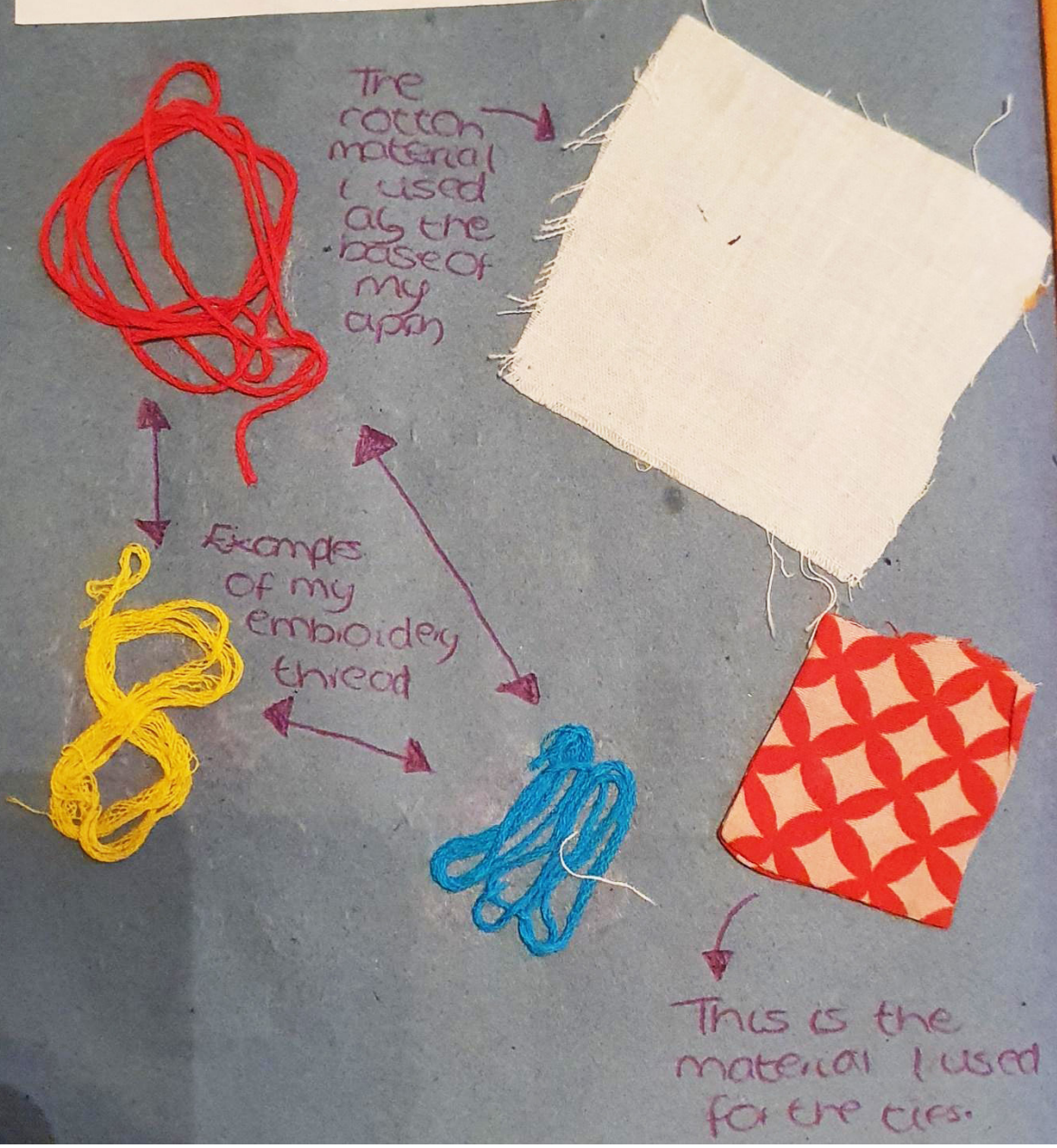
I used embroidery thread to embroider on my apron





# Materials I used in my CBA

## 1 Creative textiles



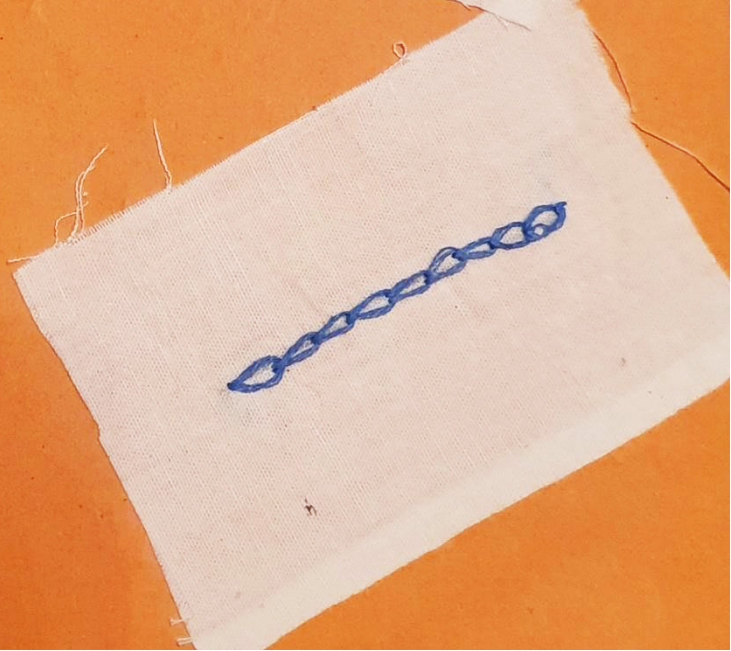
# Practising

my sewing skills

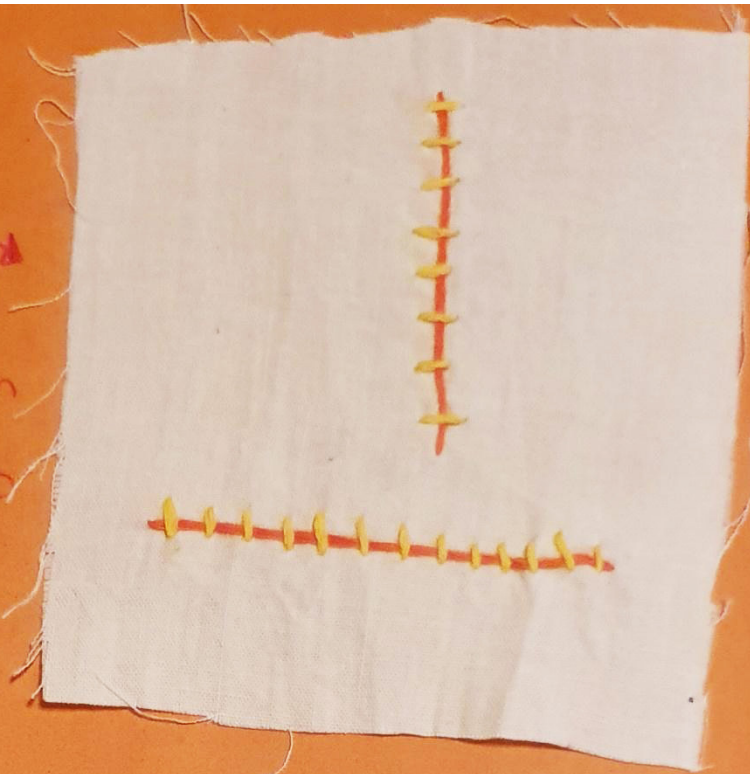
These are called lazy daisy. And they are on the top of my apron. I learned how to do these on Youtube.



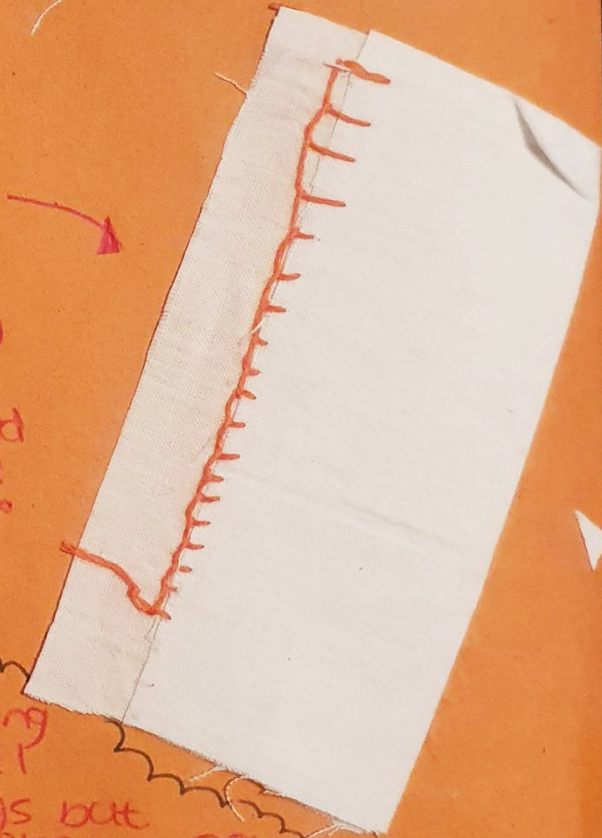
This is a chain stitch, this is at the bottom and top of my apron. I learned how to do this off my friend.



This is called couching and is on one of my pockets on my apron - I learned how to do this from a youtube video

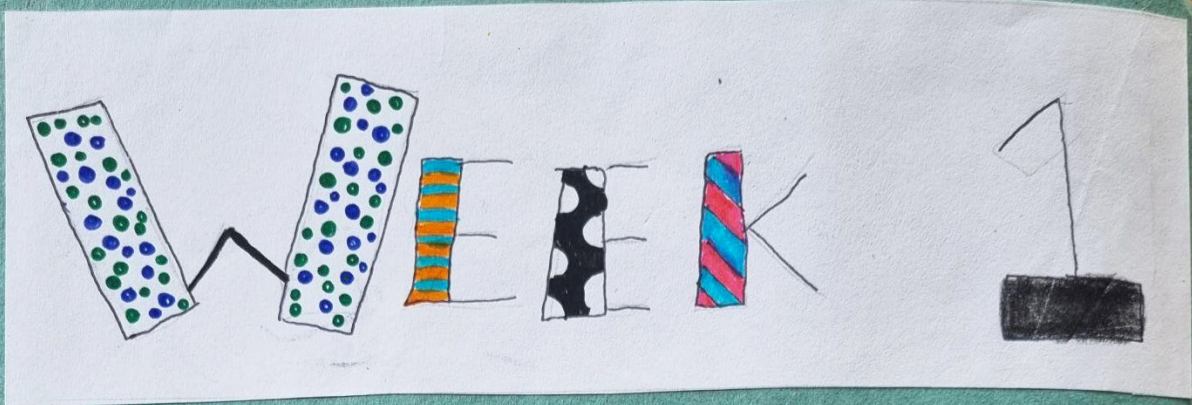


This is called the blanket stitch and it is on my two pockets on my apron. My Home Ec - ~~the~~ teacher showed me how to do this!



\*Some of my practising stitching was bad and I needed pencil markings but the more I practised the better I got





This week, I thought of an idea to do for my CBA I - Creative Textiles. My peers advised me on ideas I could do.

CBA 1

- make a textile item
  - Cushion
  - Wall hanging
  - Blanket
  - play mat
  - sensory book
  - Waving

I have to make an item for an individual of the home - I can buy materials for this. (from scratch)
- Recycle or upcycle a textile item
  - Denim Jacket
  - Jeans
  - Jacket
  - Cardcase
  - 4 plain rappers
  - Personal framed item
  - Canvas Tote bag
  - Dog

I can make something with items I already have reusing and making better use of it.



Factors to consider

- Sustainability
- COSE
- Factors of design
  - colour
  - form (line & shape)
  - function
  - Texture
  - Pattern
  - Proportion/Emphasis
- Consumer Trends
- Technology
- Skills ✓

Sustainability:



# CBA 1 ~~with~~

## • make a textile item

- Cushion
- \* Wall hanging
- Blanket
- \* Play mat
- sensory book
- \* Woveng

I have to make an item for an individual of the home - I can buy materials for this. [From scratch]

## • Recycle or upcycle a textile item

- Denim Jacket
- \* Jeans
- Jacket
- \* Converse
- 4 plain rappers
- \* Personal framed item
- Canvas Tote bag
- \* Dog

I can make something with items I already have reusing and making better use of it



1/21 Factors to consider:

- Sustainability
- **COSE**
- Factors of design
  - colour ✓
  - form (line + shape) ✓
  - function
  - Texture
  - Pattern
  - Proportion/Emphasis
- **Consumer trends**
- Technology
- **Skills:** ✓

Sustainability:

# Week 2

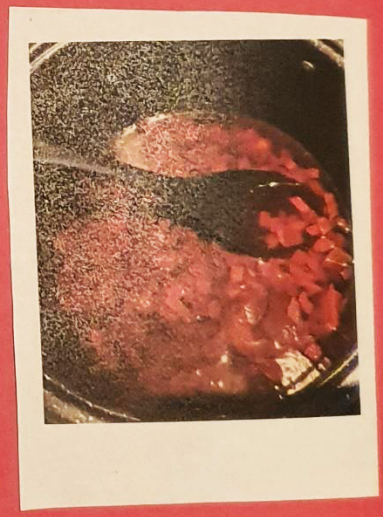
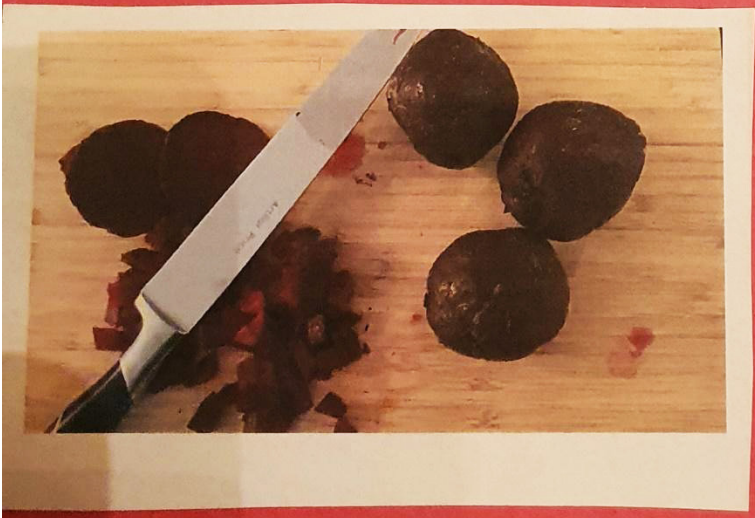
This week I sketched the 2 ideas I had: an apron and a quilt. I then decided on the apron due to peer feedback. I then began to collect the materials I needed for my apron.



WEEK 3



This week I cut out the shape of my apron, from a big piece of fabric. I also prepared to tie-dye my apron and I tie-dyed my apron.



Here is my  
freshly tie-dyed  
apron flat  
drying



Here is me  
pouring beerroot  
juice onto my  
material



Here is my  
cotton material  
scrunched up and  
ready to be  
tie-dyed



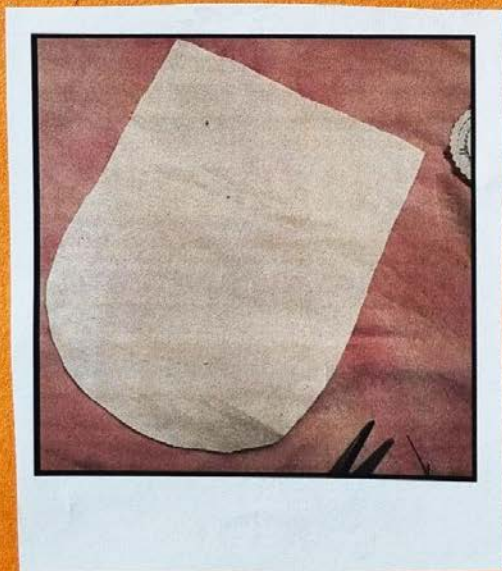
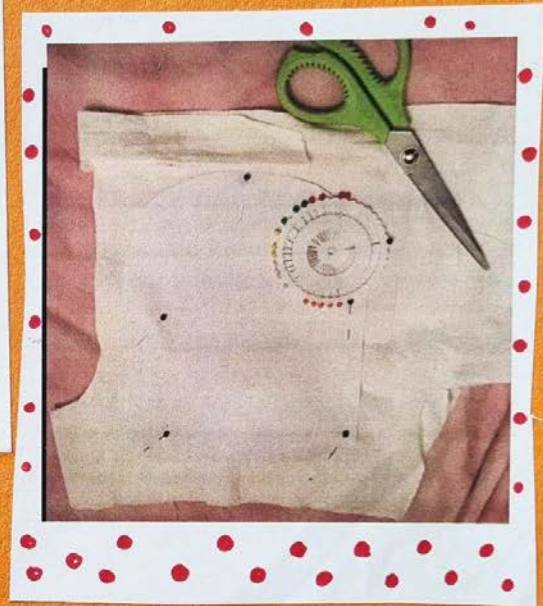
# WEEK 4

This week I worked mostly on my scrabbook. I also cut out the 2 pockets for my apron. I was going to cut them into squares but decided to give them a curved bottom instead as it added dimension

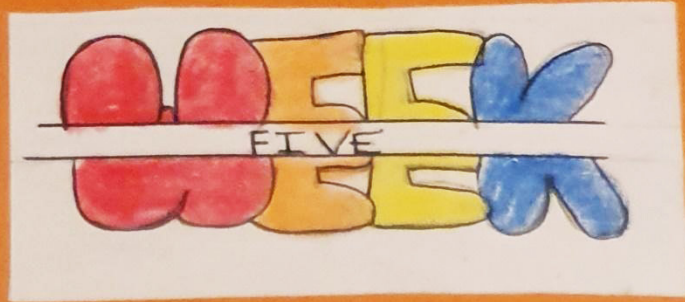


← Here I have measured exactly where the neck ties have to go!

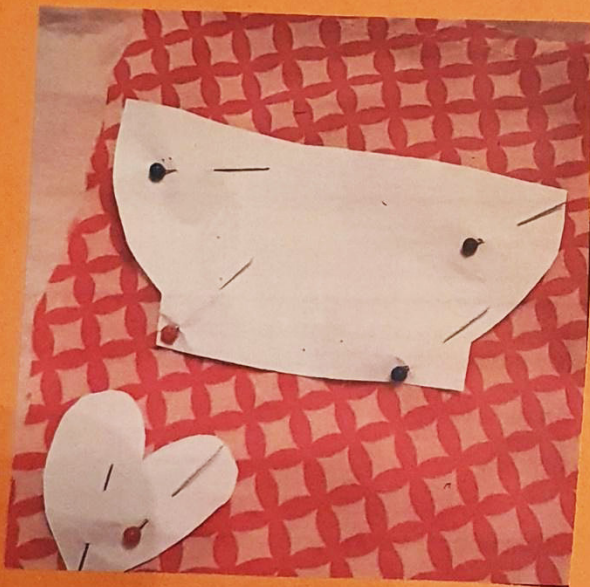
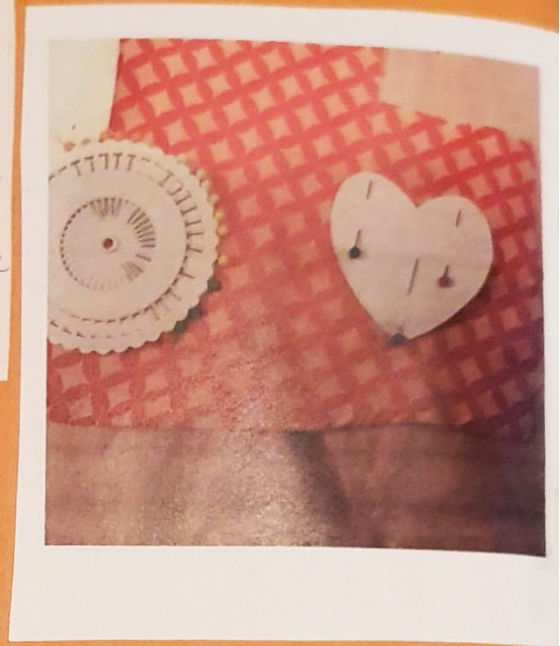
This week I measured out where everything needed to be placed on my apron. I pinned everything on. I also experimented with different fabrics I could use for the bowl and heart. I also practised the blanket stitch as I hadn't stitched this stitch before.



↑  
Here I am pinning my paper pocket templates to my cotton material



This week I cut out the heart and bowl needed for my apron. I stitched these onto my pockets using the blanket stitch.



Here I am pinning my paper bowl and heart template to the material I want to cut them out of.



# Week 6

This week I embroidered the flowers to the top of my apron this showcased my sewing ability I also stitched the two sides of the pockets together.



Here I am using the sewing machine

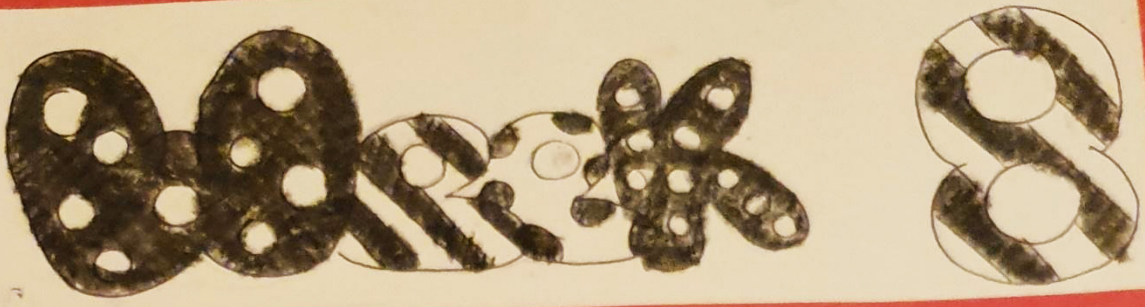
Week

7

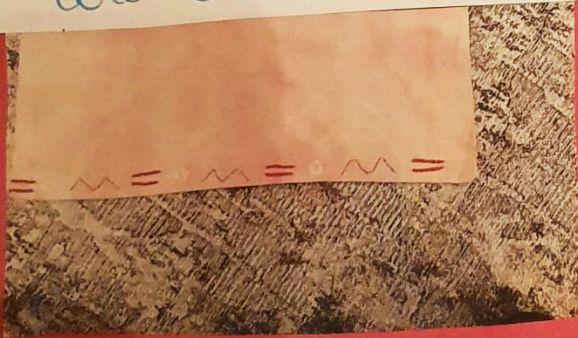
This week I stitched on the pockets to my apron - this was time consuming and tough because I was sewing through four layers of fabric.



This week I also began hemming the bottom of the apron.



This week I stitched the whole thing together but I then felt it was a bit (plane) plain so I added some more embroidery at the bottom, I used colours that blend in with the rest of the apron.



4  
The finished embroidery

DEED

feedback

ICEE

Name:

Colour:

Green  Pink

Green  Pink

Green  Pink

Green  Pink

Green  Pink

As you can see from above, the majority of my peers suggested I tie-dye my apron pink as opposed to green. Hence why I tie-dyed my apron pink using beetroot.

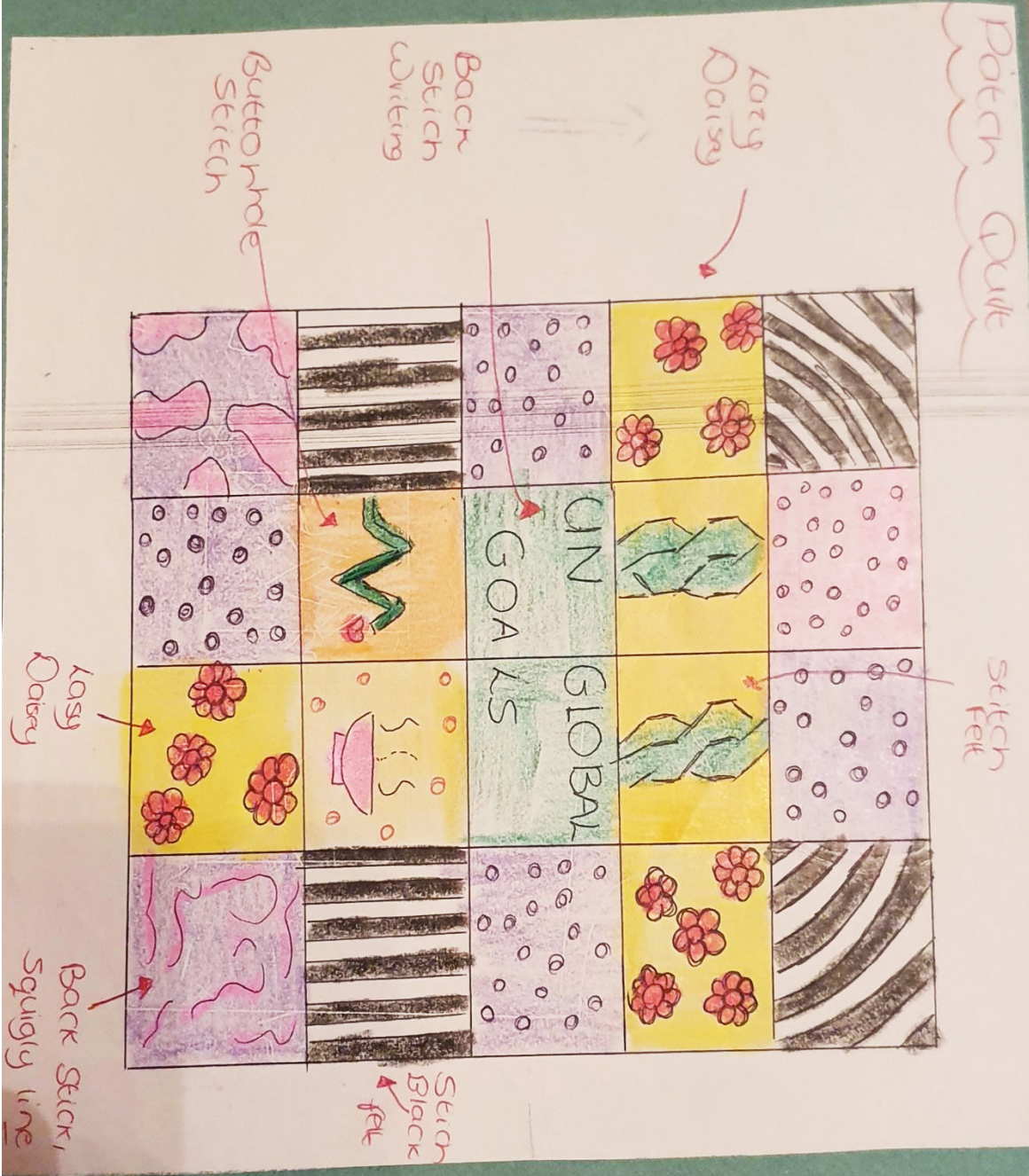
# United Nations



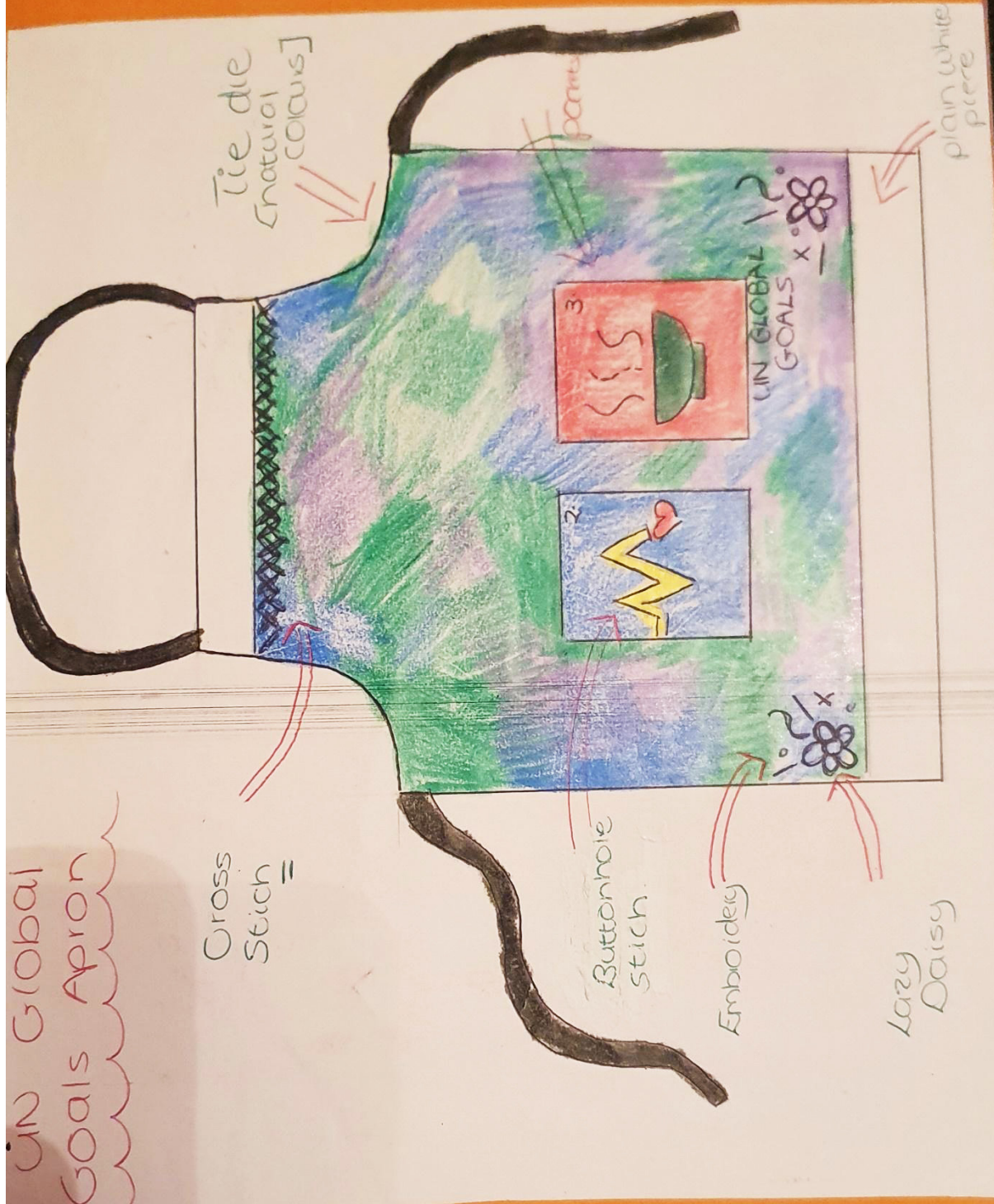
The United Nations is a humanitarian organisation dedicated to the welfare of people globally as well as the welfare of the environment.

The reason I chose to do goals 2<sup>66</sup> "Zero Hunger" and goal 3<sup>66</sup> "Good Health and Well-being" is because I think we as a society often forget that there are many people who don't have the access to food. Food + health and well-being link up so much and are vital when cooking + baking. Therefore I stitched them on as pockets to remind me when preparing food, the importance of these goals.

# Possible idea 1

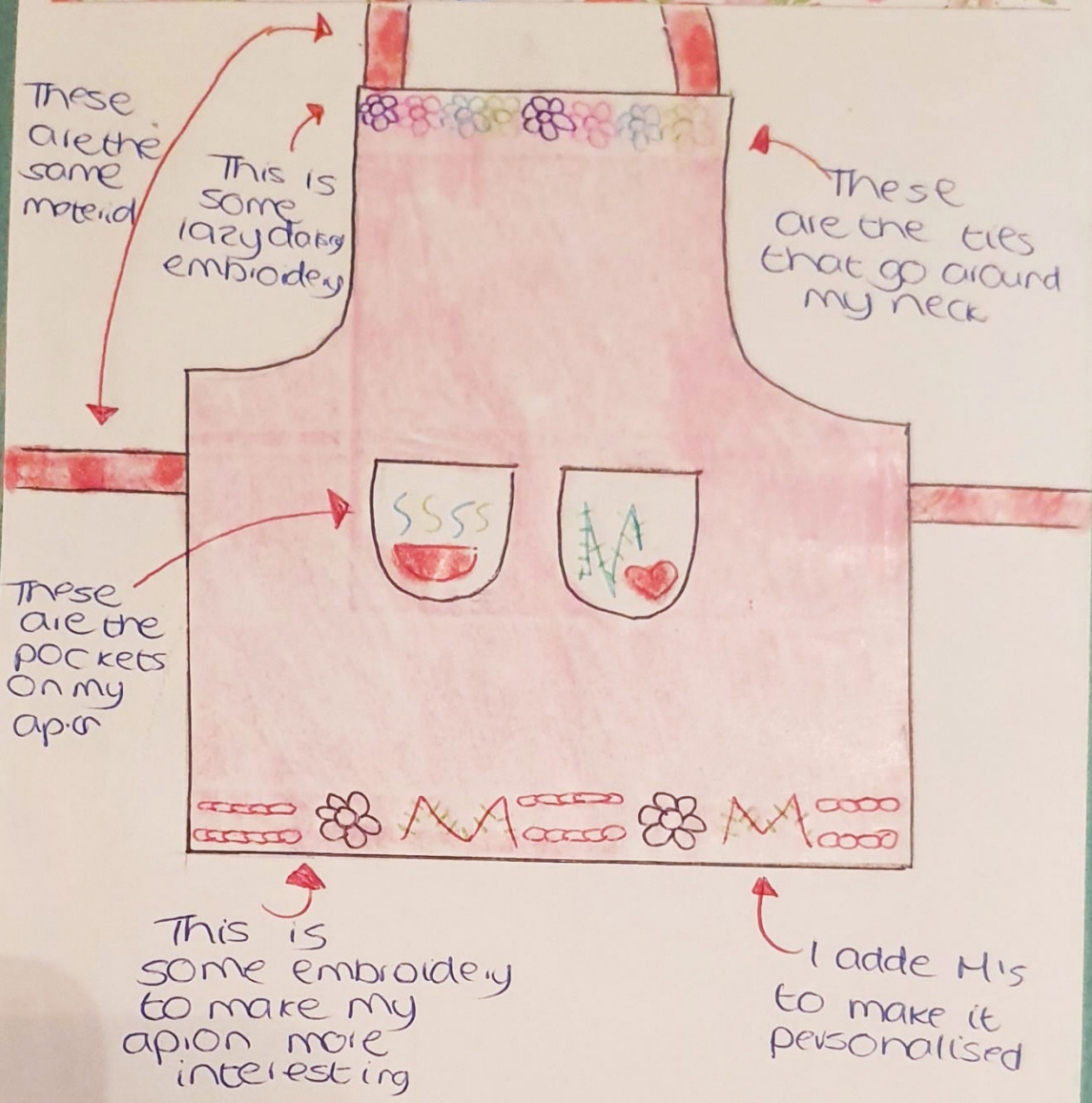


# Possible idea 2





# CHOSEN idea!

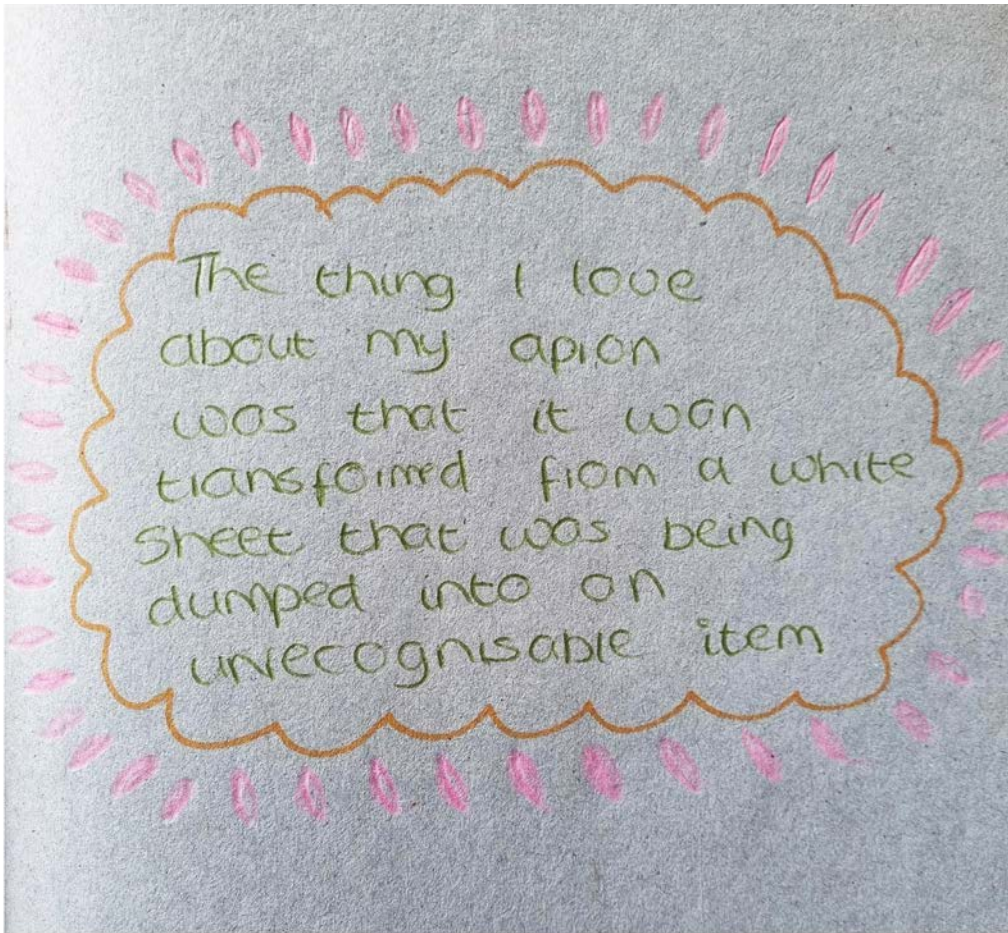


As you can see my design changed over time as I encountered difficulties and I changed my mind of certain elements of the apron

To da...  
Result! \* \* \*  
\* All other evidence of work was sent to my teacher

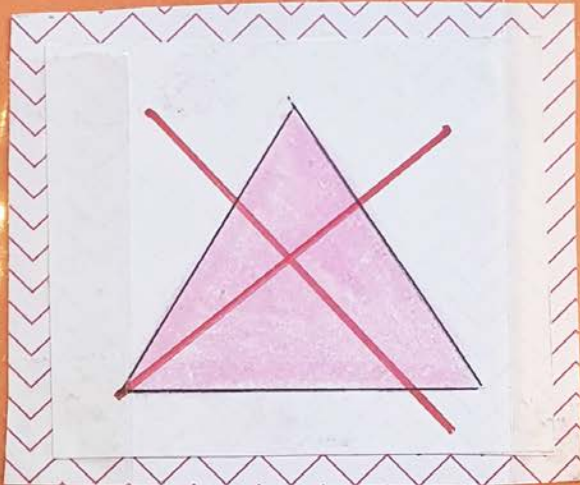


Made  
with  
Love

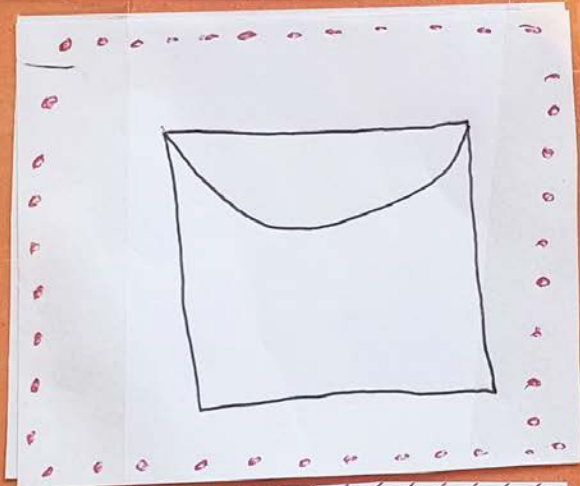




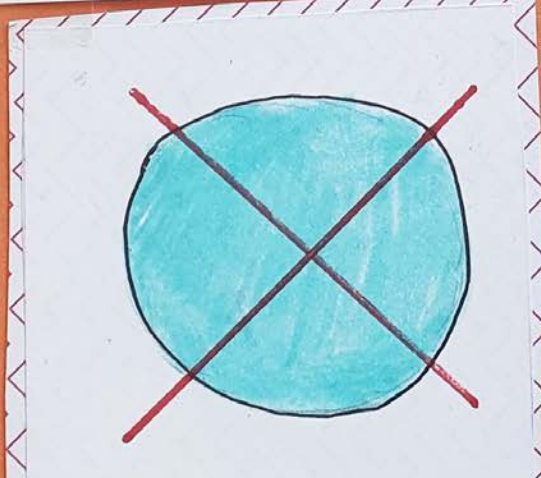
# Care Symbols



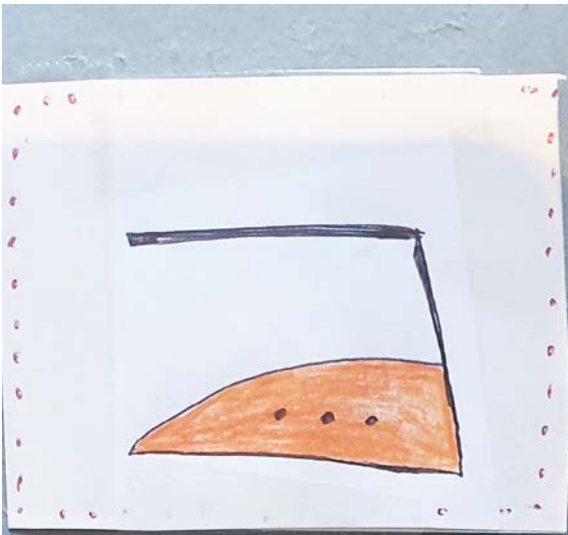
My item cannot be bleached as it is dyed with natural dye and they would run if bleached.



My apron has to line dry ~~as~~ as otherwise the natural dye would stream and run all over the material (cotton) in the dryer.



My item cannot be dry-cleaned as chemical would ruin the natural dye present on the cotton.



My item can be hot ironed as  
the material is cotton. Iron around stitching



My apron must be handwashed as the dye would run in machine

# REFLECTING

I am thrilled with the result of my CBA 1 - Creative Textiles. I gave it my best effort, as I really wanted to produce an item that I would not only (a) use but (b) an item that stands by the morals and ethics I believe in, and something that represents so much more than just an item. In this day and age of fast fashion it is so important to reflect on all the items we can make ourself, upcycling and recycling material in the process. I produced an item that reflects my personality and is unique. I think this is important in the day and age of globalism, of which we live - where cultures and individualism is lost due to international fashion trends.



♡                      ♀                      ♡

Sustainability and being an ethical producer was a huge part of my CBA I - Creative Textiles project. Fast fashion is a huge problem in the modern world. I wanted to upcycle something and give it a new lease of life. During the process of my CBA I transformed a plain white sheet into an apron - which looks unrecognisable.

♀                      ♡                      ♀

I encountered many challenges during the process of producing my apron. These challenges challenged me mentally (my creativity) and physically (my sewing ability). These challenges helped produce the piece of work I present today and when in difficulty I turned to many peers who gave me guidance and advice when I valued tremendously.

♀                      ♡                      ♀

What did you enjoy about completing this CBA?

I enjoyed being out of my comfort zone and trying new things - stitching, embroidery using a sewing machine during this CBA. I also enjoyed learning more about the global goals.

Is the item I made creative and original?

Yes the item I made is creative and original, I have not seen anything before like what I have made. I used inspiration for my apron on Pinterest but I ~~never~~ copied directly as I wanted to make it original.

If you were making the item again what would you do differently?

If I were making this CBA again I would try to tie-dye two colours instead of one, to make the base of my apron more interesting. I didn't do this because I was afraid it might not work. I would also do more embroidery but I didn't have time to complete this.

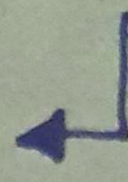
Is the quality of sewing/fabric embellishments?

I did the sewing and embroidery to the very best of my ability but of course they are not as perfect as a sewing machine. I removed any ~~existing~~ existing pencil marks on my apron before handing it up for collection.



# CHALLENGES

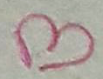
- [ I faced ]



Things didn't go to plan while I was tie-dying with red cabbage so I went back to the drawing board and boiled all the dye out of my fabric. Then I researched other natural dyes and found out beetroot was a good dye. So I tie-dyed using beetroot, and I was thrilled with the result.



During my CBA there were many stitches and embroidery that I couldn't do so I used visual resources like Youtube and ~~to~~ I asked my peers, who were always happy to help.



## Images of the apron





# Teacher Feedback

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**FOQ 1:** The design brief process is completed to a very high standard and is very comprehensive throughout. The layout of the written evidence could be reconsidered next time to indicate the stages of the process as it seems a decision on the chosen solution was arrived at quite early. Excellent evidence of principles of design and sustainability throughout the process and being applied to a very high standard. The exploration and use of natural dye is to be commended. I love the links you made to the Global Goals and your thought process on how to include specific goals on the apron itself.

**FOQ 2:** The application of craft/textile skills overall has been executed to a high standard. This is evident in the range of neat and secure stitches throughout, and they showcase a variety of skills both hand and machine sewing. Creativity is evident both in the design and in the approach to problem solving for example through the application of natural vegetable dye. A very high level of originality is evident in the product and written evidence i.e. throughout the process.

**FOQ 3:** The reflection is very comprehensive throughout the design brief process. I really loved your idea to include a survey among your peers to get them to help you decide on the color to go with in the end. The final reflection piece demonstrates fully your understanding of and ability to effectively evaluate the design brief process and make links back to the task. Very good evidence of using the design brief process to problem solve.

**Overall Judgment: Exceptional**



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