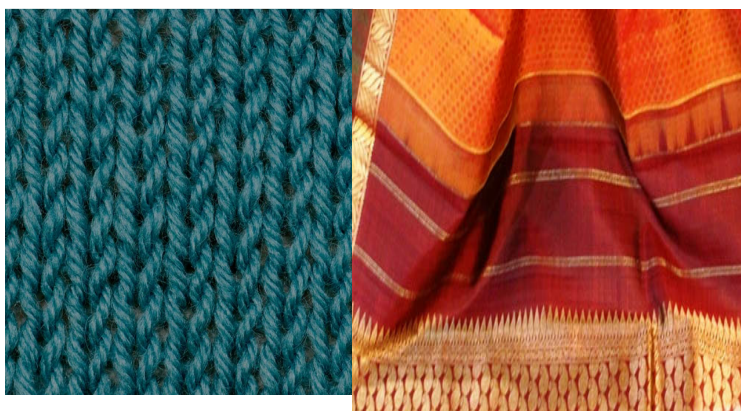
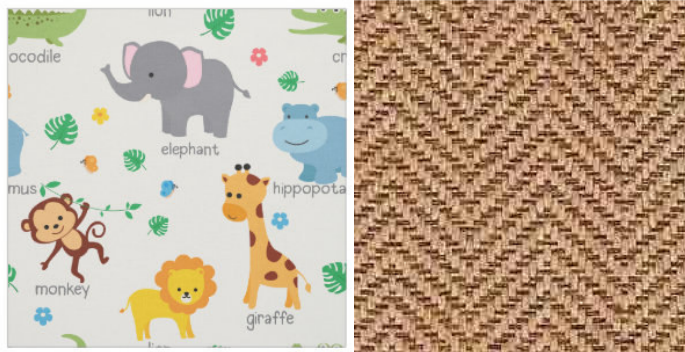


National Institute of Open Schooling
Secondary Course: Home Science
Lesson 10: Fibre to Fabric
Worksheet – 10

1. Identify the following fabrics:



2. WORD SEARCH

C	O	T	T	O	N	R	N
L	K	H	A	D	I	A	Y
I	D	B	L	S	P	Y	L
N	E	O	F	I	O	O	O
E	N	C	L	L	L	N	N
N	I	T	A	K	Y	Q	F
V	M	U	X	W	A	R	P
S	I	L	K	W	O	R	M

CLUES: *Linen Fibre, Twill weave fabric, Bast Fibre, Queen of fibres, Source of silk, Viscose man-made fibre, Straight Yarns, Synthetic fibres, Spun on Charkha*

3. Draw the point paper/weave diagrams of the following weaves:

1. Plain weave

3.	S								
	a								
	t								
	i								
	n								
	w								
	e								

ave

2. Twill Weave

4. Answer the following:

- What are the steps involved in making of a Khadi fabric?
- Rini was asked to create a woollen rug for her school craft project. What material or equipment will she require to complete her project successfully?
- How is a Baluchari cotton saree different from a Patola silk saree?
- While burning eco-friendly crackers on Diwali, Rohit's sleeve caught fire but he didn't suffer severe burns as his sister immediately covered his arm using her shawl. What was the reason that Rohit clothes didn't catch fire easily? Why did his sister's shawl help him save his life?

5. Read the following article and answer the questions below:

The Mental Health Benefits of Knitting

Activities like meditation or yoga have become life-changing habits that help to bring calm both to mind and body in times of stress, anxiety or pain. But did you know that knitting can also help you cope with mental health challenges? Some of the benefits include: Lowered blood pressure, reduced depression and anxiety, slowed onset of dementia, a distraction from chronic pain, increased sense of wellbeing, reduced loneliness and isolation.

Recent research shows knitting has a measurable effect on calming anxiety and relieving stress. In an international survey, a strong connection was revealed between knitting and feelings of calm and happiness. Knitters find benefits in the social nature of knitting - whether they belong to a local knitting group or an online community. In a clinical setting, one study of a group of individuals who have eating disorders showed that knitting had a significant effect on reducing anxiety and calming obsessive thoughts or preoccupations.

Chronic pain plagues many people around the world, of all different age groups and backgrounds. Knitting has become an integral part of managing pain. In one study, knitting offered both physical relief and social support which significantly helped reduce feelings and effects of chronic pain. Knitting in a social setting, whether in real life or online, offers great mental health benefits, but another element is that knitting is often a chance to give back - which can be a great boost to your mental health.

There are many ways to knit for charity and many studies show that giving back to the community supports mental health and can help with feelings of depression and loneliness. Knitting offers an escape for the mind while providing the hands with something to do. The beauty of knitting is that every journey is unique.

- i. How can knitting help in reducing anxiety?
- ii. What are the benefits of knitting in our social life?
- iii. 'The beauty of knitting is that every journey is unique. Justify.
- iv. How does knitting relieve chronic pain?
- v. What are the other benefits of knitting apart from creating interesting knitted garments?