



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section

Cooking

- I. Bring to the assessment a letter from your mother or home economics teacher to certify that you have prepared, cooked, and served a completed dinner for two to four persons and cleared things away afterwards. (Supported with photos.)
- II. At the assessment, cook a meal for two to four according to the menu in your logbook, choose one of the following:
 1. Chinese style: with two courses, a soup and rice.
 2. Western style: appetizer, main dish, dessert or drink.
 3. Other styles: with two courses, a soup and main dish.
- III.
 1. Make and serve a hot tea or coffee.
 2. Make and serve a drink e.g. Ovaltine, Horlicks or lemon tea, etc.
- IV. Lay a table for two persons for a midday meal.
- V. Wash up utensils, boards, etc. that have been used at the assessment.
- VI. Explain to the Assessor:
 1. The important points to note when using fresh, frozen and canned foods for cooking.
 2. How to plan a well-balanced menu for a family of four for one day.
- VII. Explain what safety precautions should be taken to prevent accidents in a kitchen and the ways to tackle with them.

Remarks

An appointed Guider may assess this badge for her own Unit.

Hong Kong Award for Young People

This badge is equivalent to the same topic in the Skill Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.