



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section

Food and Nutrition

- I. Tell the Assessor how the four basic food types in the Food Pyramid function in our bodies and the quantity of each type we need each day.
- II. Design a day's menu according to the correct proportions of food in the Pyramid. Evaluate your diet habit and explain how you can improve your own diet.
- III. Choose three types of food from each level of the pyramid and list how many calories are provided by 100g of each of them.
- IV. Write down how many calories are needed daily by different age groups of males and females.
- V. Make a list of different kinds of food for different festivals and on special occasions and tell what level they fit into the Pyramid. Give suggestion on how to modify them to make people healthier.
- VI. Understand the causes of food poisoning and its prevention.
- VII. Explain aerobic exercises and non-aerobic exercises. Introduce two kinds of exercises of each type and list how many calories they consume in an hour and explain the proper ways of eating to regain energy after exercise.

Remarks

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