



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section

Health

- I. Show by your personal appearance to the Assessor during the assessment that you are genuinely in good health and have good health habits; answer questions on cleanliness of clothing and toiletry articles, the use and the abuse use of cosmetics and deodorants.
- II. Explain the dangers of ill-fitting and unsuitable footwears. Describe how to choose a suitable pair of shoes for yourself.
- III. Describe the ways in which you try to keep your teeth and gums healthy.
- IV. Discuss with the Assessor how health is affected by cleanliness, posture of sitting and standing, exercising, sleeping, food, junk food, unwise dieting, drugs, smoking and alcohol.
- V. Discuss with the Assessor how you spend your leisure time to show that you are trying to maintain a balance in your various activities, interests, and work.

Remarks

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