



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section

Homemaking

- I. Perform housework for seven consecutive days or four weekends (consecutive if possible). Take a note to the assessment with your parent's signature to certify that you have done the following satisfactorily.
 1. Lay the dining table and clear it and wash up after one main meal.
 2. Make your bed and keep your bedroom tidy.
 3. Undertake the weekly cleaning and vacuuming of your room.
 4. Cook a simple meal for the family including a soup and two courses.
 5. Clean the toilet.
 6. Change the bed sheets at least once within the above seven days or four weekends.

- II. Discuss with the Assessor:
 1. How fresh, frozen, canned and dried food should be stored.
 2. Plan the menu for a day for your family, showing that you have basic knowledge of food values.
 3. Prepare a shopping list and the cost for this plan.
 4. The precautions to prevent accidents at home.
 5. The proper disposal of kitchen waste and how to carry out categorizing of domestic rubbish.
 6. The selection of suitable cleaning agents and the correct ways of using them.

- III. Bring to the assessment one of the following or a record with photos or videos:
 1. A household item made by yourself.
 2. A bed sheet or table cloth you have made or repaired.

Remarks

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

Hong Kong Award for Young People

Holders of this badge are qualified for the Skill Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.