



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Outdoor Cooking

- I. Cook a meal for 2 people out of doors which includes:
 1. Two dishes and a soup or a hot drink.
 2. Using two different kinds of cooking methods.
 3. A balanced menu.
 4. Submitting your plan (including the menu, recipe, quantity and cost) for approval to the Unit Guider and show it to the Assessor in the assessment.
- II. Explain to the Assessor how you select, store and prepare the food beforehand.
- III. Demonstrate the following:
 1. How to keep the cooked food warm.
 2. Wash the utensils, remove the rubbish and clean the area after the meal.
- IV. Prepare a standard first aid kit and explain the treatment of burns and scalds.
- V. Use camping stove in the assessment and explain to the Assessor the safety precautions to be taken and demonstrate how to change gas or add fuel.

Note

You may take a Guide friend with you to help you. If your friend wishes to be assessed for this badge at the same time, the two of you must share the preparation and work for the assessment and be able to satisfy the Assessor that your efforts were equal.

Remarks

1. An appointed Guider who holds a valid HKAYP Expedition Instructor Certificate may take this badge assessment for her own Unit.
2. An appointed Guider who holds a valid Camper's License or a Quartermaster Certificate may take this badge assessment for her own Unit.
3. The Current Division Camp Consultant may take this badge assessment for Guides from her Division.