

The Hong Kong Girl Guides Association
Interest Certificate Syllabus
Ranger Section

Culinary Arts

- I. List out the application and maintenance of cooking equipment and tools, including the use and maintenance of cutting boards, the use of knives, stoves and kitchen utensils.
- II. List out the basic principles of food handling, hygiene, and knowledge about food purchasing:
 1. Food storage
 2. Food hygiene
 3. Kitchen hygiene
 4. Food labelling
 5. Diet and nutrition
 6. Seasonal food
- III. Prepare recipes of breakfast, lunch and dinner for 4 people for a week, including the budget and portion size
- IV. Explain the theories of various cooking techniques
 1. Pan fry, stir fry, boil, deep fry, steam, braise, bake
 2. Use of seasonings
 3. Heat control
- V. Cook a dinner for 4 people
 1. Soup
 2. Three main dishes
 3. Staple food
 4. Dessert

Qualification of Assessor

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

Hong Kong Award for Young People

- Holders of this certificate are qualified for the Skills Section at the Bronze/ Progressive Silver/ Direct Silver (Minors) Level of the HKAYP.
(Continuous participation in the activity for a minimum of 6 months)
- Candidates who have completed the Skills Section at the Bronze/ Progressive Silver Level of the HKAYP in the corresponding item are qualified for this certificate.