

The Hong Kong Girl Guides Association
Interest Certificate Syllabus
Ranger Section

Home Management

- I. Discuss with the Assessor knowledge about home management, including housework arrangements, time allocation, and how to deal with receipts / simple accounts.
- II. Know about household and personal hygiene:
 - Knowledge and safe use of detergents
 - Demonstrate how to remove different types of stains
 - Demonstrate how to remove stains on the ground
 - Demonstrate how to make a bed
- III. Collect information about how to handle clothes:
 - Introduce the methods to handle and care for different types of fabrics, clothing labels, use of detergents, knowledge and skills of hand washing and machine washing
 - How to care for dry cleaned clothes, and the use and maintenance of irons
 - Demonstrate how to iron, fold and store clothes
- IV. Collect information about basic knowledge and skills of cooking:
 - Knowledge and skills of using kitchenware
 - Skills of buying seasonal ingredients
 - Knowledge about food pairing, meal arrangements and balanced diets
 - Cooking principles, knowledge and basic skills of cooking
 - Knowledge about food labelling, spoilage and storage
- V. Introduce the basic nursing techniques, common diseases and dietary knowledge for of following groups of people:
 - Pregnant women
 - Babies
 - Toddlers
 - Elderly
- VI. Discuss with the Assessor the use and maintenance of household electrical appliances, knowledge and practices for a safe household, simple first aid, responses to accidents and emergencies, and household electrical appliances menus.