



**The Hong Kong Girl Guides Association
Interest Badge Syllabus
Brownie Section**

Food and Nutrition

Present the following information in a logbook and share with the Assessor:

- I. What the food pyramid is, the basic food groups and how they are used by the body.
- II. Name at least 4 vitamins and their benefits.
- III. Make a list of what you ate for one day. Explain how your selected food matches up with the standard of the food pyramid.
- IV. The health and safety considerations in buying and storing food.
- V. Name at least two sports activities and the amount of calories each of them burns.

Remarks

This badge is part of the NOVICE Collective Emblem.

Assessment

An Appointed Guider may assess this badge for their own unit.