



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section

Cooking

- I. Bring to the assessment a letter from your mother or home economics teacher to certify that you have prepared, cooked, and served a completed dinner for two to four persons and cleared things away afterwards. (Supported with photos.)
- II. At the assessment, cook a meal for two to four according to the menu in your logbook, choose one of the following:
 1. Chinese style: with two courses, a soup and rice.
 2. Western style: appetizer, main dish, dessert or drink.
 3. Other styles: with two courses, a soup and main dish.
- III.
 1. Make and serve a hot tea or coffee.
 2. Make and serve a drink e.g. Ovaltine, Horlicks or lemon tea, etc.
- IV. Lay a table for two persons for a midday meal.
- V. Wash up utensils, boards, etc. that have been used at the assessment.
- VI. Explain to the Assessor:
 1. The important points to note when using fresh, frozen and canned foods for cooking.
 2. How to plan a well-balanced menu for a family of four for one day.
- VII. Explain what safety precautions should be taken to prevent accidents in a kitchen and the ways to tackle with them.

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 Skills Section at the Bronze/ Progressive Silver/ Direct Silver (Minors) Level of the HKAYP.
- Candidates who have completed the Skills Section at the Bronze Level or above of the HKAYP in the "Cooking" topic are qualified for this badge.