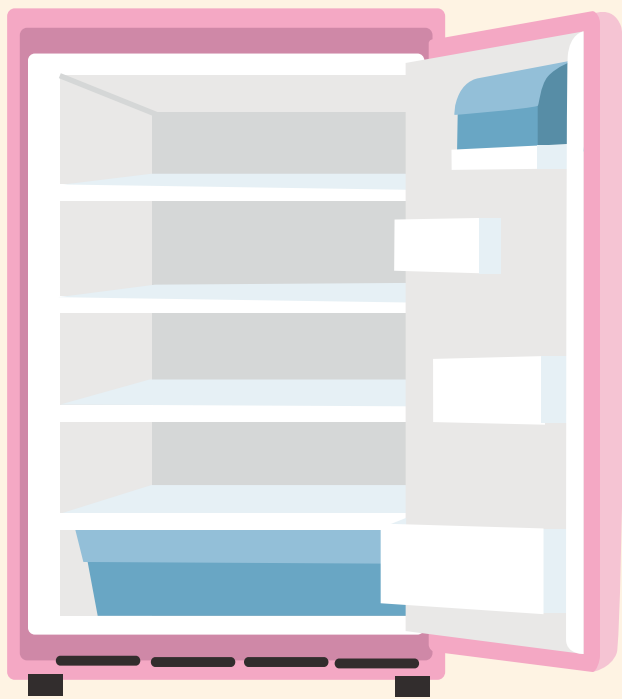


Food facts

Did you know that food poisoning is caused by eating contaminated food? To avoid some unpleasant consequences, make sure you store and prepare your food safely!



Don't keep the door open any longer than you have to.

The fridge temperature should be 1–4°C.

Don't overload the fridge – air needs to circulate freely inside.

Chill out!

Food can even get contaminated in a fridge if you don't store it properly. It's very important to know where to keep food in the fridge, and how to look after your fridge.

Imagine you've just done the weekly shop and you have loads of food to put away. Either cut pictures from magazines, or draw and cut out all the things that will go in your fridge: milk, cheese, salad items, a joint of beef, chicken drumsticks, orange juice, margarine, yoghurts, sausages, cooked ham etc.

Now draw a big fridge on a large piece of paper. Take it in turns to place an item in the fridge, and make sure you obey the rules below. If someone breaks a rule, she has to miss her next turn due to a stomach ache!

- Cooked foods must be kept away from raw foods.
- All foods should be wrapped individually.
- Raw meat should be at the bottom of the fridge in a container so the juices don't drip on other food.
- Dairy products should be kept well away from meat products.
- Opened cans of food should be emptied into another container and covered.

Now carry out a survey of your fridge at home! Make a note of the things to look out for – and if you find something not quite right suggest how it should be changed.



Keep it clean

Don't forget that food can also be contaminated by people! Can you spot five reasons why you would not want to eat food prepared by this lady?



Answers are on page 31.

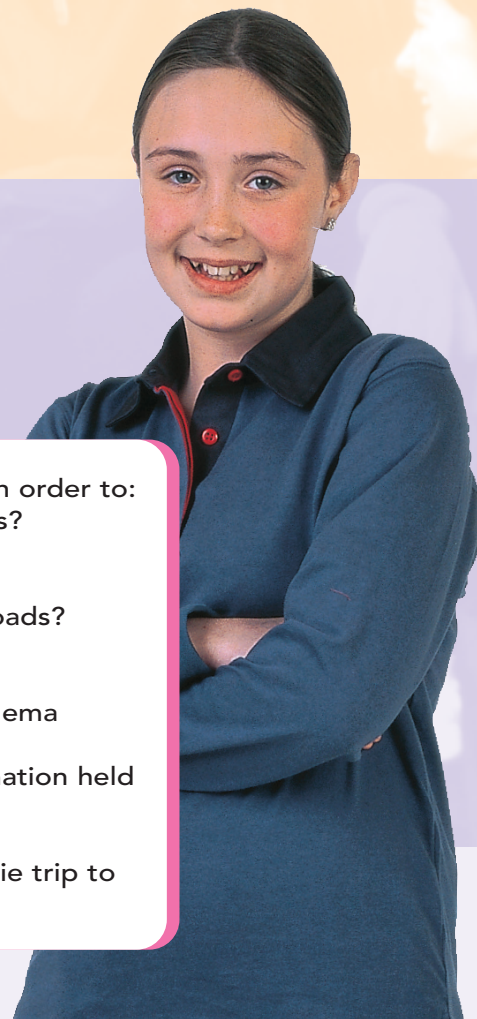
Minimum age quiz

Laws that say you have to be a certain age to do something are always controversial. For example, at the moment you have to be 12 to buy a pet. The RSPCA want the law changed so you have to be 16. What do you think?



How old do you have to be in order to:

- a Drive a car on public roads?
- b Leave school?
- c Fly a microlight aircraft?
- d Ride a moped on public roads?
- e Get a part-time job?
- f Buy liqueur chocolates?
- g See a U or PG film at a cinema unaccompanied by an adult?
- h Apply for access to information held about you on a computer?
- i Adopt a child?
- j Be a lifeguard for a Brownie trip to the swimming pool?



Answers

p8

Health matters

- 1 False.** Alcohol actually causes the body to lose heat. You can get dangerously cold if you wander outside in winter after drinking.
- 2 True.** Alcohol can be lethal if you drink it in large amounts. Each year 1,000 under-fifteens are admitted to hospital with acute alcohol poisoning. They all need emergency treatment and some of them end up in intensive care.
- 3 True.** The alcohol passes into the bloodstream, travels across the placenta and is fed to the baby.
- 4 False.** You can get advice about contraception at any age and your GP will give you contraception if he or she thinks you need it. If you are under 16 you will be encouraged to discuss this with your parents/guardians.
- 5 False.** A poor diet could be the cause. Other reasons for spots could be teenage hormones, or changes in your body such as having your period.
- 6 True.** Cigarettes contain nicotine, a stimulant that increases your heart rate and blood pressure.
- 7 False.** Head lice like clean hair of any length. You can buy treatment shampoos, which kill the lice in a few applications, from chemists.
- 8 False.** Exercise until you're pleasantly tired but not until exhausted. With the right amount of activity you should be breathless – not speechless! Remember, it's better to exercise gently several times a week than to wear yourself out occasionally.
- 9 True.** Many types of drugs can cause loss of appetite and therefore weight loss. They can also make you unhappy, moody and aggressive and can be dangerous and illegal. Ask your doctor before taking any drugs.
- 10 True.** Cigarette smoke contains nicotine, tar, carbon monoxide and other gases.



p23

Washed up

- | | |
|-----|------|
| 1 d | 6 i |
| 2 f | 7 h |
| 3 g | 8 e |
| 4 b | 9 a |
| 5 j | 10 c |

p23

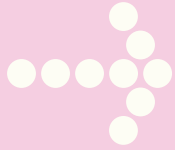
Zap that stain!

Chewing gum = egg white
Blood = salt water solution
Superglue = methylated spirit
Biro ink = hairspray
Lipstick = vaseline
Sweat = aspirin dissolved in water
Tar = eucalyptus oil
Scorch marks = milk

p30

Keep it clean

Dirty hands and face; wearing jewellery; smoking; dirty apron; hair not tied back.



Notes for Guiders



A balanced programme

One of your responsibilities as a Guider is to ensure there is a balanced and varied programme for your Guides. You will need to work with Patrols to see that over time they take part in activities that cover all five zones (see *Notes for Guiders*) by doing unit activities, games etc in addition to Go For Its!



Safety

Another responsibility is to ensure that the Guides are safe. The rules within the current edition of *The Guiding Manual* should be adhered to and, depending on their ages and abilities, you may need to supervise Guides on the following:

- Going outside the normal meeting place.
- Inviting members of the public into the meeting place.
- Using knives or tools.



Extending an interest

If a Guide has particularly enjoyed *Go For It! Life wise* she may like to do the following badges:

- Cooks
- Personal safety
- Independent living

