Cadette
New Cuisines
Badge
Instructions for using this badge guide:

FIRST: MAKE A COPY OF THIS PRESENTATION
Rename it YOURNAME New Cuisines Badge (example: Jane W New Cuisines Badge)

SECOND: As you go through this presentation you will put YOUR answers into the text boxes and upload pictures of YOUR food creations

LAST: Share the final presentation with your leader to show that you have EARNED your Cadette New Cuisines Badge

The New Cuisines Badge Booklet is found in the Cadette Girl's Guide to Girl Scouting which can be purchased through the GSWNY Council Shop online.
Culinary possibilities are as diverse as the world of people who cook them.

The steps:

Step 1: Make a dish from another country

Step 2: Create a dish from another region of the United States

Step 3: Whip up a dish from another time period

Step 4: Cook a dish that makes a statement

Step 5: Share your new dish with your family and celebrate!

When you’ve earned this badge, you’ll be able to make amazing dishes from all over the world and way back in time.
Step 1: Make a dish from another country

- Think about the different countries in the world.
- What country have you always wanted to visit?

When you find a recipe, ask yourself these questions:

- Can I find the ingredients? Is there a good substitute for anything that’s hard to find?
- Will I need special equipment?
- How will I learn any specific cooking techniques?
- Do I want to adjust any ingredients to better fit my approach to healthy living?
Q: What country does each of these foods come from?

- tortilla chips: Mexico
- fortune cookie: China
- chop suey: China
- jambalaya: Louisiana, America

A: All of them were invented in the United States.
Travel around the world without leaving your kitchen. Use the internet to find a recipe from the country of your choice and attempt to create it from your kitchen.

Share the recipe you used here:

Post a picture of your finished creation here:
Step 2: Discover a dish from another region of the United States

Now think about our home country. Each region of the United States is different in its unique way.

If you could travel to any region in the United States, which one would it be?

List the six different regions using the internet:

1. 
2. 
3. 
4. 
5. 
6. 

Here is a link to a fun video about Regions of the United States
A Sampling of Regional Specialties

NORTHEAST
- clam chowder
- lobster roll
- sugar on snow

MID- ATLANTIC
- Philadelphia cheesesteak
- scrapple
- beef on weck sandwich
- Buffalo wings

MIDWEST
- mac and cheese
- German potato salad
- kringle
- cheese curds

SOUTH
- boiled peanuts
- grits
- peanuts
- gumbo
- mufulette sandwich
- Key lime pie

SOUTHWEST
- cornbread
- fry bread
- Tex-Mex nachos

WEST
- sourdough
- California burrito
- Spam sushi
Each region has their own popular foods that you might not find in your home area. Select a region of the United States other your own and research popular dishes found there.

Select one of these regional specialties and write a description of the dish. Post it here with a picture and the recipe:

Share the description and recipe here:

Add a photo of your dish here:
Step 3: Whip up a dish from another time period:

Now let’s travel to the past. Most families have traditional foods they may eat at family gatherings.

What foods are traditionally served at your family celebrations?

Talk to a grandparent or other family member about this dish and their food memories.
After talking to a grandparent or family member, it is your turn to try making the dish. Was it easy to make? How did it taste? Did you make any changes? Share a picture of the final meal below.

Share the recipe you used here:

Share a photo of your dish here:
Step 4: Cook a dish that makes a statement

Processed foods have ingredients in them that you may not recognize and may not be healthy for you. Sometimes we are unaware of what we consume. Making dishes from scratch gives us a better understanding of what we eat.

Let's think about some of your favorite processed foods. Using the internet, research how to make one from scratch. Compare the ingredients in the recipe with the ingredients listed on the processed food product.

Here is a video about the differences between processed foods and whole foods:

*PROCESSED FOODS: 7 reasons why they aren't good for you (science-backed)*
Step 5:
Share your dishes on a culinary tour

- Now that you have tried some new foods from other regions and countries, research and find another new recipe that you’d like to try.
- Cook, prepare, and serve it as a special meal for your family.
- Share a photo of your family enjoying the meal together!
My Family Meal Celebration!

Add your family meal photo here or tell us what you cooked and how you enjoyed it.
Now that I’ve earned this badge I can give service by:

- Helping family and friends challenge their taste buds
- Suggesting new meal ideas
- Starting a club where everyone shares ideas for new dishes.

Or...

I am inspired to....

(Add your service idea here)
Congratulations!

You have earned your New Cuisines badge! Share this finished document with your leader to show her you have earned the badge!

The New Cuisines badge can be purchased through our GSWNY Council Shop. Questions? Contact CustomerCare@GSWNY.org or Girl.Experience@GSWNY.org