

# Cadette New Cuisines Badge

  
**girl scouts**  
of western new york

# Instructions for using this badge guide:

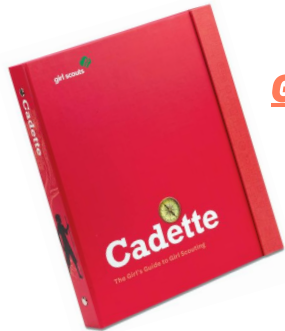
**FIRST:** **MAKE A COPY OF THIS PRESENTATION** -

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

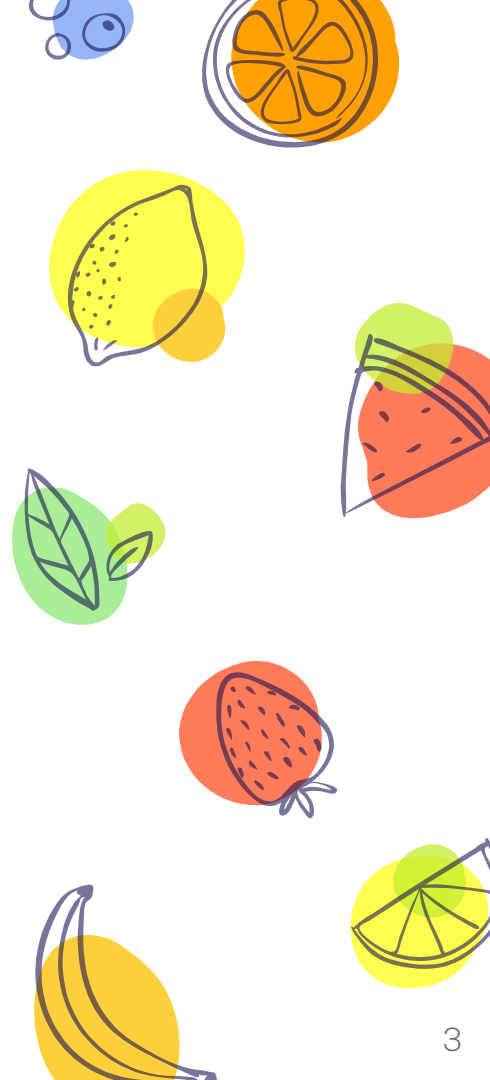
The New Cuisines Badge Booklet is found in the **Cadette Girl's Guide to Girl Scouting** which can be purchased through the GSWNY Council Shop online.



Culinary possibilities are as diverse as the world of people who cook them.



When you've earned this badge, you'll be able to make amazing dishes from all over the world and way back in time.



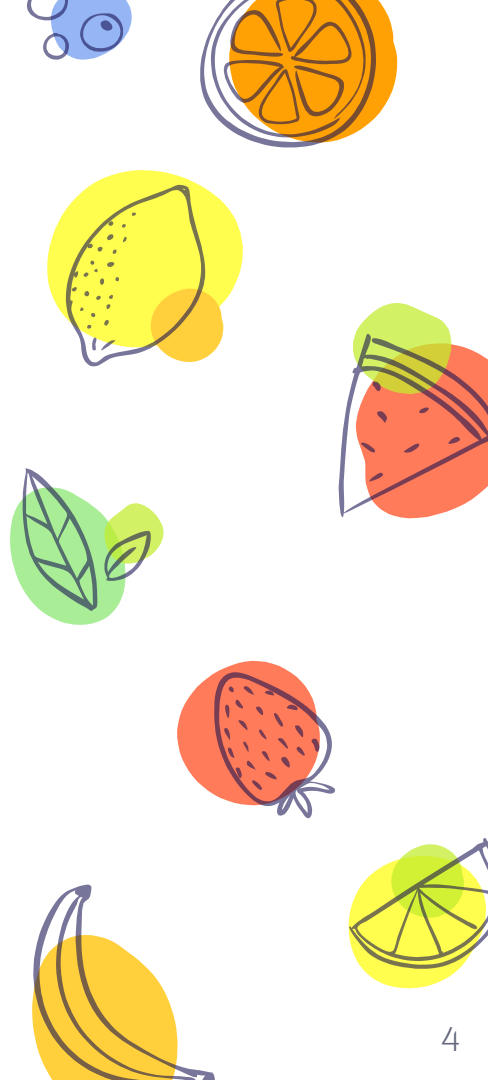
# Step 1:

## 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?



**THAT'S FROM  
WHERE?**

**Q:** What country does each of these foods come from?

tortilla chips

fortune cookie

chop suey

jambalaya

**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 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  
gumbo  
muffuletta sandwich  
Key lime pie



### SOUTHWEST

corn bread  
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:



The slide is decorated with various hand-drawn illustrations of fruits and vegetables. At the top left is a blue bubble. Next to it is a sliced orange. To the right is a green vegetable, possibly a cucumber. Further right is a slice of watermelon. On the far right is a green lime. In the center, above the text, is a green circle containing two black quotation marks. On the left side, there is a yellow lemon. Below it is a green leaf. At the bottom left is a strawberry. Next to it is a banana. In the bottom center is a green leaf. To the right of the leaf is a green vegetable, possibly a cucumber. At the bottom right is a cherry. Above the cherry is a small green leaf. To the right of the cherry is a sliced yellow lemon. Above that is a green lime. At the bottom right is a sliced orange.

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.

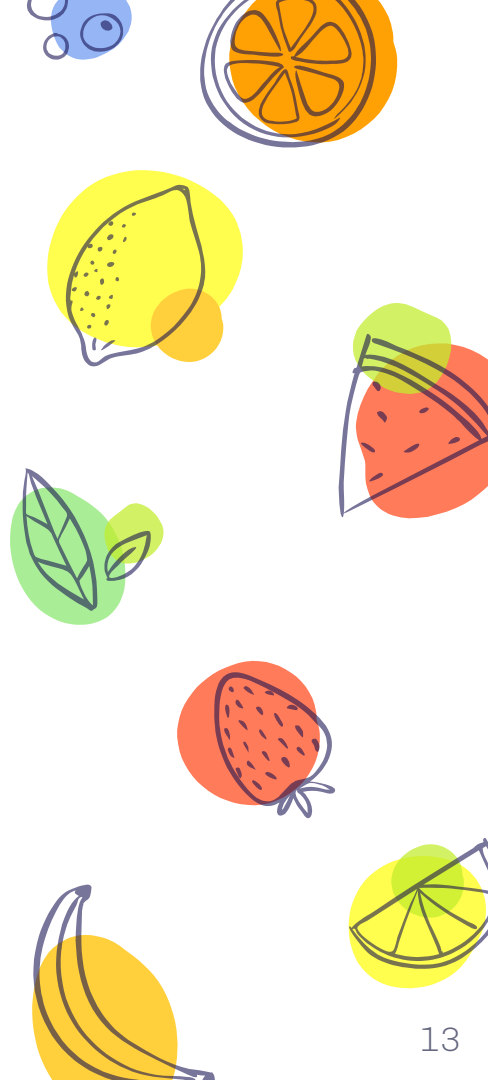
Here is a video about the differences between processed foods and whole foods:

[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!



The page is decorated with various hand-drawn illustrations of fruits and vegetables. At the top, there is a blue cluster of grapes, a slice of orange, a green cucumber, and a slice of watermelon. On the left side, there is a whole yellow lemon and a green leaf. On the right side, there is a whole green lime. In the center, the title 'My Family Meal Celebration!' is written in a large, orange, cursive font. Below the title, there is a text prompt in a smaller, dark blue, sans-serif font. At the bottom, there is a strawberry, a banana, a green leaf, a slice of lime, a whole orange, and a cherry.

# 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)

### CAREERS TO EXPLORE

- Baker
- Pastry chef
- Line cook
- Caterer
- Farmer
- Gardener
- Foreign language teacher
- Community organizer
- Cruise ship chef
- Social studies teacher
- Personal chef
- Restaurant manager
- Maitre d'
- Waiter
- Food writer
- Food stylist
- Cooking instructor
- Gourmet shop owner
- Food historian
- Ice cream flavor developer
- Food critic
- Travel writer
- Cookbook writer
- Recipe developer
- Recipe tester



# 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](mailto:CustomerCare@GSWNY.org) or [Girl.Experience@GSWNY.org](mailto:Girl.Experience@GSWNY.org)