

Life Skills • Cadette Badge Blueprint



New Cuisines Badge

Purpose of Badge:

Cook dishes from across time and distances, and see where your taste buds take you.

Supplies needed: Internet, Girls will need to use the stove to complete recipes. Please only cook with adult supervision!

Step 1: Make a dish from another country

Talk to a relative, and discover food heritage and a traditional family favorite recipe. Get a piece of 8 ½ piece of paper and fold it in half like a book. On the inside right half, write the recipe. On the inside left half, draw a picture of the recipe. On the front cover draw where you were born on the top half, then the country the recipe is from on the bottom half. On the back of your “book” write a memory about why this is one of your favorite family recipes. Does the recipe remind you of a person? Now that you have the recipe, cook it with that person.

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

Pick three states from different regions and discover a recipe that’s become a cultural favorite. How is it a regional specialty? This step will take you on a cultural road trip. Find your favorite and cook the dish. Why did you choose the dish?

Step 3: Whip up a dish from another time period

Try a recipe inspired by a historical book or movie. Watch The Sound of Music and try a Viennese pastry, watch Night at the Museum and discover a dish one of the characters would have eaten in their time, watch Hidden Figures and make a dish that would have been shared at the church potluck, or make up a recipe for a fantasy food from your favorite fantasy novel.

Step 4: Cook a dish that makes a statement

Try a recipe for a special diet. Ask a friend or family member who follows a special nutritional plan or diet for a recipe. Discover why a person may require a special diet. Is it medical, based on their religious beliefs, or simply because they choose to eat a certain way? You may try gluten-free bread, a kosher kugel, or a plant-based diet with only fruits, nuts, veggies, and seeds.

Step 5: Share your dishes on a culinary “tour”!

Cook up the entire meal for your friends, family, or troop. Create a menu for a feast based on one-or all of the dishes you made and discovered in steps 1-4, and offer to cook them for our family one night.

Congratulations! You have now earned the New Cuisines Badge!

Remember, the Volunteer Toolkit Online has more activities to explore and is a great resource for planning meetings.