

Cadette New Cuisines Badge:

Before you get started- This badge is all about trying new cuisines. Try to choose dishes that you've never had before! You might not have access to all the ingredients that a recipe calls for—use ingredients you do have, and learn about [substitutions](#) that you can make, swapping an ingredient you don't have for one that you do.

1. Make a dish from another country. Get some inspiration from the links below, or do your own research! Do you know someone who traveled or lived in another country? Ask them about the cuisine!
 - [What Breakfast Looks Like Around the World](#) (Video)
 - [20 Must Eat Foods From Around the World](#) (Article)

When you find a recipe, check if you have all the ingredients. You might need to research substitutes if you don't have certain items.

- Don't have access to the right ingredients? Use the ingredients you do have to create a dish inspired from another country—trying using a certain spice, or an ingredient, and putting your own spin on it.
2. Discover popular foods from other regions of the United States. Find out what's popular in the Southwest, Midwest, Northeast. Is a specific state known for a certain food? Do your own research, or talk to a friend or family member about foods that are popular in different parts of the US. Pick a regional specialty to make at home.
 - [Trying Foods from the Midwest](#) (Video)
 - [17 Regional Foods](#) (Article)
 3. Ask a family member for an old family recipe. Learn how to make a recipe that's been passed down in your family, or learn how to make a current favorite so you can pass it on to new generations!
 4. Choices about health, convenience, the environment, and religion all show up in what we choose to eat. Try a recipe for a [special diet](#) or [food allergy](#). Think of a family member or friend who has special dietary needs—gluten free, vegan, kosher, etc. Think about what substitutions you would need to make in order for it to fit their dietary needs. Practice making a meal that would fit their needs!
 5. Host a “new cuisine” party. Create an entire meal for your family featuring at least one of the recipes you tried for this badge. After you share your meal, ask for feedback, too! That's how you keep on cooking 😊

*****To complete this badge- email a photo of your girl with her favorite new cuisine to mmyers@girlscoutsoaz.org. Let us know if we can share your girl's photo on social media, and consider including the recipe for us to share!**

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