

Cadette New Cuisines Badge

Activity Choice Descriptions

Walk your girls through the activity choices and let them decide which ones they like best.

Meeting 2 Activity Choices

Whip Up a Dish from Another Time Period

Try a Recipe Inspired by a Historical Book or Movie: Find a recipe from a book or movie that takes place sometime in history. What did people eat in Downton Abbey? Think about something like “headcheese” from Little House on the Prairie or Viennese pastry from The Sound of Music.

Ask a Grandparent or Other Relative for an Old Family Recipe: What’s a recipe that your family is famous for? Bring it to the next troop meeting and share it!

Pick a Piece of the Past that Excites You: What do you think people ate in Medieval times? What do you think pirates ate? Find a recipe from a time in history to bring and share.

Cook a Dish that Makes a Statement

Take a Processed Food you Love and Make a Homemade Version: What would your favorite processed food taste like if you made it yourself? Homemade Twinkies? Homemade peanut butter? Think of a food you’d like to try to make yourself.

Choose a Veggie Protein and Find a Recipe that Features It: Anything can be made vegetarian or vegan. Find a dish that uses all plant-based ingredients to share with everyone!

Try a Recipe for a Special Diet: Dietary needs for allergies or religious and health reasons are always important to consider. Find a recipe that follows a special nutritional plan!