



All Girl Scout Levels:  
Daisy, Brownie, Junior, Cadette, Senior, and Ambassador

# Tastebuds Patch Program

*Exploring Diversity through Dining*

Hungry to learn about other countries and cultures? GSNC's Tastebuds patch program has all the ingredients for fun and understanding.

## To Earn The Tastebuds Patch:

### Girl Scout Daisies and Brownies

Complete one activity from each course

- Appetizer
- Salad
- Main Course

### Girl Scout Juniors

Complete one activity from each course

- Appetizer
- Salad
- Main Course
- Dessert

### Girl Scout Cadettes, Seniors, and Ambassadors

Complete one activity from each course

- Appetizer
- Salad
- Main Course
- Dessert
- A La Carte Activities



To Earn The “Yummy,” “Tasty,” “Great” Bars: Repeat the program activities for a different cuisine or culture. Add a bar for every new cuisine.

Once you have identified a country or region you would like to learn more about, identify a restaurant that you would like to visit that serves this type of cuisine.

Contact the restaurant to arrange a visit. Check Possibilities for GSNC program partners that offer this program.

Patches can be purchased in person at the GSNC shop or online at [gsnc.org](http://gsnc.org).

Continued

girl scouts   
of nassau county

# Tastebuds Patch Program (continued)



## Appetizer-Prepare for your Visit

- Interview someone from the region. Find out what it is like to live there. What are some of their favorite dishes?
- Visit a museum exhibit on the country/region you are learning about.
- Watch a video or visit a website that pertains to the country/region.
- If the restaurant provides activities before your visit do those instead.

## Salad-Learn more about the Culture

- Review some recipes from that region. How does the food differ from what you are used to? What are some of the spices used? Are they different from the ones you use in your house?
- Research the traditional dress of the country/region about which you are learning. Draw pictures of different clothing styles.
- Learn about the currency of the country/region you are studying. Compare it to the US Dollar. Practice counting it.

## Main Course-Visit the Restaurant

- Learn how the food is prepared. Is it different from the way we prepare food? What special equipment is used in food preparation? Why are certain spices/ingredients used and not others? Taste the food.
- Look at the decor of the restaurant. Are their clues to the type of cuisine they serve? Are there foreign words on the menu? Ask your server to explain some of the terms. Taste the food.

## Desert-Sharing what you Learned

- Create a poster or a booklet about the country/region you have studied. Include information you learned at the restaurant.
- Prepare a dish from that country/region. Share that dish with your troop or family.
- Create a radio or television commercial advertising the restaurant. Include highlights of the things you have learned.

## A la Carte-Expand your Experience

- Locate and visit a business that specializes in different foods from around the world.
- Develop a cookbook of your favorite dishes from your background.
- Visit a supermarket/store that has an ethnic food section. Do you recognize any of the foods? Spices?
- Write a restaurant review of the view as well as the atmosphere of the restaurant you visited. Indicate any special cultural features you noticed.