



# CULINARY ARTS

A GS NORCAL COUNCIL'S OWN INTEREST PROJECT PROGRAM

## CADETTES, SENIORS & AMBASSADORS

TO ENCOURAGE AND INSPIRE GIRLS TO EXPLORE THE  
WORLD OF CULINARY ARTS.



### PURPOSE

Do you love to cook or wonder how to cook like a professional? If you do then this is your chance to get a taste of the Culinary Arts (the art of cooking). You can learn to make a delicious soup, learn how to grill, and/or create your own dish by completing the Culinary Arts IP.

### REQUIREMENTS

To earn an interest project patch, you must complete at least seven activities as follows:

- Two Skill Builders activities
- One Technology activity
- One Service Project activity
- One Career Exploration activity
- Two activities from any category that you choose

All members of Girl Scouts are eligible to earn the Culinary Arts Interest Project.

The Culinary Arts Interest Project is an official award and should be worn on the front of the vest or sash.

### ORDER INFORMATION

To order the Culinary Arts Interest Project please visit [www.girlscoutsnorcal.org](http://www.girlscoutsnorcal.org) and purchase the items online. Please note that shipping and handling will be added to all online orders.

Members of Girl Scouts of Northern California will not be charged for shipping and handling if they use the GS NorCal Council's Own Order Form and have badges shipped to the closest GS NorCal store in their area for members to pick up.

ORDER PATCHES ONLINE AT [WWW.GIRLSCOUTSNORCAL.ORG](http://WWW.GIRLSCOUTSNORCAL.ORG)  
FOR FURTHER INFORMATION ON PATCH PROGRAMS CONTACT [PATCHES@GIRLSCOUTSNORCAL.ORG](mailto:PATCHES@GIRLSCOUTSNORCAL.ORG)

# CULINARY INTEREST PROJECT FOR CADETTE, SENIOR & AMBASSADOR GIRL SCOUTS

## SKILL BUILDERS

1. Learn about the tools of the culinary trade, for example: what are different kinds of knives used for? Are there other tools which perform the same function? Compare their cost and ease-of-use.
2. Become familiar with different forms of measurement, weight vs. volume. Try different recipes to become acquainted with the proper way to measure different types of ingredients.
3. Proper sanitation techniques are not just good manners – they are a legal requirement for culinary professionals. Study the local health codes for your area. How many of these rules apply to home kitchen situations? Have a troop potluck and make it as “legal” as you can.
4. Use grilling to cook food. Explore the benefits of gas grills vs. charcoal vs. campfire. Learn how to start a gas grill, campfire or charcoal fire. When cooking on a grill, learn how to adjust heat and how to test food for doneness. Make sure to discuss proper safety equipment and procedures.
5. Soup is delicious and easy to make. Learn how to prepare 2-3 base broths/stocks. Use these to make soups.
6. Presentation is important. Learn techniques to make your dishes look like the pros – either by watching a video, television program or taking a class. Then use your knowledge to make a creation for your troop, friends or family .

## TECHNOLOGY

1. Use the Internet as a recipe book! Explore several web sites for recipes you like. Find at least three different versions of the same dish. Select two and make them. Which one did you like better? Why?
2. Cooking shows on television make everything look easy. Watch a recipe being made on television, while you take notes. Create the recipe from your notes, then make the dish.
3. Learn about yeast and other leavening agents and how they work in recipes. Try a recipe with and without leavening. Taste your results. What are the major differences? Or explore the different kinds of yeasts available. Make the same recipe with two different yeasts.

## SERVICE PROJECTS

1. Help younger girls learn how to cook. Be sure to discuss kitchen safety and proper food handling techniques.
2. Bring your best creations to those who don't get out to eat much. Host a culinary tasting at your local convalescent home.

## CAREER EXPLORATION

1. Interview a food professional. Ask about his/her education, experience and work history.
2. Get a part-time job in the food industry.

ORDER PATCHES ONLINE AT [WWW.GIRLSCOUTSNORCAL.ORG](http://WWW.GIRLSCOUTSNORCAL.ORG)  
FOR FURTHER INFORMATION ON PATCH PROGRAMS CONTACT [PATCHES@GIRLSCOUTSNORCAL.ORG](mailto:PATCHES@GIRLSCOUTSNORCAL.ORG)