



## NEW CUISINES

### Step 1: Make a dish from another country

Thai food is often spiced with lemongrass and hot chilies. Ethiopians often use a delicious flat bread to scoop up lentils or veggies. Expand your palate and your culinary repertoire by going international in this step- no passport needed. *Cook something from an area of the world you're curious about. Search online and pick a dish that looks yummy.*

Our dish \_\_\_\_\_ Country of Origin \_\_\_\_\_

Why we chose this dish \_\_\_\_\_

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

Southern barbecue, New England clam chowder, Tex-Mex tacos, Native American fry bread- this step will take you on a stateside road trip without leaving your kitchen. *Research and cook a regional specialty.*

Our dish \_\_\_\_\_ Region \_\_\_\_\_

Why we chose this dish \_\_\_\_\_

How is it a regional specialty? \_\_\_\_\_

### Step 3: Whip up a dish from another time period

Scour the past for a tasty dish, and cook up a piece of history. Pick a piece of the past that excites you. *Find a classic recipe from that time and place; it might be from the Renaissance, pirate lore, Juliette Low's time, or the Wild West.*

Our dish \_\_\_\_\_ When & Where it's from \_\_\_\_\_

Why we chose this dish \_\_\_\_\_

What is the history of the dish? \_\_\_\_\_

### Step 4: Cook a dish that makes a statement

*Try a recipe for a special diet. You might try a kosher kugel, gluten-free bread, raw-food feast, or vegetarian fajitas.*

Our dish \_\_\_\_\_ Special Diet \_\_\_\_\_

Why we chose this dish \_\_\_\_\_

How does it meet the needs of the special diet? \_\_\_\_\_

### Step 5: Share your dishes on a culinary "tour"!

What's the point of having newfound knowledge, especially in the cooking arena, if you're going to keep it to yourself? Time to share! *Type of each of your recipes using the following format into a Microsoft Word document. Each recipe should have its own page and include Recipe Name, Brief description (including when or where it is from or what special diet it meets), Serving size, Ingredients, Directions. You can also share links to recipes with friends/family.*

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Reflect on you experience. What did you like, what would you change? \_\_\_\_\_



## COMIC ARTIST

**Step 1: Delve into the world of comics**

Get to know the art of comics. *Look up comics like Charlie Brown by Charles Schultz, The Adventures of Superhero Girl, The Far Side, etc. Answer the following questions.*

What are the elements, or parts, of a comic? \_\_\_\_\_

\_\_\_\_\_

How do comic artists show action? \_\_\_\_\_

\_\_\_\_\_

How do comic artists show feelings? \_\_\_\_\_

\_\_\_\_\_

What do you like or dislike? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Step 2: Choose a story to tell**

At heart, comics are another method of storytelling. If you've got comic characters in mind already (people or animals you doodle in notebooks, perhaps?), let those inspire your story. If not, the story you come up with will lead you to your characters. Keep your story simple – it might even be one quick moment! In the next steps, you'll turn this story into a four-panel comic.

**Choose One:**

Think of a story from your life. Choose something that happened to you, a friend, or a family member. It could be a funny moment or a dramatic one, a favorite memory or an activity from Girl Scouts you want to share.

**OR**

Make up something. Think about the comic books, comic strips, or graphic novels you've liked. Now think of your own made-up story that would make a good comic tale.

### Characters

- Who's in your comic?
- A superhero family?
- A talking dog? You?
- What goals do they have?
- To be the first person on Mars?

### Setting

- Where do your characters live?
- In what time period?
- Yesterday? The future?

### Major Events

- What will your characters do?
- Compete in a galactic race?
- Who or what is trying to stop your character from reaching their goal?



## COMIC ARTIST , continued

What is your story? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Step 3: Draw it out


Take the characters in your story and start some rough sketching. (You may have only one character, depending on your story.) Stick figures are great! Bring them to life in one of these ways.

#### Choose One:


Do a "free draw." Get a big stack of scrap paper and just keep drawing. And drawing. And drawing! Move quickly at first. Refine any details as you go until you feel you have characters worked out.

OR  
Use a how-to book, video, or software. Are your characters people, animals, or both? Find one of the many manuals that give step-by-step instructions on drawing humans and particular animals.


1. Start with basic shape




2. Round the corners




3. Add ears



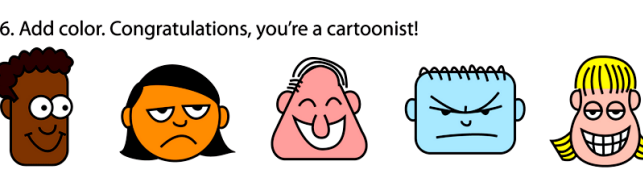
4. Add hair



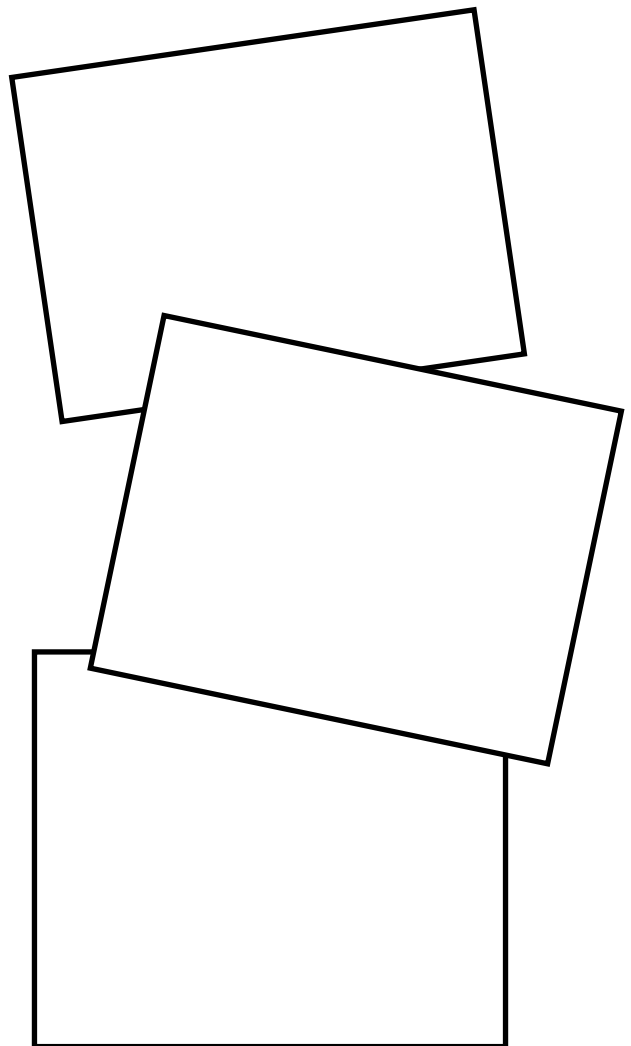
5. Add eyes, nose and mouth



6. Add color. Congratulations, you're a cartoonist!



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## COMIC ARTIST , continued

### Step 4: Frame it in four panels

It's time to put your characters into action, and that means framing them – drawing them in little boxes called panels. So imagine your story as characters in a series of actions. If you don't have a template, you can create panels with sticky notes or by using a ruler to draw them on paper. Tell your story from Step 2 by placing your characters into four panels in one of these ways.

#### Choose One:

Use facial expressions. Some comics use only faces to illustrate their stories, simply changing the expressions to show emotion and move the story along.

OR  
Use body postures. For some comic artists – and for some stories – it's more about action than emotion. You can leave the faces pretty much the same and move the story along by showing small movements, such as shrugs, and big actions, such as running and leaping.

### Step 5: Add the words

Yes, there are comics out there with no words, but for the most part the art is a melding of words and pictures meant to be experienced together. Add words to your four-panel comic strip in one of these ways.

#### Choose One:

Add some dialogue. If you have more than one character, a classic way to tell your story is through dialogue. If both characters speak in a panel, the one on the left should speak first. Write your character's words in oval conversation bubbles connected to the character with a fine line.

OR  
Add thought bubbles. If your story revolves around one character, have her "speak" in thought bubbles, putting her words in ovals connected to her with tiny bubble circles.

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