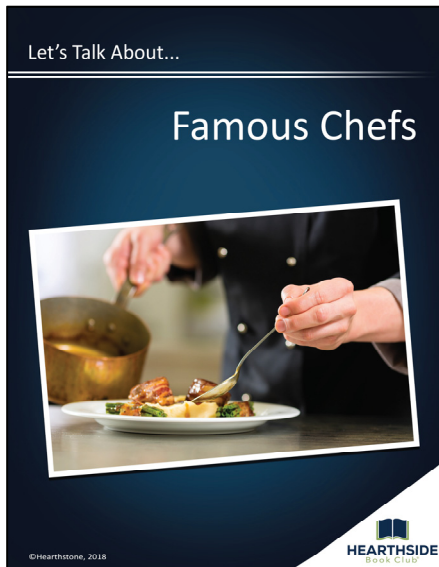


Famous Chefs

Ideas Sheet



Additional Topics for Discussion

- Do your participants prefer to eat a home-cooked meal or to eat at a restaurant? Why?
- Do your participants find it easy to eat healthy food? Or do they enjoy fried foods and desserts too much?
- Do your participants enjoy going to restaurants where the chef cooks in front of you? Why or why not?
- Do your participants like spicy foods?
- Are there any foods that your participants strongly dislike? Beets? Brussel sprouts? Anchovies? Other foods?

Possible Props (or Photos) to Bring

- Chef's hat, apron, and/or (safe) kitchen utensils
- Cookbooks
- Pots and pans
- Photos of various appetizers, entrées, and/or desserts

Music to Play

- ["Strawberry Fields Forever"](#) (The Beatles)
- ["Cheeseburger in Paradise"](#) (Jimmy Buffet)
- ["Alice's Restaurant"](#) (Arlo Guthrie)
- ["Scenes from an Italian Restaurant"](#) (Billy Joel)
- ["Jambalaya \(On the Bayou\)"](#) (Hank Williams)

Experiences Later in the Day

- Put together a cookbook with participants using some of their favorite family recipes
- Host a special fine dining meal with your participants
- Can vegetables or other foods with your participants
- Have a picnic in a park with your participants—be sure to have them choose which foods to bring!
- Make homemade bread or other family recipes with your participants
- Have participants try out various ethnic foods and have your participants vote on their favorites
- Invite staff members to share favorite family recipes with your participants

Food not only fills our stomachs. It also warms our hearts. It brings people from different cultures together. From professional chefs to home cooks, food lovers prepare delicious meals to share with others. Some famous chefs have changed the way we look at food.