

BIG CHEF LITTLE CHEF

Chef
Lorena García



2008-2009 MANUAL

Big Chef Little Chef
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Welcome to Big Chef Little Chef...

Chef Lorena Garcia has never shied away from a challenge! Attacking the epidemic of Childhood Obesity may be her greatest test. It has reported that 25 million kids in this country are overweight. All are at an increased risk of developing diabetes, high cholesterol and other health problems.

Worried by the health and social problems of childhood obesity, Chef Lorena created Big Chef, Little Chef to help kids and their families take control of their eating habits and ultimately, their lives. Big Chef, Little Chef is more than about healthy eating, it is a lifestyle modification program that educates children of all ages and their families about the benefits of nutrition and of living a healthy, happy and positive life.

Through hands-on cooking classes and workshops, Chef Lorena motivates kids and their parents with her charismatic personality and enthusiasm and passion for healthy food that tastes great! At the same time, the program teaches parents the benefits and importance of adding more nutritious foods to their daily menu. Chef Lorena creates a fun and inspiring environment for families to learn how healthy changes to their day-to-day diets can have a positive impact on the way they look and the way they feel - and how easy and rewarding those changes can be.

Big Chef, Little Chef has had a tremendous response regionally from education and health professionals and most importantly, from kids. Significant regional media coverage has resulted and the program has been recognized by as innovative, pro-active and one-of-a-kind. If you would like additional information on the program please email info@cheflorenagarcia.com



How will Children benefit from "Big Chef Little Chef"?

1. They will learn about nutrition and the importance of a balance in food and physical fitness.
2. They will learn new concepts of the daily foods that they eat.
3. They will enhance their social skills and sharing skills by working side by side with their peers.
4. They will revisit common math skills that they learn in the classroom such as computing measurements (1/2 tablespoon, 1 cup, 15 minutes in the oven, etc...)
5. They will put the scientific method to practice, by observing, testing, measuring, predicting, and analyzing the final product.
6. They will enhance cultural knowledge by learning about foods from around the world.
7. The Little Chefs will learn new kitchen terminology.
8. They will learn and practice safety procedures
9. They will appreciate the concept of learning and being involved = FUN!
10. Students will learn awareness of nutrition and encourage healthy food choices.



How will Parents and Teachers benefit from "Big Chef Little Chef"?

1. A boost of encouragement to have regular family meals, by learning tips for cooking with your children.
2. Learn how to serve a variety of healthy foods and snacks.
3. Learn to become a role model by eating healthy yourself.
4. Learn to pass on concepts such as Food = FUN, and avoid battles over food.
5. Learn techniques and how to involve kids in the process of food preparation and cooking at home.
6. Learn important safety procedures when supervising the children.
7. Spend Quality time with the children in an educational setting, which many parents do not have the opportunity to do so.



ITINERARY

REGISTRATION: (5 Minutes Prior to Class), Parents/Teachers will arrive with children, and proceed to the registration desk. At registration parents should be prepared to fill out some brief information, and receive their Big Chef Little Chef manual. The children will proceed to check in by age group and receive their kit; which, includes their uniform for the day, and the visuals that will be used during the class.

WELCOME: (10 Minutes), Chef Lorena Garcia will welcome her Little Chefs, and greet parents/teachers. Chef Lorena will guide the children through the safety procedures, the recipes and ingredients. She will end with a brief demonstration, and guide the Little Chefs to their workstations.

PRODUCTION: (15 -20 Minutes), This Class is designed to create fast, healthy, and delicious meals that both parents and children will love, and be able to eat since the dishes are diabetic friendly.

This class is hands on, Little Chefs will prepare, cook and assemble each recipe while Chef Lorena will be on hand to give guidance, answer questions and offer instruction.

GRAND TASTING: (5 Minutes), Chef Lorena will sit with the children and the parents/teachers and enjoy the feast that has been prepared. This is a great opportunity for parents/teachers to ask Chef Lorena questions, or comment on the program.

GRADUATION: (5 Minutes), After the delicious feast, Chef Lorena will graduate each Little Chef and hand them an official Big Chef Little Chef diploma, signed by Chef Lorena.

PHOTOSHOOT: (5 Minutes), to close out the day Chef Lorena will pose with the children, to create a photo album of the day. Pictures will be handed at the end for parents who choose to stay after the class.

LORENA'S TIPS : "Safety for our children"

- ❖ Always be aware of safety. Do not turn your back on them, especially when they are using knives.
- ❖ Review location of fire extinguishers and first-aid kit.
- ❖ Children should never be left unsupervised while in the kitchen.
- ❖ Children should use knives on cutting boards ONLY!
- ❖ Develop patience. Your children will make fewer mistakes when they are enjoying the process and not worrying about getting yelled at.
- ❖ Make sure that each child is in full uniform
 - Chef's Hat (prevents hair falling into the food)
 - Apron (prevents food from staining clothes)
 - Rubber Sole Shoes (prevents children from slipping)
 - Gloves (prevents germs)
- ❖ Never leave children unattended while at the stove, oven, griddle, or mixer.
- ❖ Let kids take an active roll in cooking; give them appropriate task, like ripping lettuce, etc.
- ❖ Baking is always a good place to start does not required knives and uses simple ingredients. Use oven mitts, they are safer because they help your children hold onto the handle of a hot pan more securely.
- ❖ Food safety 101: never eat raw meats and poultry, wash surfaces where raw meats and poultry touched, prevent cross contamination, keep raw foods separate from cooked foods- never place cooked food back on a surface that once contained raw foods.
- ❖ Turn off TV. Cooking is also about eating together

MENU 1
"SPINACH WRAPS" (ANY FILLINGS YOU WANT)

Ingredients:

- 1 cup Spinach
- Wraps
- Ham Slices
- Avocado
- Lettuce
- Turkey Bacon
- Tomatoes

MENU 2
"GARBANZO BEAN SALAD"

Ingredients:

- 1 can Garbanzos
- 1 cup Red Onions
- 1 cup Red Peppers
- 1 cup Green Peppers
- 1 cup Yellow Peppers
- 1 cup mint
- 1 cup cilantro
- 2 Lemon Juice
- Olive Oil, Salt and Pepper

(All ingredients must be cut in thin slices)

MENU 3
"SUMMER FRUIT SALAD"

Ingredients:

- Honeydew
- Cantaloupes
- Pineapple
- Oranges
- Lemon
- Watermelon
- Orange Juice and Sugar substitute
- Strawberries

MENU 4
"CHICKEN PICATTA"

Ingredients:

- 1 Chicken Breast (sliced finely)
- 1 Cup garlic, chopped
- 1 Cup onions chopped
- 1 Cup capers
- 4 Lemons
- 1 Qt of heavy cream Light
- 1 Cup olive oil
- 1 Cup chicken stock
- Salt and Pepper

MENU 5
"STRAWBERRIES & CHOCOLATE CHIP CREPES"

Ingredients:

- Crepes
- Strawberries (slices)
- Chocolate Chips
- Whipped Cream Light
- Sweet Sauces for decoration

MENU 1
"Envueltos de Espinacas"

Ingredientes:

- 1 tasa de Espinacas
- Pita-Wraps
- Lascas de Jamón
- Aguacate
- Lechuga
- Tocineta de Pavo
- Tomates

MENU 2
"Ensalada de Garbanzos"

Ingredientes:

- 1 lata de garbanzos
- 1 tasa de cebollas rojas
- 1 tasa de pimentón rojo
- 1 tasa de pimentón amarillo
- 1 tasa de pimentón verde
- 1 tasa de hierbabuena
- 1 tasa de cilantro
- Jugo de 2 limones
- Aceite de oliva, sal y pimienta

(Todos los ingredientes deben cortarse en tiras delgadas)

MENU 3
"Ensalada de frutas del verano"

Ingredientes:

- Melón blanco
- Melón de Castilla
- Piña
- Naranjas
- Limón
- Sandía
- Jugo de Naranja y Azúcar sustituto
- Fresas

MENU 4
"Picatta de pollo"

Ingredientes:

- Pechuga de pollo (tajadas finas)
- $\frac{1}{2}$ tasa de ajo, machacado
- $\frac{1}{2}$ tasa de cebolla, cortada fina
- 1 tasa de alcaparras
- 4 limones
- $\frac{1}{2}$ litro de Crema de Leche espesa Light
- $\frac{1}{4}$ tasa de aceite de oliva
- 1 tasa de consomé de pollo
- Sal y pimienta

MENU 5
"Crepes de Fresas y Chispas de Chocolate"

Ingredientes:

- Crepas
- Fresas (cortadas en rueditas)
- Chispas de Chocolate
- Crema batida Light (Bajo en Grasa)
- Salsas dulces para decoracion

LEAD



[SNAPSHOT] No Kidding

LORENA GARCIA IS MAKING CHILDREN'S EATING HABITS HER BUSINESS WITH COOKING WORKSHOPS.

BY ANDREA PDE

BRINGING KID-STYLE fun to the kitchen is the core mission of Big Chef Little Chef, an organization founded by chef Lorena Garcia, owner of the hip Miami eatery Elements. Since 2004, Garcia, 37, has conducted free cooking workshops for children in southern Florida. "I love kids and I love cooking, so I put these passions together," explains Garcia, who was inspired to start Big Chef Little Chef by her nephews and nieces, who, like many kids, were eating fattening

prepackaged meals. "I want kids to know about nutrition and make food they can be proud of and will love to eat. Getting them involved in preparing their own meals and having a great time doing it is the first step in getting them to make dietary changes." And Garcia's about to take things a step further: Big Chef Little Chef workshops will roll out in schools later this year, as part of the American Diabetes Association's School Walks program to educate kids about healthy living.

Head start: "Our goal is to help kids set the stage for a healthy life," says Lorena Garcia.

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For More Information

Thank you for your interest in Big Chef Little Chef, and joining with Chef Lorena Garcia in the battle to combat childhood obesity in the U.S.

Kindly fill out, and fax, mail, or email to Big Chef Little Chef.

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