

Silicon Valley Reads, The San Jose Public Library Foundation and FIRST 5 Santa Clara County present

Yummy for Your Tummy with Chef LaLa & "Carrot Soup" Storytime

Celebrity Master **Chef LaLa**, author of "Yummy for Your Tummy" cookbook, is coming to **San Jose** for a **FREE healthy cooking demonstration!**



Chef LaLa will present a bilingual cooking demonstration for young children and their families. She will be assisted by her son, Maddox, age 3. Chef LaLa is a frequent guest on the "Today" show, and is spokesperson for the American Diabetes Association.

Saturday, February 6, 2010

Mexican Heritage Plaza Pavilion

1700 Alum Rock Avenue, San Jose, 95116

2:00 - 2:30 pm

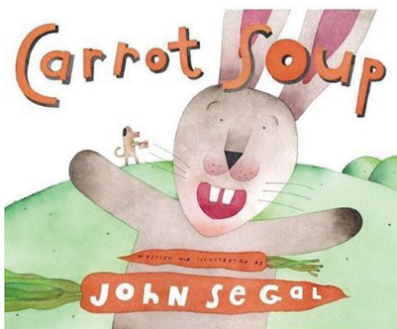
Doors & Exhibition Tables Open

2:30 - 4:30 pm

"Carrot Soup" Storytime
Movetrition with Generations Community Wellness
Chef LaLa Cooking Demonstration

For More Information Contact:

Jo Seavey-Hultquist at
FIRST 5 Santa Clara County 408.260.3720



FIRST 5 Santa Clara County and Silicon Valley Reads recommend "Carrot Soup" by John Segal for preschool children because it focuses on themes similar to the 2010 Silicon Valley Reads selection for adults: "In Defense of Food" by Michael Pollan.

In "Carrot Soup," youngsters follow the story of Rabbit who grows carrots in his garden for his favorite soup. The beautifully illustrated storyboard book even includes a carrot soup recipe.

Event co-sponsored by:

FIRST 5 Early Childhood Obesity Prevention Collaborative, Alum Rock Branch Public Library, Gilroy Public Library, Gilroy Unified School District, South County Collaborative Nutrition and Health Committee, Generations Community Wellness and Kaiser Permanente San Jose Medical Center



"Yummy Para Tu Pancita" con Chef LaLa y Tiempo de Lectura- "Sopa de Zanahoria"

¡La Autora del libro de recetas "Yummy Para Tu Pancita" Chef LaLa, viene a **San Jose!**
¡Demostración de Cocina Saludable Gratuita!



El libro de cocina "Yummy Para Tu Pancita" será dado a cada familia que asiste

Chef LaLa hará una demostración bilingüe de cocina para niños pequeños y sus familias. Le ayudará su hijo, Maddox, de 3 años. Chef LaLa es una invitada frecuente del show "Today" y es la portavoz de la Asociación Americana de Diabetes

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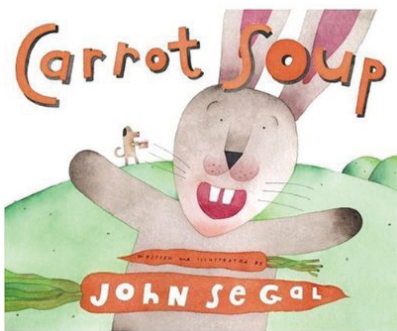
Las Puertas y Exhibición se abrirán

2:30 - 4:30 pm

Tiempo de Lectura de Libro "Sopa de Zanahoria"
Levántese y muévase con "Generations Community Wellness"
Demostración de Cocina con Chef LaLa

Para más Información

Comuníquese con Evelyn Romero de FIRST 5 Condado de Santa Clara al 408-260-3714



FIRST 5 Condado de Santa Clara y Silicon Valley Reads recomiendan a "Sopa de Zanahoria" por John Segal para niños preescolares porque se enfoca en temas similares que Silicon Valley Reads 2010 lee para los adultos: "En Defensa de los Alimentos" por Michael Pollan.

En la "Sopa de Zanahoria", los pequeños siguen la historia de Conejo que cultiva zanahorias en su jardín para su sopa favorita. El libro además de bellas ilustraciones incluye una receta de sopa de zanahoria.

Evento Co-patrocinado por:

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www.first5kids.org