

Anthony Bourdain

A LIFE



Video, reading, comprehension questions. Full transcripts.
PPTx. Research A Life Template.



Anthony Bourdain - A Life Without Borders

As a restaurateur, author, TV host, food critic, and world traveler, Anthony Bourdain has earned himself the title that his ego reins over. His quick witted, sarcastic and loathsome attitude turns many off; however most chef's look up to Bourdain as he is a one of a kind chef with a long and drawn out history in the culinary world. He has worked in some of the top restaurants in the country, and has traveled across the world sampling the traditions and cuisines of other cultures. Many look up to him, envy him, because he has done what so few others have, and so many have not and want to.



Anthony was born to Pierre and Gladys Bourdain on June 25, 1956 in New York City, New York. Pierre was a record company executive, and Gladys, a copy editor for the *New York Times*. Bourdain started in the kitchen business in his late teens. Afterwards, he moved to New Jersey. He attended Vassar College in the early 1973-1975, and then graduated from the CIA (Culinary Institute of America) in 1978. He dropped out of Vassar due to his dislike of the school, and decided he would work at The Dreadnought, a restaurant in Massachusetts. Soon after, he attended the CIA and began his life long journey of cooking in Manhattan, and later on across the world.

Many people know Bourdain for his drug abuse, alcoholism, and fraternization with the wrong types of people. His first job, a restaurant called Work Progress, was where he began his drug and alcohol abuse. He soon fled the failing restaurant and continued on to a venue that was filled with drug dealers, criminals, and addicts. He felt at home there, however like most cooks,

he moved on. This time, into writing. He wrote two books, both fictional and set in the kitchen world. After this, he set his sights on his first French restaurant, Brasserie Les Halles. While working, he wrote two more books. One being *Kitchen Confidential: Adventures in the Culinary Underbelly*, a bestseller about what really happens in kitchens, through thick and thin. This book gave him his first taste of notoriety.

In *Kitchen Confidential*, Bourdain tells of his many experiences and big struggle to the top; from being a dishwasher to being a sous chef. He put much emphasis on the kitchen life, the language and nuances that come with working in a real kitchen. He also spent lots of time talking about his drug use and alcoholism at the same time and how he worked through all the chaos. "Better to find out early if someone can handle the pressure of the kitchen by yelling at them, than to discover they freak out on the first busy Saturday night a few weeks in."

In 2007, he remarried and had a daughter. His daughter's birth inspired him to quit his cigarette habit. Other than the occasional drink, Bourdain had been a clean man since then. He also ended up taking back quite a bit of what he had said in his book, *Kitchen Confidential*, due to the fact that cooking was now a popularity contest. Most recently, he released a book titled *Medium Raw: A Bloody Valentine to the World of Food and the People Who Cook* in 2010. The book is a follow-up to *Kitchen Confidential*, where he writes about his travels across the world and "dissects what he's seen, pausing along the way for a series of confessions, rants, investigations, and interrogations of some of the most controversial figures in food."

Bourdain struggled with depression throughout his life. He was very down to earth but also very introspective about life, his life, our purpose here on earth. On June 8, 2018, Bourdain was found dead in his hotel room in Kaysersberg, France, after committing suicide. He was in the area working on an episode of his *Parts Unknown* series.

"It is with extraordinary sadness we can confirm the death of our friend and colleague, Anthony Bourdain," friend and CNN correspondent Anderson Cooper said in a statement. "His love of great adventure, new friends, fine food and drink and the remarkable stories of the world made him a unique storyteller. His talents never ceased to amaze us and we will miss him very much. Our thoughts and prayers are with his daughter and family at this incredibly difficult time."

Comprehension Questions:

1. Why do you think so many people admired Anthony Bourdain?

2. What can we do to help people who are struggling with depression?

Bibliography

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BIOGRAPHY REPORT



Name.

Birth. Death. When. Where.

Profession. Education.

Family. Marriage.

Character.

Books. Films. Media.

Famous Quote

Early Life

Personal Achievements

Public Life

Your Opinion About Them

LIFE ADVICE

from Anthony Bourdain



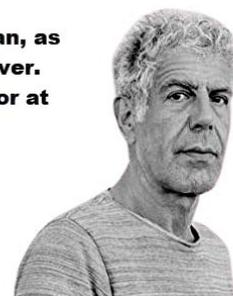
1. **TRAVEL.** As you move through this life and this world you change things slightly, you leave marks behind, however small. And in return, life -- and travel leaves marks on you. Most of the time, those marks on your body or on your heart are beautiful."
2. **FRIENDS.** In times of uncertainty and unpleasantness, when all around me seems to threaten to spin into chaos, it's nice to have friends. It's especially nice when those friends can cook.
3. **ON WISDOM.** It seems that the more places I see and experience, the bigger I realize the world to be. The more I become aware of, the more I realize how relatively little I know of it, how many places I have still to go, how much more there is to learn. Maybe that's enlightenment enough — to know that there is no final resting place of the mind, no moment of smug clarity. Perhaps wisdom, at least for me, means realizing how small I am, and unwise, and how far I have yet to go.
4. **BE FLEXIBLE.** I'm a big believer in winging it. I'm a big believer that you're never going to find perfect city travel experience or the perfect meal without a constant willingness to experience a bad one. Letting the happy accident happen is what a lot of vacation itineraries miss, I think, and I'm always trying to push people to allow those things to happen rather than stick to some rigid itinerary.
5. **THE PERFECT MEAL.** Meals make the society, hold the fabric together in lots of ways that were charming and interesting and intoxicating to me. The perfect meal, or the best meals, occur in a context that frequently has very little to do with the food itself.
6. **ASSUME THE WORST.** About everybody. But don't let this poisoned outlook affect your job performance. Let it all roll off your back. Ignore it. Be amused by what you see and suspect. Just because someone you work with is a miserable, treacherous, self-serving, capricious, and corrupt asshole shouldn't prevent you from enjoying their company, working with them, or finding them entertaining."
7. **KNOW WHAT YOU EAT.** I would like to see people more aware of where their food comes from. I would like to see small farmers empowered. I feed my daughter almost exclusively organic food.
8. **GO. DO. ENJOY.** Your body is not a temple, it's an amusement park. Enjoy the ride.
9. **LIVING WELL** The great Warren Zevon was asked, close to death, whether he had any important words of wisdom to pass on and he said, 'Enjoy every sandwich.' I definitely enjoy my sandwiches, given how low I fell and how likely it was that there was going to be a different and tragic outcome. I'm a pretty lucky man.
10. **LET GO. LOSE CONTROL.** Trying to micromanage the perfect vacation is always a disaster. That leads to terrible times. If you get lost and you just end up eating just anywhere, you know, you see a bunch of Venetians sitting around smoking cigarettes, eating something unrecognizable in a dark alley somewhere, chances are it's interesting.
11. **THE FINAL WORD.** Everything important I learned, I learned as a dishwasher.

"If I'm an advocate for anything, it's to move. As far as you can, as much as you can. Across the ocean, or simply across the river. The extent to which you can walk in someone else's shoes or at least eat their food, it's a plus for everybody.

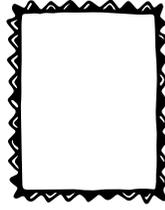
Open your mind, get up off the couch, move."

- Anthony Bourdain

1956 - 2018



BIOGRAPHY REPORT



Name.

Birth. Death. When. Where.

Profession. Education.

Family. Marriage.

Character.

Books. Films. Media.

Famous Quote

Early Life

Personal Achievements

Public Life

Your Opinion About Them

Name:

Date:

THE STORY

OF _____

Research A Famous Person

In the boxes below, share your story! What important events have happened in this person's life? Research and then present the information to the class.

The form consists of seven hand-drawn boxes connected by lines, designed for organizing research on a famous person. The boxes are labeled as follows:

- Personal Information**: Located at the top left, connected to Family Life by a vertical line.
- Family Life**: Located in the middle left, connected to Major Accomplishments by a vertical line.
- Major Accomplishments**: Located at the bottom left, connected to 3 Interesting Facts by a vertical line.
- 3 Interesting Facts**: Located at the bottom center, connected to Early Life by a vertical line.
- Early Life**: Located in the middle right, connected to Famous Quote by a vertical line.
- Famous Quote**: Located at the top right, connected to Early Life by a vertical line.
- What Their Life Teaches Us**: Located at the bottom right, connected to Early Life by a vertical line.

The boxes are decorated with various colorful icons: stars, lightning bolts, squiggles, and dots. The lines connecting the boxes are also decorated with these icons.

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