Chase your dreams!

I'm Eva and I have autism. Chase is a role model for me. Read to find out why.

Chase is a young cookbook author and YouTube star. Cooking is his passion. It started when he was watching a cooking channel on the TV with his grandfather. He became a fan of the programme and told his mum he wanted to try cooking. He went to restaurants for the first time and tried new kinds of foods. Now, Chase watches cooking shows every day for inspiration. He tries new recipes every week, and likes to learn about the food people eat around the world.

When he was 15 he wrote his first cookbook, which is full of tasty recipes and fun facts about food. He also has a YouTube cooking programme. He records a new show every Friday. They are very funny, especially when guest chefs visit the show!

Chase is autistic. When he was very young he didn't like food very much. In fact he only ate five types of food. Speaking is also a challenge because he has to think about the order of the words before he speaks, but Chase knows he's a good cook and he loves being in the kitchen! He is very confident and creative and his shows are very funny too!

He hopes his cookbook will inspire other children who have a dream. His message is, 'Always focus on the things you're good at – your abilities, not your disabilities.' He's also excited about his *Chase your dreams* foundation to help other children who live with autism. In the future he would like his own cooking show and he wants to open five different types of restaurant.

1. What is Chase's passion?

a) Painting
b) Writing books
c) Cooking
d) Playing video games

2. How did Chase get interested in cooking?

a) He was inspired by a book
b) He watched a cooking show with his grandfather
c) He learned at school
d) He watched his mum cook every day

3. What does Chase do every day?

a) Watch cooking shows
b) Go to school
c) Write new recipes
d) Watch cartoons

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4. What did Chase write when he was 15?

a) A letter to a chef
b) His first cookbook
c) A magazine
d) A blog

5. What is special about his YouTube show?

a) Guest chefs sometimes visit
b) He teaches drawing
c) It's very funny
d) It's only for children with autism

6. What challenge does Chase face when speaking?

a) He talks too fast
b) He speaks too loudly
c) He has to think about word order
d) He forgets words

7. How many types of food did Chase eat when he was very young?

a) Five
b) Ten
c) Three
d) Too many to count

8. How does Chase feel about being in the kitchen?

a) Tired
b) Happy and confident
c) Nervous
d) Bored

9. What does Chase want to do in the future?

a) Be a teacher
b) Open five restaurants and have a cooking show
c) Travel the world
d) Work in a supermarket

10. What is Chase's message to other children?

a) Always follow rules
b) Focus on your abilities
c) Work harder every day
d) Avoid public speaking

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