

Part 3

Read the article on Cooking Therapy and answer Questions 26 - 45.

A Peace of Mind in the Kitchen

Whether you're drowning your sorrows in a pint of vanilla ice cream or eating your feelings at a pancake house, there's no doubt that eating is therapeutic. As anyone who has found themselves beating eggs, whipping cream, and pounding out biscuit dough can attest, cooking can be pretty therapeutic, as well.

Many people embrace cooking as well as baking as a source of comfort. The steady chop of the knife against the cutting board quiets their minds and soothes their souls. It happens to dawn on them that cooking offers them more than just emotional and physical nourishment. Not surprisingly, cooking is meditation with the promise of a good meal afterward.

Two culinary therapy professionals, Michael Kocet and Julie Ohana, confirmed that cooking can indeed be a form of mindfulness meditation. According to Ohana, cooking involves problem solving, time management, communication, teamwork and mindfulness. According to Ohana, cooking and baking can provide the lessons and life skills that can help a person, especially someone with stress. Culinary therapy can also offer individuals a sense of accomplishment and improved self-esteem, especially when practiced frequently and in combination with mindful eating. As a consequence, it is believed that it can help a person become happier and less anxious.

One study found that baking and cooking classes boosted confidence and increased concentration. Since cooking requires your full mental and physical attention, losing yourself in the process is surprisingly easy. Like any mindfulness practice, culinary therapy is about living in the present moment. An expert in the study mentioned that when we are cooking, our minds tend to be free from worries at work or personal issues. This is because we are appreciating the ingredients and flavors we are creating.

Psychologists also believe that cooking and baking are therapeutic. Cooking can help people focus on a task, which can give them a sense of power and control that they might not naturally have on their own in their daily lives outside the kitchen. Now culinary therapy is the treatment at a growing number of mental health clinics and therapists' offices. It's being used as part of the treatment for a wide range of mental and behavioral health conditions, including depression.

Cooking and baking alleviate depression by increasing goal-oriented behaviour and curbing procrastination. When you're cooking, you must be constantly focused, prepping ingredients, stirring mixture, monitoring the cooking process—all of which can be helpful techniques in keeping your mind off of things it's better not to focus on. It's a bit like meditation, but with tastier output.

Another study revealed that a little creativity and creation in the kitchen can make people happier. It suggests that people who frequently take on small, creative projects like baking or cooking report feeling more relaxed and happier in their everyday lives. About 660 people

had been followed by researchers for about two weeks, and they were found to be more enthusiastic about their pursuits the next day. Being creative for a little while each day makes people feel like they are "flourishing"—a psychological term that describes the feeling of personal growth.

In order to acquire a better therapeutic experience, there is also a concept called 'mise en place.' 'Mise en place' is French which means 'everything in its place.' The concept suggests that you should read through the recipe and prepare all of the ingredients beforehand to eliminate some of the stress associated with cooking. It is recommended that you have all your ingredients chopped and measured before starting cooking. With everything prepped up, you will not have to run around the kitchen trying to find things. This concept can also be applied to many things in life. When things are broken into manageable chunks, it can reduce anxiety.

While cooking for yourself can offer plenty of soothing and potentially delicious perks, when you cook for other people there's an added benefit. Cooking for others connects you to your community. It helps you pass your encouragement to others and feel like you're providing a needed and useful service. In some communities, there are even social projects which invite people to cook for those in need. A recent example was cooking for doctors during the COVID-19 pandemic so that they could have tasty and healthy food while busily running around the patient wards. Volunteers find it very motivating to see that their food can help someone get through a tough day much easier. In a nutshell, it shows that you care enough to share and that builds a strong bond among your neighbours.

adjusted from 'Kitchen Therapy: Cooking Up Mental Well-Being' by Linda Wasmer Andrews, 'The Emotional Benefits of Cooking' by Melissa Locker and ' Culinary Therapy is Actually a Thing — Here's How to Practice It at Home' by Kelsey Clark

Questions 26 - 30

Read the statements below. Decide whether they are TRUE, FALSE or NOT GIVEN according to the text.

Mark a cross for the correct answer ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

	True	False	Not Given
26 It is unexpected that cooking can be a form of meditation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> (1)
27 People are found to become more confident through cooking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> (1)
28 People feel that things are in control while they are cooking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> (1)
29 The concept of 'Mise en Place' suggests that the recipe should inform where ingredients can be procured.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> (1)
30 Cooking for others rarely helps those who have been through a bad day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> (1)

(Total for Questions 26 - 30 = 5 marks)

Questions 31 - 40

Complete the following sentences using no more than THREE words that must be taken from one point in the text.

- 31 Some people who are filled with..... feel better when eating desserts such as ice cream. (1)
- 32 Cooking can offer both treatments and it also helps to soothe their minds and souls. (1)
- 33 Some experts believe that cooking is another approach of due to its therapeutic quality. (1)
- 34 When cooking, people will feel that they have achieved something and therefore their is improved. (1)
- 35 In general, mindfulness practice focuses on being in..... and away from worries. (1)
- 36 Culinary activities are believed to heal as they encourage people to focus on their goals. (1)
- 37 In a study on creativity in the kitchen, researchers had been observing people for the period of..... (1)
- 38 It is believed that people can be less anxious when they break their tasks into (1)
- 39 Offering food to other people helps to create a bond between people and their (1)
- 40 Cooking voluntarily for doctors during a pandemic is..... for social projects. (1)

(Total for Questions 31 - 40 = 10 marks)

Questions 41 - 45

Complete this summary of the text using words from the box below. Each word may be used once or not used at all

Experts confirm that cooking is **(41)**..... People who cook frequently and eat carefully are found to be **(42)** in life with less stress.

Many mental healthcare clinics **(43)**..... culinary therapy in their treatments for patients. A study reports that getting involved in creative activities like baking or cooking makes people feel more **(44)**

In addition, people can also show how supportive they are to their **(45)**.....

active	physical	include	community	significant
gloomy	therapeutic	address	happier	join

(Total for Questions 41 - 45 = 5 marks)

TOTAL FOR PART 3 = 20 MARKS