



“Cooking and baking is both physical and mental therapy”. (Mary Berry)

Physical benefits

Endurance/fitness

Standing and moving around the kitchen.

Balance

Reaching up high and down low into cupboards, the fridge and the oven.

Strength

Keeping hands and upper limbs strong through cutting, chopping, carrying cookware, mixing, kneading, etc.

Fine motor skills and coordination

Cutting, chopping, opening packaging, using utensils (tongs/vegetable peelers).

Joint health

Keeping joints of the hands, arms, legs and spine mobile through reaching, bending using utensils, etc.

Cognitive (thinking) benefits

Decision making

Deciding what to cook.

Planning and organising

Planning for the week, making a shopping list, doing the shopping, etc.

Sequencing

Making sure everything is done in the right order for a successful meal that is ready at the right time.

Concentration

Avoiding distractions, making sure all steps get done, monitoring the food as it cooks (don't let it burn!).

Memory

Remembering where everything is in the kitchen and how to cook your favourite dish(es).

Social and emotional benefits

Choice and control

Enjoy being able to eat what you want, when you want it.

Express values, likes and dislikes

Able to make your favourite foods, support cultural needs and values, look after your health, etc.

Maintain relationships

Care for or support others in the household (e.g. husband, wife), cook for fun with grandchildren, entertain friends/family.

Confidence and satisfaction

Enhanced by successfully preparing enjoyable meals, learning new skills, caring for others.