IMPORTANCE OF COOKING
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Why learn to cook? There are lots of benefits that cooking can give. Cooking is a basic skill that everyone should learn. Aside from the money that will be saved, it will also improve your life. Once you master this skill you’ll know its importance from the way your life style changes. Cooking helps you to attain qualities like confidence, creativity, good planning and organizational skills. Cooking also beneficial in a way that gives you a sense of independence, freedom and self-sufficiency. Many people cook when they are down, in love, happy and excited. There are lot of good reasons to enjoy cooking.

TEACHES VALUABLE LESSONS

There are a lot of skills cooking can give, we can develop our math skills in it, dividing and multiplying ingredients, adding flavors. It also teaches us the skill in measuring accurate and carefully. Also, in cooking our sense in art and sensory awareness can be develop, we are exposed on different colors, tastes, odors. It also provides endless opportunities for artistic expression.

QUALITY TIME FOR THE FAMILY.

Cooking time is Family time. Families can get so busy that they lose touch, even while living in the same house! So why not take a one afternoon and cook together and get some conversation going? Finding time isn’t always easy. But by cooking together, you’re infusing quality family time into something you’re already doing.

BOOST CONFIDENCE

We all know that Cooking for sure has fruitful rewards. Chopping the vegetables, peeling, stirring a pot of soup or sauce can boost confidence– this is what cooking is about. It will be even more gratifying when your dishes are praised by the guests or people to whom you serve them.
RELIEVES STRESS AND EASE TENSIONS

Cooking can be a great form of relaxation, it can relieve stress and even ease tensions, especially if you take the time to enjoy the activity. For many of us, cooking serves as an outlet. They cook when they felt pressure. Arriving home at the end of the day with no strategy for meal selection adds pressure, preparation adds additional stress to your life. You may think that you have little time to prepare a nutritious home-cooked meal for you and your family. But that's not true. Let's learn how to transform cooking into a time for relaxation.

References:

http://www.foodandwinegazette.com/p=2322


http://www.familykitchen.ca/why-cook-together