BBC LEARNING ENGLISH

Take Away English 随身英语
Cooking and mental health
烹饪对心理健康的影响

词汇：health 健康

'We are what we eat' – or so the saying goes. From calorie-inducing meals to low-fat lunches, much of our health depends on what we eat. We know about the **benefits** of eating properly for our physical **wellbeing**, but food – and cooking it – is proving to be good for our mental wellbeing as well.

Some people are now advocating the **therapeutic** value of cooking food. It's not just about the end result but the experience someone goes through. Dr Mark Salter, a consultant **psychiatrist**, told the BBC: "Baking and cooking are good **occupational therapies** that help patients develop planning skills, short-term memory and **social skills** – all of which suffer in **mental illness**."

TV chef and author Nadiya Hussain agrees that cooking is great for helping our **mind**. She loves to bake and became the champion of the TV show, The Great British Bake Off. She says that "Baking's always been about therapy... It's never really been about the cake." And she thinks that baking is an important tool for our **socialisation** and **mental health**.

Certainly, creating some delicious food has helped some of us **get through** the recent lockdown; it's helped **take our mind off** things and given us something to do. People have said that kneading dough to make bread, for example, has given them a **sense of calm** and control. Research has shown that doing creative tasks, like cooking, makes us feel happier. Nicole Farmer, who studies how food impacts our biology, behaviour and mental health, told BBC online that "cooking represents the shared human experience of food, and **nurturing** people through food, so I think that's where it incorporates opportunity for immediate positive emotions."

Of course, cooking can be a very sociable activity and sharing the end result, a **rewarding** experience. Hopefully, as we start to mix with friends and family again, we can enjoy the benefits once more and put us all in the right **frame of mind**.

词汇表

benefit	好处，益处
wellbeing	健康，安康
therapeutic	有益身心健康的
psychiatrist	精神科医生
occupational therapies	作业疗法，职能治疗
social skills	社交技能
mental illness	心理疾病
mind	精神，心理
socialisation	社会化
mental health	心理健康
get through	熬过（困难的时期）
take our mind off	不去想、忘掉（烦心事）
sense of calm	宁静感
nurture	精心照顾，滋养
rewarding	令人受益匪浅的，有意义的
frame of mind	心境，心态

测验与练习

1. 阅读课文并回答问题。

1. True or false? *What you cook is more important than the process of cooking it.*

2. What type of cooking does TV chef and author Nadiya Hussain think is good for our socialisation and mental health?

3. Why was cooking during lockdown good for many of us?

4. According to research, what kind of tasks make us feel happier?

5. Which part of the bread-making process has given some people a 'sense of calm and control'?

2. 选择意思恰当的单词或词组来完成下列句子。

1. One of the _____ of working from home is that I get to spend more time with my children.

wellbeing	benefits	nurturing	social skills

2. I find painting very _____. It helps me relax.

therapy	therapying	therapeutic	therapies

3. Doing crosswords is good for our _____, particularly in old age.

mind	get through	rewarding	therapying

4. The water fountain added to the _____ when we arrived at the hotel spa.

sensing of calm	calm sense	sense of calms	sense of calm

5. We put the _____ of our employees at the centre of everything we do. It is important that they're healthy and happy.

getting through	wellbeing	therapeutic	social skills

答案

1. 阅读课文并回答问题。

1. True or false? *What you cook is more important than the process of cooking it.*

False. Cooking is not just about the end result but the experience someone goes through.

2. What type of cooking does TV chef and author, Nadiya Hussain, think is good for our socialisation and mental health?

She thinks that baking is an important tool for our socialisation and mental health.

3. Why was cooking during lockdown good for many of us?

Cooking during lockdown helped take our mind off things and gave us something to do.

4. According to research, what kind of tasks make us feel happier?

Research has shown that doing creative tasks, like cooking, makes us feel happier.

5. Which part of the bread-making process has given some people a 'sense of calm and control'?

People have said that kneading dough to make bread, for example, has given them a sense of calm and control.

2. 选择意思恰当的单词或词组来完成下列句子。

1. One of the **benefits** of working from home is that I get to spend more time with my children.

2. I find painting very **therapeutic**. It helps me relax.

3. Doing crosswords is good for our **mind**, particularly in old age.

4. The water fountain added to the **sense of calm** when we arrived at the hotel spa.

5. We put the **wellbeing** of our employees at the centre of everything we do. It is important that they're healthy and happy.