Baking & Cooking: Connecting, Memory Making & Healthy Minds

On May 5th 2020, Prime Minister Justin Trudeau stated:

“Cooking and Baking is about more than nourishment, it’s about relieving stress, finding community, and creating memories”.

With this statement in mind please answer the following questions:

1. **How does baking and cooking help relieve your stress?**

(*For instance,* *If I am feeling stressed, I often make pizza dough as the repetitive action of kneading the dough helps ease any feeling of frustration or stress, it becomes a silent mediation*).

 **Student Answer:**

1. **How does cooking and baking enhance your life and community?**

(*For example, I like to bake with my two boys as it is a time we are working together on a common and fun goal. My kids love getting their hands dirty and creating something that is delicious, and home-made*).

 **Student Answer:**

1. **What is a favourite memory of yours that involves food?**

(*One of my fondest memories associated with food is sneaking over to my grandmothers’ house to have fresh blueberries with cream and brown sugar. It was something my granny would only make for her grandchildren. This memory is precious to me and it always makes me remember our time together*).

 **Student Answer:**