
Masterclass Certificate in Cooking Therapy Techniques

Cooking for Stress Management

A

Acronym: A word formed from the initial letters of other words, such as ASAP (as soon as possible) or DIY (do it yourself).

Active Listening: A technique used to fully concentrate, understand, respond, and remember what is being said during a conversation.

Adaptability: The ability to adjust to new conditions or environments, being flexible in response to change.

Alleviate: To make suffering, deficiency, or a problem less severe, reduce or relieve.

Anxiety: A feeling of worry, nervousness, or unease about something with an uncertain outcome.

B

Balance: A state of equilibrium, where different elements are equal or in the correct proportions.

Batch Cooking: The practice of preparing multiple meals at once to save time and effort throughout the week.

Behavioral Therapy: A type of psychotherapy that focuses on changing unhealthy behaviors through techniques like positive reinforcement and cognitive restructuring.

Benefits: Advantages or rewards gained from a particular activity or situation.

C

Challenges: Difficulties or obstacles that need to be overcome in order to achieve a goal or complete a task.

Comfort Food: Food that provides a nostalgic or sentimental value, often associated with feelings of warmth and security.

Communication: The exchange of information, thoughts, or feelings between individuals or groups.

Cooking Therapy: The use of cooking and food preparation as a therapeutic tool to improve mental health and well-being.

Coping Mechanisms: Strategies or behaviors used to deal with stress, anxiety, or difficult situations.

D

Depression: A mood disorder characterized by persistent feelings of sadness, hopelessness, and loss of interest in activities.

Dietary Restrictions: Specific limitations or requirements on the types of food that can be consumed due to health, religious, or personal reasons.

Distraction: A technique used to divert attention away from negative thoughts or emotions.

E

Emotional Eating: The practice of consuming food as a response to emotional triggers, rather than hunger.

Empathy: The ability to understand and share the feelings of another person.

Endorphins: Chemicals produced by the brain that act as natural painkillers and mood elevators.

Energy Levels: The amount of physical and mental vitality available to perform activities throughout the day.

Exercise: Physical activity performed to improve health, fitness, or well-being.

Expressive Arts Therapy: The use of creative processes such as art, music, or dance to explore and express emotions.

F

Food Allergies: Adverse reactions to specific foods triggered by the immune system.

Food Intolerances:G

Goals: Objectives or targets set to achieve a desired outcome.

Grief: Intense sorrow or emotional suffering caused by loss or bereavement.

H

Healthy Eating: Consuming a balanced diet rich in nutrients to maintain overall health and well-being.

Hydration: The process of providing adequate fluids to the body for optimal function.

I

Immune System: The body's defense mechanism that protects against infections and diseases.

Ingredients: The components used to make a recipe or dish.

Intuitive Eating: Listening to your body's hunger cues and eating based on physical signals rather than emotional triggers.

J

Journaling: The practice of writing down thoughts, emotions, or experiences as a form of self-expression or reflection.

K

Kitchen Safety: Practices and precautions taken to prevent accidents or injuries while cooking.

L

Laughter: An expression of joy or amusement that can help reduce stress and improve mood.

M

Meditation: A practice of mindfulness and focused attention to achieve mental clarity and relaxation.

Mindfulness: The state of being fully present and engaged in the current moment.

N

Nutrition: The process of providing the body with essential nutrients for growth, maintenance, and repair.

O

Overcoming Obstacles: Successfully navigating challenges or barriers to achieve a desired outcome.

P

Physical Health: The overall well-being of the body, including fitness, nutrition, and disease prevention.

Positive Affirmations: Encouraging statements used to promote self-confidence and positive thinking.

Q

Quality Time: Meaningful and focused interaction with others to strengthen relationships and emotional bonds.

R

Recipe: A set of instructions for preparing a particular dish or meal.

Relaxation Techniques: Methods used to reduce stress and promote a sense of calm and well-being.

Resilience: The ability to bounce back from adversity, challenges, or setbacks.

S

Self-Care: Practices and activities that promote physical, emotional, and mental well-being.

Self-Compassion: Treating oneself with kindness, understanding, and acceptance during times of difficulty or failure.

Self-Esteem: Confidence in one's own worth and abilities.

Stress Management: Techniques and strategies used to cope with and reduce stress levels.

T

Therapeutic Cooking: Using cooking and food preparation as a form of therapy to improve mental health and well-being.

U

Understanding: The ability to comprehend or grasp the meaning of something.

V

Values: Core beliefs or principles that guide behavior and decision-making.

Visualization: The practice of creating mental images or scenarios to achieve a desired outcome.

W

Wellness: The state of being in good health, both physically and mentally.

X

Expectational Cooking: When cooking in a group, each person is responsible for a specific part of the meal. For example, one person may handle the appetizers, another the main course, and another the dessert. This approach can help distribute tasks evenly and ensure that everyone has a role to play in the cooking process.

Y

Yoga: A physical, mental, and spiritual practice that originated in ancient India. Yoga combines breathing techniques, meditation, and physical postures to promote relaxation, flexibility, and overall well-being.

Z

Zest: The outer peel of citrus fruits, such as lemons, limes, and oranges. Zest is used to add flavor and aroma to dishes and can be grated or peeled using a zester or grater.