

Watch a baking/cooking program



Goals:

- To offer elderly an entertaining and educational activity by watching baking/cooking programs on TV.
- To inspire elderly to explore new dishes and recipes.
- To promote the appreciation of baking/cooking and cultural aspects of food and baking.

Description:

Watching a baking/cooking show on TV is a great activity for elderly where we can combine entertainment with the opportunity to learn new things about baking and cooking.

Step 1: Preparations

- Choose a time that suits the elderly's daily schedule. It could be afternoon or evening, depending on the elderly's preferences.

Step 2: Watch the program

- Invite the elderly to sit comfortably in front of the TV.
- Turn on the chosen baking/cooking program.

Step 3: Discussions

- After the program, you can discuss what they liked about the program and if they have any special dishes they are interested in cooking together.
- Share experiences about baking, food and cooking that this program may have raised.

What is required:

- A TV.
- A list of baking/cooking programs or a streaming service with access to baking/cooking programs.

The aim of watching baking/cooking shows on TV is to provide elderly with an entertaining and educational activity while giving them the opportunity to explore new foods and

appreciate the art of cooking or baking. It is also a way to promote conversation and interaction with others about baking, cooking and meals.



Time:

30 - 45 minutes, depending on the length of the program



Alone or in a Group:

This is a group activity.

Source: The activity is created with inspiration from models and ideas from national material banks: ([Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal