# Reflection Topic: Applying Feedback

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Bachelor of Science in Computer Science, Uopeople

UNIV 1001-01 - AY2024-T3: Online Education Strategies

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write a five-paragraph essay about something that you enjoy doing outside of school and work. In your first paragraph tell the reader, what activity you selected, and why it is important to you. Next, are the three statements that you wrote in your outline; turn each of these statements into three brief paragraphs.

One of these body paragraphs should contain information that you learned from reading the library article and paste the information from the article using quotes. After the sentence with the information from the article, you need to put in an in-text citation to show that this information is not your own. This is done by placing the last name of the author, year of publication, and page number or paragraph number in parentheses.

**Exploring the Joy of Cooking**

Cooking is not merely a hobby for me; it's a passion that fuels my creativity and brings immense joy to my life. The act of cooking allows me to express myself, experiment with flavors, and share delicious meals with loved ones as an act to show kindness or care. Whether I'm following a beloved family recipe or improvising with ingredients on hand, the kitchen is my sanctuary if I’m not coding—a place where I can unleash my culinary imagination and savor the rewards of my labor without feeling tired.

One of the most rewarding aspects of cooking is the opportunity to connect with others through food. Whether I'm hosting a dinner party, preparing a homemade meal for a friend in need, or simply cooking alongside family members, food has a remarkable ability to bring people together. The shared experience of enjoying a delicious meal fosters bonds, creates memories, and strengthens relationships in ways that words often cannot express.

Cooking also serves as a form of self-care and nourishment, both physically and emotionally. The act of preparing a meal from scratch allows me to slow down, focus on the present moment, and find solace in the rhythmic tasks of chopping, stirring, and seasoning. In a world filled with constant hustle , the kitchen provides a sanctuary where I can find peace, recharge my spirit, and indulge in the simple pleasures of homemade cuisine.

According to a study published in the Journal by N. Farmer; E. Cotter

*Well-Being and Cooking Behavior*:. (2021), engaging in creative activities such as cooking has been associated with increased feelings of well-being and flourishing. The article emphasizes the therapeutic benefits of cooking, including stress reduction, enhanced mood, and improved overall life satisfaction . Furthermore, the act of cooking fosters a sense of accomplishment and mastery as I transform raw ingredients into delicious meals, boosting my confidence and self-esteem in the process.

Moreover, cooking allows me to explore diverse culinary traditions, flavors, and techniques . Whether I'm experimenting with a new spice , perfecting the art of pasta-making in an Italian kitchen, or mastering the intricacies of sushi rolling in a Japanese sushi bar, cooking provides endless opportunities for learning and growth. and deepens my appreciation for the rich tapestry of global cuisine.

In conclusion, cooking is a source of joy, inspiration, and fulfillment in my life. It allows me to express my creativity, connect with others, and nourish both body and soul. Whether I'm cooking a simple weeknight dinner or embarking on a culinary adventure, the kitchen is where I feel most alive if I’m not coding, , and most at home. Through the act of cooking, I find purpose, passion, and endless possibilities waiting to be explored.

**References**

N. Farmer; E. Cotter

*Well-Being and Cooking Behavior*:. (2021)

<https://www.frontiersin.org/articles/10.3389/fpsyg.2021.560578/pdf>