

## Informative Essay About Cooking

In my life, I like to do a lot of activities; those activities help me exercise and made me feel alive, and my favorite activity is cooking because cooking is very simple. I started to cook when I was about 10 years old, when I was home alone all by myself and I was pretty hungry, I just got some bread, some cheese and put it in a microwave oven for 30 minutes and made me a grilled cheese sandwich. Since then I had been cook my own food when I was home or I have a lot of free time, I .

Cooking is my favorite activity because it is a way for me to reduce stress and I can be artistic about it and it never gets repetitive. First, it's a great way for me to reduce stress. Cooking and eating always help me to reduce stress, when every time I got all upset or stressed up I can just cook something I want and eat it, the deliciousness of the food I cooked had help me to reduce stress, but it was after started cook good.

And I can do it regardless of the weather.

When it's warm outside, I can fire up the grill. When it's cold, I can use the stove top. Since I use cooking as a way to reduce stress, this is very important to me. Then I can be artistic about cooking. To be real, I have no real artistic talent when it comes to drawing, painting or other things involve art.

However, in the kitchen, I can use a variety of ingredients that add color and make the meals look as good as they taste.

Also I can different kind of goods mix together to make my own original dish, but usually the original ones are Chinese food, sometimes I mix pasta with shrimps or broccoli once, those taste pretty well. And after I done, I can post my dishes online or bring to school to share with friends, it help to bond with my friends.. Finally, it never gets repetitive. One of the reasons people normally have problems keeping a activity is they usually get bored with it if they are doing the same thing all the time. But for me and cooking, I don't have that problem because I can always change things up.

Even if I'm making something I've made before, I can try a different spice or experiment with a different ingredient, like to cook squid with beef instead use some vegetables or cook shrimp with beans, mostly those some Chinese food recipes I made. Cooking had always been my favorite activity since I was a kid. It always a good way to reduce my stress, it help me bond with my friends with food I made, I always can be artistic when I cook and it can never get repetitive. Cooking is my favorite activity and I love it.