**Baking Is Good for Mental Health**

**烘焙有益心理健康**

From VOA Learning English, this is the Health & Lifestyle report.

来自美国之音英语学习网，《健康与生活》栏目报道。

The world is experiencing a major health crisis.

全世界正在经历一场重大的健康危机。

As the new coronavirus spreads, many countries are limiting their citizens’ activities. Travel has been restricted. Many schools are closed. In major cities around the world, restaurants and other businesses are shut down.

随着新冠状病毒的传播，许多国家都在限制其公民活动。旅行被限制，许多学校被关闭。全球各大主要城市的餐厅以及其他商家都被关闭歇业。

Public emergencies bring out a certain type of person – the panic shopper. Some people fear not being able to find basic needs for survival. So, they buy everything off supermarket shelves in preparation for the days to come.

突发公共事件引出了这样一批人——恐慌购物者。有些人担心无法买到满足生存基本需求的物资，因此他们买光了超市货架上的所有东西，为未来的日子做准备。

Bread is often among the first products to disappear in emergency situations.

面包经常是紧急情况下被购买一空的第一批产品。

So, if you have never made bread, now may be good time to learn. Bread making is a survival skill. With very few simple things -- such as flour, salt and yeast -- you can bake a fresh loaf of bread for your family, neighbors or coworkers.

因此，如果您从未做过面包，那么现在可能是学习做面包的好时机。制作面包是一种生存技能，且只需要面粉，盐和酵母这些较少的材料，您就可以为家人，邻居或同事烤出新鲜的面包。

Baking is not just a useful survival skill. It can make you feel better at stressful times. In fact, baking and cooking have been used to treat people with mental health issues.

烘培不仅是一种有用的生存技能，它还可以帮助您缓解压力紧张的情绪。实际上，烘烤和烹饪已被用于治疗患有精神健康疾病的患者。

Julie Ohana is a social worker. She offers what she calls culinary therapy to her patients in New York City.

朱莉·奥哈娜是一名社会工作者。她在纽约为患者提供其所谓的烹饪疗法。

“I say ‘therapy’ because to me cooking is so therapeutic. And ‘therapeutic’ really means something that makes you feel good, something that is helpful and beneficial to the person doing it ...”

“我之所以称其为'疗法'，是因为烹饪对我来说非常有治疗意义。我说的“治疗性”是真的能够使人感觉良好，能让做这件事的人获益良多……”

Julie Ohana uses culinary therapy to help people overcome many kinds of issues. She explains that culinary therapy works on many levels.

朱莉·奥哈娜使用烹饪疗法来帮助人们克服很多问题。她解释说，烹饪疗法在许多层面上都有疗效。

Baking requires mindfulness.

烘焙需要正念。

“So when you’re in the kitchen – whether you’re cooking or you’re baking – it really requires a certain level of mindfulness, of being present in the moment. Specifically, when you’re baking. And baking really requires step-by-step, following a recipe, being more precise. Kneading the dough or rolling something out, you really get the full benefit of being present in the moment and being able to relax and put aside all the other thoughts and just focus on the here-and-now. And there really are very strong benefits of being able to do that, to be able to relax, to decompress, destress, and really increase one’s level of life satisfaction.”

“所以当你身处厨房，无论是烹饪还是烘培，都需要一定程度的专注力，将思绪都保持在当下，特别是在烘培的时候。烘焙必须要按照食谱逐步进行，而且要求十分精准。揉面团或将食材搅成一团时，你会真正体会到活在当下的诸多好处，会感受到真正的放松，抛开其他所有的杂念，专注于此时此地的所为。能够做到这一点真的会获得很大好处，你将能够感到放松，缓解压力，消除过度紧张情绪，并提升自己对生活的满意度。”

Baking is a labor of love.

烘培是一项有爱的劳动

Ohana also says baking is a process filled with love. It not only makes you feel good, it produces something tangible -- something you can touch and eat! Ohana calls baking a labor of love.

奥哈娜表示，烘焙是全程很有爱的劳动。它不仅能使人感觉良好，而且还能产出有形的劳动成果——让你可以触摸和食用的劳动成果！奥哈娜认为烘培是一项有爱的劳动。

“And when you bake, you go through this whole process and it really is a labor of love … and you end up with this finished product that - not only is it tangible - but it’s edible and it’s delicious.”

“而且当你烘培时能够经历整个过程，它真的是一项有爱的劳动……你最终得到的成品不仅是有形的，而且它还是可食用的美味的劳动成果。”

Baking is emotional.

烘培是带有情感的劳动

Often our food experiences are tied to family memories and stories. We remember meals our grandmothers made. We teach our children important recipes for family favorites.

通常我们的饮食经历都与家庭的记忆和故事息息相关。我们会记得祖母做过的饭菜。我们会教给孩子一些家族最爱的重要食谱。

Ohana says something that all bakers know -- giving delicious, baked goods makes the giver feel as good as the receiver. So, she calls baking a win-win.

奥哈娜表示所有面包师都知道提供美味的烘焙食品能让赠予者感受到与受赠者一样的美好感受。因此，她称烘培为双赢事件。

“To be able to pass that on to someone else certainly can make the day for the person receiving it. But It’s also just as powerful for the person who’s giving the baked goods. It’s a win-win. It’s not just something purely that you do for the other person. The baker, the cook really gets to benefit from the act as well.”

“能够将其传递给其他人必然会使受赠者获得美好的一天。然而对于赠予者来说，它也同样能使其感受到其中的美好。这就是双赢。它不仅仅是为他人服务的事，对于烘培者本人来说也能从过程中感受到诸多益处。”

And that’s the Health & Lifestyle report. I’m Anna Matteo.

以上就是本期《健康与生活》的报道内容。我是安娜·马特奥。

**Baking Is Good for Mental Health**

From VOA Learning English, this is the Health & Lifestyle report.

The world is experiencing a major health crisis.

As the new coronavirus spreads, many countries are limiting their citizens’ activities. Travel has been restricted. Many schools are closed. In major cities around the world, restaurants and other businesses are shut down.

Public emergencies bring out a certain type of person – the panic shopper. Some people fear not being able to find basic needs for survival. So, they buy everything off supermarket shelves in preparation for the days to come.

Bread is often among the first products to disappear in emergency situations.

So, if you have never made bread, now may be good time to learn. Bread making is a survival skill. With very few simple things -- such as flour, salt and yeast -- you can bake a fresh loaf of bread for your family, neighbors or coworkers.

Baking is not just a useful survival skill. It can make you feel better at stressful times. In fact, baking and cooking have been used to treat people with mental health issues.

Julie Ohana is a social worker. She offers what she calls culinary therapy to her patients in New York City.

“I say ‘therapy’ because to me cooking is so therapeutic. And ‘therapeutic’ really means something that makes you feel good, something that is helpful and beneficial to the person doing it ...”

Julie Ohana uses culinary therapy to help people overcome many kinds of issues. She explains that culinary therapy works on many levels.

Baking requires mindfulness.

“So when you’re in the kitchen – whether you’re cooking or you’re baking – it really requires a certain level of mindfulness, of being present in the moment. Specifically, when you’re baking. And baking really requires step-by-step, following a recipe, being more precise. Kneading the dough or rolling something out, you really get the full benefit of being present in the moment and being able to relax and put aside all the other thoughts and just focus on the here-and-now. And there really are very strong benefits of being able to do that, to be able to relax, to decompress, destress, and really increase one’s level of life satisfaction.”

Baking is a labor of love.

Ohana also says baking is a process filled with love. It not only makes you feel good, it produces something tangible -- something you can touch and eat! Ohana calls baking a labor of love.

“And when you bake, you go through this whole process and it really is a labor of love … and you end up with this finished product that - not only is it tangible - but it’s edible and it’s delicious.”

Baking is emotional.

Often our food experiences are tied to family memories and stories. We remember meals our grandmothers made. We teach our children important recipes for family favorites.

Ohana says something that all bakers know -- giving delicious, baked goods makes the giver feel as good as the receiver. So, she calls baking a win-win.

“To be able to pass that on to someone else certainly can make the day for the person receiving it. But It’s also just as powerful for the person who’s giving the baked goods. It’s a win-win. It’s not just something purely that you do for the other person. The baker, the cook really gets to benefit from the act as well.”

And that’s the Health & Lifestyle report. I’m Anna Matteo.