

- ❖ **Auguste Escoffier School of Culinary Arts. “How Cooking Therapy Creates Calm in the Kitchen and Beyond.”** *Escoffier*, 10 Jan. 2024, www.escoffier.edu/blog/health-wellness-careers/how-cooking-therapy-creates-calm-in-the-kitchen-and-beyond/.
 - This source explains the psychological benefits of culinary therapy, it mostly focuses on the “flow state” that is achieved during the process of cooking to help with stress anxiety. I decided to use this source because it gives me a more interesting view on how professional culinary techniques might work with mental health and wellness. I found this source very useful because it helps me break down the sensory part of cooking, like chopping and measuring. It explains how these aspects act as centering exercises for the mind. One limitation of the source was that it was published by a culinary school, meaning it is more biased to promoting the career than actual data. Though, it shows how the art of cooking and the science of mental health corresponds with each other, helping me understand how everyday kitchen tasks can be a form of therapy.

- ❖ **“Baking is good for mental health.”** *YouTube*, uploaded by VOA Learning English, 2020, www.youtube.com/watch?v=UYIs8SpU4cE.
 - This source is a video that describes the growing trend of “therapeutic baking” and how the nature of following a recipe can bring a sense of order in someone's chaotic world. I wanted to use this source because it offers a recorded and “at home” perspective in the real world, giving examples of people using baking as something to cope with their stress. I think that this source is useful because it brings out the idea of the empathetic side of baking, the joy that is found in wanting to share the final product with others. This is an interesting psychological benefit, since it’s something that can be very expressive. A limitation is that the video is somewhat short and made for people who might need the language simplified, so it doesn't give much “under the surface” analysis. But, even though that is the case, a merit is that it helps me humanize my research, and show the “flow state,” that could be seen in some of my other sources, can be a reachable reality for people who are looking for things to help with their mental health.

- ❖ **Bloom Counseling and Nutrition. “What Is Culinary Art Therapy?”** *Bloom Counseling and Nutrition*, 2023, www.bloomcounselingandnutrition.com/post/what-is-culinary-art-therapy.
 - This source gives a clear definition of culinary therapy and separates it from regular cooking classes by mostly looking at the emotional process instead of the final product. I wanted to use this source because it points out the role of nutrition

within mental health, which is a very helpful component of my research into how baking is something that could potentially help with mental health in teens. I found this source useful because it talks about how this type of therapy can help with people who have eating disorders and their body image. I bring a specific ideology for how someone might use this type of therapy. A limitation is this source is more so in the form of a blog, so it doesn't really give such a deep dive. But, it still brings a great starting point for my project by explaining the core elements in this practice and bringing it from a professional perspective.

❖ **Case-Smith, Jane, and Jane Clifford O'Brien. *Occupational Therapy for Children*. Elsevier Health Sciences, 2013. *Google Books*, books.google.com/books?id=1ZE47g_IRTwC.**

- This source gives me a very helpful academic overview of occupational therapy practiced and specifically made for children or any type of adolescents. I wanted to use this source because it is an informational textbook that talks about the field of occupational therapy, ensuring that my Capstone will be something well grounded using a professional and trustworthy textbook instead of information from online articles. I think this is useful because it gives detailed information on how occupational therapy helps kids develop skills that could help with a career or daily life. This relates to my whole idea of how cooking or baking could be helpful with developing mental health. A merit of this source is that it has great credibility and the evidence is detailed or based on strategies it brings to the table. While it is very technical, it is a resource that I need to establish the scientific work of my project and validate the effectiveness of occupational therapy.

❖ **Crepeau, Elizabeth Blesedell, et al. *Willard and Spackman's Occupational Therapy*. Lippincott Williams & Wilkins, 2003. *Google Books*, books.google.com/books?id=xCIZuXyFNIC.**

- This source is an informational textbook that gives a very comprehending look at the history, theory, and practice of occupational therapy. I decided to use this source because it is something that is very helpful to understanding the field, offering a significant amount of academic information that makes a balance between things that are information and my regular blog sources. I found this being useful because it explains how significant a person's occupation is, which helps me elaborate more on why baking at home can be something seen as therapeutic. A merit of this source is that they have a significant amount of credibility which, since it was used to actually train people in this profession. Showing how this is something actually great to use for explaining to my viewers

of what is the great use of everything. One limitation is that since it was published in 2003, some of the case studies might be a little outdated compared to modern case studies from now and the data we might have now. However, the main thing is that it shows how using many different culinary tasks function as some type of occupational therapy.

- ❖ **Farmer, Nicole, et al. “Psychosocial Outcomes of Cooking Interventions: A Systematic Review.” *Health Education & Behavior*, vol. 45, no. 2, 2018. ScienceDirect, [Enhancing College Student Recovery Outcomes Through Nutrition and Culinary Therapy](#).**
 - This source is a systematic review that analyzes many different studies to determine how cooking affects mental well being and social connection. I decided to use this source because it gives me the “hard data” and scientific evidence that I might need to move beyond just small personal stories about baking. It gives me a great amount of valid studies to make what I want to say. I found this source useful because it highlights how people have improved in their self-esteem and people feeling like they’re able to complete tasks. This is a major part of my capstone, since I want to focus on hope these types of therapies could affect teens mental health. One limitation is that this source is technical and mostly focuses on methodology of the material it reviews, which could be hard to analyze. Even though that’s somewhat not helpful, a merit is that it proves that things like cooking interventions and baking have a positive impact on psychological health, giving the scientific validation that I need to truly support my project.

- ❖ **“How Occupational Therapy.” *KidsHealth*, edited by Steven J. Bachrach, The Nemours Foundation, May 2022, kidshealth.org/en/parents/occupational-therapy.html.**
 - This source gives a clear and parental understanding overview of how occupational therapy is subjected to kids and adolescents to help with their cognitive, physical, and motor skills. I wanted to use this source because it focuses on the younger people of the world, which goes with my interest in how baking helps teens specifically. It gives me a deeper-dive of how these activities could stimulate the adolescent's brain or mind. I found this source useful because it breaks down how occupational therapy helps with sensory issues, which could be useful for understanding the hands on experience with baking, like kneading the dough. A merit of this source is that it helps people understand the material that is being taught because of using everyday language to describe what’s the point of the therapy and how it’s helpful. Even though it is not as “academic” as a textbook, the limitation is that it’s just a general overview that helps me be able to

strongly explain the benefits of occupational therapy to a general audience who might not understand that whole point of teens needing this type of therapy.

- ❖ **“Occupational Therapy.” *Cleveland Clinic*, 2023,** my.clevelandclinic.org/health/treatments/occupational-therapy.
 - This source gives a medical overview of what occupational therapy is and includes the types of conditions it could help with or the goals of this type of therapy. I wanted to use this source because since it's from a clinic, it is a reliable source that could give me valid medical information and whether it was something helpful for patients. I think this source is useful because it expresses the difference between physical therapy and occupational therapy, which sometimes could be confused with each other or seen as the same thing for people. So, I could use this source to sum up the confusion. A merit of this source is how accessible it is, it helps translate the medical terms into something for the general audience to be able to understand and especially me who is still learning what each of them are, to understand. I will use what I learn from this source to form a strong viewpoint on this type of therapy and bring a broader definition to culinary and occupational therapy for my capstone.

- ❖ **Penton-Voak, I. S., et al. “The Effects of Cooking Interventions on Mental Health Outcomes: A Systematic Review.” *Archives of Psychiatric Nursing*, vol. 33, no. 6, 2019, [What is the role of the occupational therapist? - ScienceDirect](#).**
 - This source gives information about the thought out results of various cooking programs and their specific impact on psychiatric symptoms and functioning socially. I decided to use this source because it offers a clinical perspective from a nursing and psychiatric point of view, which gives a layer of medical ideology to my research on mental health. I think that this source is useful because it specifically highlights how constant engagement in a task like cooking can reduce symptoms of depression and anxiety. This helps me support my thesis that baking is more than a hobby, and instead a measurable intervention. One limitation is the academic language and complex statistical data, which can be hard to translate for my specific audience. Though, a merit is its high level of credibility and is published in a nursing journal. It helps bring up the gap between baking at home and professional mental health treatment.

- ❖ **Rousseau, Danielle. “Culinary Therapy a.k.a. Cooking Therapy.” *Justice & Justice-Involved Populations*, Boston University, 7 Aug. 2024, [Culinary Therapy \(a.k.a. Cooking Therapy\) | Danielle Rousseau](#).**

- This source gives information about the use of culinary therapy as a tool for empowerment and healing within society where people might need some type of justice. I decided to use this source because it expands the thought of my capstone, showing that cooking therapy isn't just for general stress, but can be used for recovering from any type of trauma. I think this source is useful because it talks about the "mindfulness" aspect of cooking, but applies it to building resistant, instead of applying it to the "flow state" concept. It gives a unique view at how the kitchen can be a space for someone reclaiming their identity. A limitation is that its focus is somewhat specific to the justice system, which might not really align with my audience as they are regular teens. Nevertheless, the merit is focused on the psychological "re-wiring" that happens during the process of preparing food, which validates the therapeutic power of culinary arts.

❖ **"Turning trauma into treats': Baking serves as mental health therapy for this teen."** *YouTube*, uploaded by InvestigateTV, 2025, ['Turning trauma into treats': Baking serves as mental health therapy for this teen](#)

- This source is a news video that profiles a specific teenager who uses baking as a main tool for helping with trauma and maintaining mental health. I decided to use this source because it gives a direct, real-world study that goes perfectly with my Capstones focus on the young teenage experience. While my other sources gave me the deeper data and clinical theory behind occupational therapy, this video puts a more human and personal experience on the research by showing how a person successfully goes through their emotional recovery through the tool in the kitchen. I found this source because it shows the transition from a "flow state" to a helpful product that builds self esteem and resilience. A merit is its high emotional fullness and accessibility. It translates hard psychological concepts into a relatable story for my target audience. A limitation is the journalistic nature of the video. Since it is a news story on a specific person, it doesn't have much information when going into a deep dive into the long term clinical data. Though, it is still a valuable source to have because it validates my thesis that baking is a practical and reliable thing for teens who are dealing with the mental challenge to use it ever in need of something.