



COOKING

Activity Type:

Living
independently

Date:

June 2019 -
Present

Referee:

Chahinaz Fadliyah
(My mother)

Description:

Cooking is one of the best and most interesting activities that I do regularly, it includes both the mind and body. It helps to relax my body after a long day. Via cooking at home I can follow what nutrients are going in and out of my body at the right amount by tracking macros and controlling portions. The things I cook vary between healthy, cultural & foreign kitchen meals alongside all kind of desserts. At the end, I expand my knowledge about world cuisine and maintain a healthy lifestyle.



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