

Title:

Cooking up Stress and Anxiety

Word Count:

611

Summary:

Introduction to cooking; Restaurant chef ladder; tasks of each chef inside the restaurant's kitchen.

Keywords:

stress and anxiety, anxiety

Article Body:

Gone are the days when people think of cooking as a task that should be done ^only by women.~

Cooking and stress are not often associated with each other. The word ^cooking~ easily connotes women. But it should not be a surprise to know that stress and anxiety now affect the men and women who cook.

In restaurants, for example, there are now more male cooks or chefs. These kitchen experts form the top of the ladder.

Under these chefs would be the line cooks who are the ones who actually cook the food. The line cooks are the backbone of the kitchen.

If you have watched an episode of the t.v. cooking show, Iron chef, you would probably know how stressful the job can be.

In another popular reality-based television show called Hell's Kitchen, several people enter a kitchen and compete for the job of head chef.

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