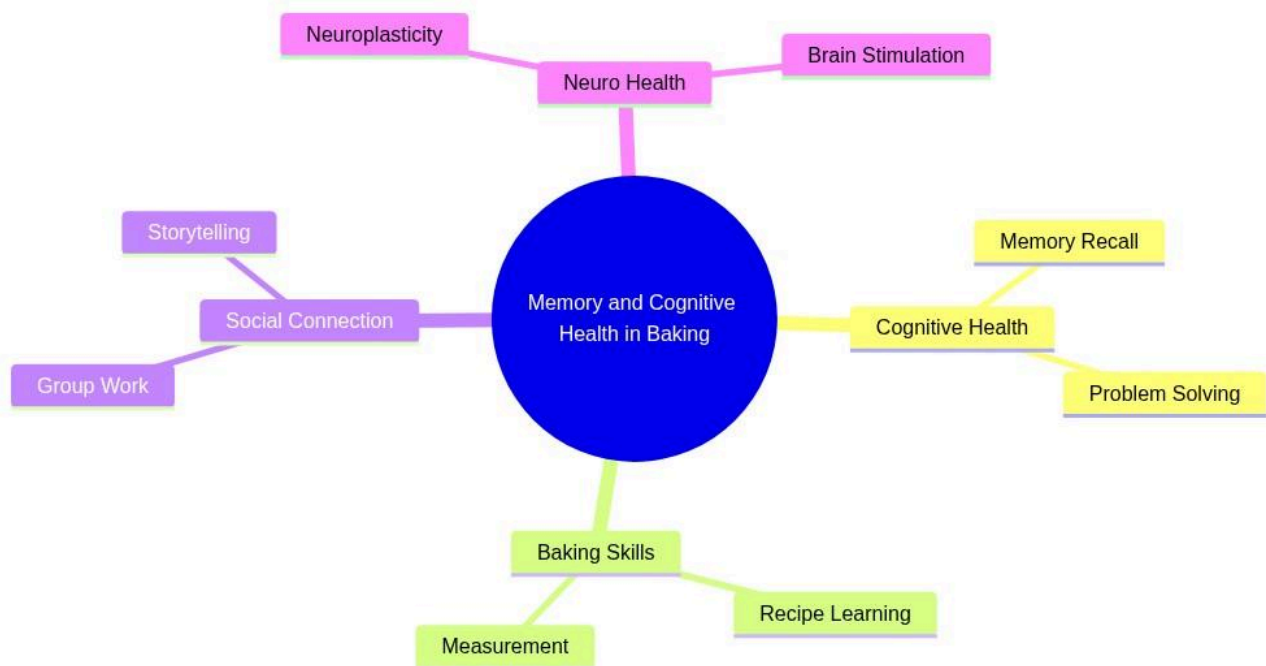


Masterclass Certificate in Baking for the Elderly

# Memory and Cognitive Health in Baking



mindmap

root((Memory and Cognitive Health in Baking))

- Cognitive Health
  - Memory Recall
  - Problem Solving
- Baking Skills
  - Recipe Learning
  - Measurement
- Social Connection
  - Group Work
  - Storytelling
- Neuro Health
  - Neuroplasticity
  - Brain Stimulation