

# Why choose culinary arts?

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The first thing that might come to your mind when listening to the words 'culinary arts' is a chef preparing food for hungry customers in a restaurant. While this is not far from the truth, there is more to it. Culinary means 'relating to food' while arts, as we know it, is the mastery of any interest. Hence, culinary arts is the way to prepare, present, cook, and serve food in any discourse of life.

If you are thinking of having an interest in food as a good muse to major in culinary arts, then you are on the right track! However, here are a couple of other reasons to choose culinary arts.

## **1. Make the plate your canvas**

There is an art in cooking food. Making something too basic into extraordinary is a skill set you want to have. The plate is your canvas and you can use any skill or technique you learn to present what you believe in. If you are looking to make a mark in the food industry, then a course in culinary arts can teach you much more than simple cooking.

## **2. Express yourself**

If you are inclined towards food, then it is time to stop thinking that you cannot express yourself. Like a painter paints and a writer writes to express themselves, chefs cook! Having strong culinary skills can aid you in expressing your inner emotions. Moreover, you can use food to express what you believe in, your perception, or anything for that matter. While talent is important, you need to have the right skillset. Culinary arts is the literacy in those skillsets.

## **3. Appreciation of culture**

Another major reason to pick culinary arts is to experience the different cultures and learn about them. Food is directly related to culture. When you get into culinary arts, you learn about the heritage of - cultures and their foods. Hence, like most chefs, you learn to appreciate the diversity and expose yourself while staying in the kitchen. Imagine that! Speaking of cultures, you may also get a chance to move around the world and work with the unique foods around the world.

## **4. Be health-conscious**

It is not only pizzas and pasta in the culinary world; it is much more than that. When you find yourself near food – and we mean close –, you get to learn more about it. Hence, you will yourself becoming health conscious. Chefs also find it in themselves to create healthy dishes that taste just as good as regular dishes. This works in a bigger eco circle to make life healthier as we know it!

## **5. The science behind food**

If you love experimenting then the science lab is not the only place to experiment. If cooking is an art, baking is science. Baking also comes under culinary arts and is one of the most technical fields. Each ingredient in every stage reacts to create something beautiful. Hence, if you are into little more technicalities, then you can always enjoy baking!

## The Wrap Up

Choosing culinary arts opens your world to the world. You get to experience different cultures, different ingredients, and even different experiments. If you have even a remote interest in food, then the best plan for you would be to enter the world of culinary arts!