

**Some people prefer to eat at food stand or restaurants. Other people prefer to prepare and eat food at home. Which do you prefer? Use specific reasons and examples to support your answers.**

Although many people prefer to eat at restaurants, I prefer to eat at home. The main reason is that cooking is one of my interests and I am a good cook. In addition, cooking at home allows me to make different kinds of food like Chinese, Italian, Indians foods and that makes me happy. Furthermore, ~~believe it or not~~, cooking at home can be cheaper than eating out.

To begin with, I know how to cook. When you know how to cook, there is good chance that you cook healthy food according to your taste. This prevents the waste of food as well as ~~a waste~~ of money and effort.

But cooking at home takes a lot of time. You also have to consider the time that is spent shopping for the food, cleaning and chopping it, and cleaning up the kitchen after it is cooked. So busy people such as students and staffs have to go to restaurants or food stands according to their financial situation.

Another problem ~~is are~~ fast foods which because of the fat in them, ~~they~~ are delicious and became ready fast and the young people like them too much. Unfortunately, due to the intake of these foods we can see diseases such as obesity, cholesterol and high blood pressure.

Finally, eating at home is surprisingly economical but going to elegant restaurants is expensive. According to the cost we pay we can provide better quality food at home.