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

~~As you know~~obviously our diet has a direct impact on our health and quality of life. So it is quite important to know what to eat and what foods to avoid. In my opinion preparing food at home is much safer and even more economical than restaurant foods. By cooking your own food you decide what material you want to use. Using organic and fresh vegetables can warranty your health and increase your life expectancy but of course it is not the only factor for great longevity.

Fast foods and restaurant foods are delicious and it is not only because of their recipe but also because of the large amount of oil that ~~they use~~ is used in ~~their~~ such foods and ~~everybody knows thatclearly~~ using the wrong kind of fats and oils can raise your cholesterol level and the diet which is high in fat and sugar (such as fast foods) can cause a heart attack.

People work too much these days and there is no time for them to prepare their own food. They are dedicating a healthy life style to making money and I reckon it is the most important reason that they are getting used to eating fast foods instead of homemade meals and it is what makes the restaurant industry so popular for starting a business.

On ~~another~~ the other hand we can choose restaurants for our formal meetings with our boss and colleagues or family events.

But ~~you know~~ I'm not that kind of person who goes to restaurant twenty four seven ~~hours~~ and I prefer healthy homemade meals. I think cooking is considered an art and that's why it always helps me feel better.