Choosing between going to restaurants or having food at home is a common question. Some people maintain that it is better for our health to eat at home than to go **to** food stands. But others think that we can respect <u>to</u> our time by <u>serving</u> out. From my point of view, both of them can be useful in different conditions.

Firstly, some individuals prefer to eat at home and they think serving food at home is healthy and cheap. In addition, when they cook it, they can monitor the amount of oil and salt, as well as washing <u>vegetable</u> properly. Disappointed with current restaurants, some people decide to prepare their diets themselves. Moreover, they claim that they can have <u>less</u> costs by avoiding night out. For instance, a friend of mine does not go out for her lunch, dinner and breakfast because she wants to save her money.

Secondly, others pretend that going to food stands is a clearly suitable <u>work</u>. Not only does **it** help us to save our time but also we can taste many different types of foods.

On the one hand, when we <u>serve</u> out, there <u>is</u> no dirty dishes at home and we do not need to put time for buying necessary materials. On the other hand, having <u>diet</u> in restaurants can be fun and enjoyable. For example, my brother enjoys <u>to taste</u> Indian foods, Italian pastas,

American fast foods and all kinds of Iranian traditional foods whenever he likes.

From my perspective, it depends on the situation. Actually, when I have enough free time I will <u>satisfy</u> to cook. But <u>in</u> some days <u>that</u> I have a lot of homework to do I like to lunch out. Many a student is busy and <u>prefer</u> to go to the restaurants.

By way of conclusion, there are two choices for selecting how we want <u>eat</u> our <u>diets</u>. We can choose whichever <u>that</u> we like.