

Nowadays many people choose ready-made food and refuse to cook at home. Why do you think it happens? What are the advantages and disadvantages of such a choice?

It goes without saying that these days an overwhelming majority of individuals from all walks of life prefer to not cook at home. This has become the subject of heated debate amongst many critics ranging from health-related advisors to financial experts. The pros and cons of such a controversial will be discussed in the following lines.

Tired of the hectic pace of life, the majority of the populace especially in large cities scarcely spend their time at in their kitchen. They mainly reason that their they value time values far more than that of a cook???. ~~Bearing in mind that many a person tend to have his meal by such a wise solution, ready-made food has become a lucrative industry.~~ In addition to this, advertisements play a crucial role in persuading people to buy ready-made food. Not only do these adverts show exciting pictures of a variety of options a customer can have, but they also offer special discount if people become their frequent customer, hence their success in this industry.

That cooking is a time-consuming routine chore is an indisputable fact, and buying ready-made food products can save time. This is certainly one of the clear benefits of these products. Hardly does the workforce working in metropolitan areas find enough time to cook every day. Furthermore, generally the ready-made foods are more delicious but not necessarily healthier. Trying to satisfy their customers, large companies involved in ready-food products use a good deal of sugar, oil, and salt in their products to make it them more delicious which definitely is not to the benefit of their loyal customers.

To make a long story short, though ready-made food seems like a viable solution for those with intense time limitation /constraint, some of the side effects of this remedy are irreversible. Consumption of such products can lead to Obesity, hypertension, and other cardiovascular diseases. Many frequent consumers of these products confess that with the wisdom of hindsight had we known the drawbacks, we would not have had these products for such a long time.