In areas where there are many restaurants, some people prefer to buy their meals in restaurants very frequently, rather than cooking and eating meals at home. Other people prefer to cook most of their meals at home and only rarely eat in restaurants. Which one would you choose why?

Hardly ever can anyone call into questions the significant role of food in people's health in their life. The questions arise as to whether eating at a restaurant for meals can be beneficial or cooking at home. Even though nowadays people are coping with their hectic lifestyle and having a meal at restaurants can be more effective for them in terms of time-saving, personally where I want to choose between these two options I would go for latter for some reasons which I will explain at length in the subsequent paragraphs.

First and most obvious is, being healthier. In other words, a meal which cookeds at home is healthier since it would include high quality ingredients. The best example is, not only use do restaurants use low-quality oil based on money-saving but also they use it for many times which culminates in individuals' overweight. Therefore, it goes without saying that cooking meals at home is more useful for humans' health.

Another remarkable aspect which I should point out is about the fact that eating at restaurants is not economically. In apposite words, fundamentally, having high value-added-tax and giving tips makes leads to losing a lot of money compared to cooking at home. Besides, in my opinion cooking is one of the sources of escapism which is conducive to expressing feelings. As we all know cooking is love. Moreover, when I am cooking at home, I am away from hustle and bustle of streets which means when I go out for eating at restaurants, I almost always get stuck in traffic but by having a meal at home I can vegging out/collapse in front of TV, so it is a given fact that cooking at home is more convenient.

In final analysis, although some people prefer to eat at restaurants for their meals ~~in terms of~~<ins>due to</ins> saving time, I strongly believe otherwise maintaining that this mindset is nothing but a tunnel-vision which ignores the importance of <ins>the</ins> abovementioned facts and also ~~from~~ <ins>in</ins> my view the advantages of cooking at home greatly outweigh the drawbacks and I ~~behoove~~ <ins>urge</ins> people to cook their meals at home to save their money and being healthier.