

## Nowadays food has become easier to prepare. Has this change improved the way people live?

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Compared with people in the past, cooking food has become easier now days. Food is one of the fundamental needs of human lives. Due to the technological improvements, people can cook easily without spending a lot of time on it during the day. However, there is a negative attitude towards these advanced instruments.

Quick foods have become one of the most useful ways to cook both for elders and students. They only have to ..... them in a microwave too cook. Besides that, some kitchen appliances have been made to help people to spend less time in the kitchen. Especially for women who work outside the home. They could expend their time doing some other activities. For instance, they can do exercise, read a book, hang out with their friends and relatives. For the most important advantage of this issue, we could mention that women can spend their time with their children instead of being in the kitchen.

There is another side of the coin always. Many people debate what should be done to decrease the drawbacks of some technological appliances, such as microwave ovens. They strongly believe that the waves produced/made by these instruments not only destroy the vitamins and minerals of food but also cause some health problems. People who are more susceptible to these waves are prone to dangerous disease.

To conclude, preparing food has become easier in the recent years. Although there are a whole lot of significant benefits, the adverse effects are undeniable. In my opinion spending more time on leisure activities such as going to the gym, reading and watching movies are better than cooking food for a long time.