

Convenience foods will become increasingly prevalent and eventually replace traditional food and traditional methods of food preparation. To what extent do you agree with this option?

Traditional foods were very popular in all countries in the past. In contrast, fast food and convenience food eating has become popular ~~is increased~~ eventually nowadays and are available in every places. The causes for replacing ~~of the~~ traditional food with convenience food are a lot, so that some of them are rational and compatible with new modern life style necessities, but ~~—But~~ extensive consumption ~~feeding~~ of convenience food may have some harmfulness.

Already men and women had different roles in daily life. Men did ~~had done~~ works outside the home and women had responsibilities just inside the home. Because of that women had a lot of time to cook delicious food and present it. By contrast, nowadays women and men must have jobs outside the home to pay for their life costs. In ~~the~~ other words, they do not have ~~not~~ any time for cooking in the kitchen.

Restaurants attempt to increase their income, so they use unhealthy ~~unsuitable~~ raw materials/ingredients in their kitchens. For example in food frying they use oil frequently rather than just once one time or they may not don't use ~~of~~ fresh material in their meals ~~mails~~. Some restaurants may use ~~of~~ harmful ingredients to attract customers.

Fast food is are yummy, but in actuality it does not ~~hasn't~~ enough vitamins or proteins for our body. On the contrary, traditional meals ~~mails~~ are full of them and are healthier than convenience food or they have improved in terms of quality.

In consequence, convenience food is a key method of food preparation that is necessary in our new life style but cooking ~~of the~~ traditional food shouldn't be omitted from ~~in~~ our daily chores. They are an important aspect of our culture and social life and without the nutritious ~~nutrient~~ food our healthy would be in danger.