

## Some People Prefer to Eat at Food Stands or Restaurants. Other People Prefer to Prepare and Eat Food at Home. Which Do You Prefer?

In today's industrial world in which we live, the rate of people who eat outside of home is growing and it is important to review the downsides and benefits of eating places. In my opinion, meals which are provided by ourselves would be more desirable.

First of all, home-made foods are healthier. The process of preparing food takes two steps. The first ~~step~~ is providing the nutrients and the second ~~step~~ is the cooking procedure. If you are supplying goods for your meal, you would gather the best ~~goods~~ ingredients which you are able to find. Also, home-made foods are cooked with best efforts of being healthy, but whereas there is no assurance that outside foods are cooked correctly or the ~~using-used~~ nutrients have high superb quality.

Second, the amount of money spent spending on outside foods can be enormous. Cheap foods are prepared with uncertified goods and in-as a result, they are not healthy and cause you different kinds of illnesses. On the other hand, high-priced meals may be healthier, but not everyone can afford buying expensive foods every day. In contrast, home-made meals can be assembled with less charge expenditure and better quality.

On the other hand, outside food can save us lots of a great deal of time. Preparing one meal can take at least one hour ~~from the cook~~ and in the extremely busy world we live in, this amount of time is precious. Eating places can spend this time instead of us and we can get to do fulfil our other responsibilities.

In conclusion, I think home-made foods ~~is-are more~~ preferable than those prepared outside ~~food~~. Not only is it healthier, but also it costs less. But having meals ~~on~~ in eating places a few times in a month would not be harmful and can buy us some extra time when ~~it is~~ needed.