Many people say that cooking and eating at home ~~is~~ are better for the individual and the family than eating out in restaurants or canteens. Do you agree or disagree?

Regarding to the fact that many people are getting more and more involved with today's regular life style, having one or two meals outside at restaurants has become so prevalent recently. Although it is much more convenient to eat at a restaurant rather than staying home and cooking which is presumably taking more time and energy, I believe that the food ... has been cooked at home is way much healthier and I agree to some extent that eating at home is better than outside in a restaurant.

On the one hand, eating in a restaurant is definitely much more convenient than allocating time for cooking at home, . you can have a seat in a restaurant and relax while you are waiting for your favorite food to get prepared and at the same time listening to an appealing melody that is playing at the restaurant. Other people may choose to go to a restaurant to eat a specific kind of food that they can't handle to cook at home themselves because it requires special kitchen tools or even because it is difficult to prepare., for example, I think that I can never cook shrimp pasta, which is my favorite food, as ~~good~~ well as the chief in the restaurant where I use to go there once in a while to eat my favorite food there.

On the other hand, I believe eating mostly in restaurants is not healthy both from a physical and mental perspective. Ingredients that has been used in a restaurant to prepare food might not be as healthy as it should be because of two reasons, . firstly, most restaurants objective is to deliver foods as tasty as possible and keep in mind that a tasty food typically consists of lots of fat which is clearly unhealthy for the body, and secondly most restaurants tend to reduce their production cost and as a result they may use cheap and unhealthy food ingredients to lower their production cost. Besides, eating food at home is a brilliant opportunity for families to get along and communicate which is a crucial missing link in today's machinery life style.

In conclusion, eating outside could be more fascinating and convenient but I think by putting a little more pressure on ourselves and taking time to cook at home, we can create an interesting atmosphere and spend time with family which is vital for every individual spiritually.