

Some People Prefer to Eat at Food Stands or Restaurants. Other People Prefer to Prepare and Eat Food at Home. Which Do You Prefer? Use Specific Reasons and Examples to Support Your Answer.

Choosing between home-made food and restaurants' food comes from your priority. Which one is your first concern? Time, money, or health?

When asked about their interest in preference of restaurants' food, people mostly complain they do not have enough time to prepare food or they prefer to do more important tasks than consuming their time and energy for in cooking.

I agree with time-wise/related concerns but there are some other reasons why ~~do~~ I hold that on preparing and eating food at home is a better choice.

Most of the nutritionists ~~banned~~ advise against/frown at restaurants' foods due to ~~hence, their~~ fatty ingredients. Being one of the biggest illnesses in the world, obesity directly resulted from by foods ((which) are) high in calories.

In addition, economicallywise, eating food at restaurants is not cheap. You should pay a lot more money than the real costs of raw materials/ingredients and you could not have any input in the way of preparing your dish.

When you try to prepare a food for yourself, you focus on every detail of it. The quality of raw materials or the way you prepare it and how much oil ~~do~~ you use, and you can measure how much salt is your intake. By cooking at home not only can you choose to prepare it based on your portion size, but also your taste. Once I ordered a barely soup at a restaurant, and they brought me a red barley barely soup with tomato sauce. I did not eat it because I am used to barley barely soup with milk which is prepared by my mom.

In conclusion, I opine, the valuable chance of healthiness is something you cannot buy by money, so you had better ~~to~~ do your best to keep it safe.