

Some people prefer to eat at food stands or restaurants. Other people prefer to prepare and eat food at home. Which do you prefer?

Although many people prefer to eat at restaurants because it is easier than cooking at home, I prefer to prepare food at home. I believe it is much cheaper and healthier to eat at home, and it can be more convenient, too.

Firstly, while eating in restaurants is fast, the money you spend can add up. When I have dinner at a restaurant, the bill is usually \$25 or more. I can buy a lot of groceries with that much money. Even lunch at a food stand can easily cost seven or eight dollars. That is enough to feed a whole family at home.

Next, eating at home is better for you, too. Meals at restaurants are often high in fat and calories. When you cook at home, however, you can control what you eat. You can cook with low-fat and low-calorie ingredients. Restaurants also often serve big plates of food. You may eat a big plate of food at a restaurant because you paid for it, while at home you can control your portion size. You can serve yourself as little as you want.

It may seem more convenient to eat at a restaurant because you do not have to shop, cook, or clean up. All you do is eat. Cooking at home, however, can be more convenient. There are lots of simple meals that do not take long to prepare. In addition, when you eat at home, you do not have to drive to the restaurant, look for a parking space, wait for a table, and wait for service.

People often choose to eat at restaurants because it seems more convenient. I find, however, that cooking at home is in fact easier and it is cheaper and healthier as well. [301 words]