

# Topic 7: do you prefer eating out to eating at home?

[Nutrition](#)



Topic 7: Do you prefer eating out to eating at home? Nowadays, some people like to eat at home and prepare food by themselves but others prefer to eat outside in restaurants or at food stands. As far as I am concerned, I prefer to eat at home. Of course, there are some advantages eating out. Firstly, restaurants offer a more comfortable environment to eat and the food there tastes more delicious than home-cooked meals. Everyone has different favorite dishes and restaurants may satisfy all tastes of its customers. In addition, eating at restaurants is a good way of getting together with friends. People go to restaurants so that they have a private space to discuss something. Many people think that it is easier to do a business when they eat and negotiate at the same time. They do not need to worry about washing dishes and clearing. For people who are busy to cook, eating out is certainly an ideal choice. Furthermore, for people do not know how to cook and do not have someone to cook for them, eat out seems to be the only choice. However, many other people prefer to eat at home. This is because eating at home is much cheaper than eating at restaurants. Instead of spending money for expensive meals at a restaurant, people can prepare for a meal and save lots of money for other purposes, so that they do not want to go restaurants for lunch or dinner. Other people choose to eat at home just because they would like to spend time with their families. While having dinner at home, for example, they can share their happiness and troubles in jobs with their folks or even talk about a television program they like best. I think that whether people eat at a restaurant or at home, the most important thing is whether they feel comfortable or not. However, if I have to choose, I will eat at home because it is a way to save my money and above all, I can have a good time with my family. The main reason is that at home family

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members can prepare their meals and enjoying their food together, which can enhance their relationships. Family members can talk, make jokes and exchange feelings on current affairs with each other while preparing a meal. Parents have a chance to communicate with their kids and keep track of what they are thinking and doing; while children can learn to help with some household tasks and develop intimacy with their parents. Imagine that you and your brothers and sisters help your mother to cook on weekend, and enjoy the food later on, and you feel everything is so nice. General speaking, eating out side is comfortable and convenient, but eating at home has more benefits. I prefer to eat at home.