

新托福作文天天练：第十三期 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/273/2021_2022__E6_96_B0_E6_89_98_E7_A6_8F_E4_c81_273233.htm 本期话题: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. 参考范文:-----1-----

While eating in restaurants is fast, the money you spend can add up (积少成多). When I have dinner at a restaurant with a friend, the bill is usually over twenty dollars. I can buy a lot of groceries with that much money. Even lunch at a fast-food stand usually costs five or six dollars for one person. Thats enough to feed the whole family at home.积少成多，不经济 Eating at home is better for you, too. Meals at restaurants are often high in fat and calories, andthey serve big plates of food-much more food-than you need to eat at one meal. If you cook foodat home, you have more control over the ingredients. You can use margarine (Margarine is a yellow substance made from vegetable oil and animal fats that is similar to butter. You spread it on bread or use it for cooking.) instead of butter onyour potatoes, or not put so much cheese on top of your pizza. At home, you can control yourportion size. You can serve yourself as little as you want. In a restaurant, you may eat a full plateof food "because you paid for it."健康，对原料有选择Its true that eating out is convenient. You dont have to shop, or cook, or clean up. But real homecooking doesnt have to take up a lot of time. There are lots of simple meals that dont take long tomake. In fact,

they're faster than eating out, especially if you think of the time you spend driving to a restaurant, parking, waiting for a table,, waiting for service, and driving home.在家做饭其实不花时间Both eating at restaurants and cooking at home can be satisfying. Both can taste good and be enjoyed with family and friends. I prefer cooking at home because of the money and health issues, but people will make the choice that fits their lifestyle best.-----2-----In the modern life now, more and more people prefer to eat at food stands or restaurants. They think that will save time so that they can have enough time to do their jobs. But I still prefer to prepare and eat food at home. There are several reasons. First of all, you can save money if you eat at home. In general, to get profit, the restaurants ask for more money on the same food you cook at home. That is the waste of money. To save money, you may prefer to prepare your food at home with less money. The second, usually, the food in the restaurants is not what you are expecting. you may dislike the way the restaurant cook the same dishes as you do at home. For example, the other day, I asked for potato in a restaurant. After the first bite, I thought it was so awful. My mom never cooked such potato for me! The bad lunch even destroyed my mood in that day. The third, if you prepare food by yourself, you will have a happy mood when you eat it, regardless of the real savor (味道) of the food. It goes a saying well "labor brings happiness". In addition, you can change your method of cooking considering your taste on that day. The reasons above may can answer why I prefer to eat food at home. Cooking even has become my hobby now. Come back and have your delicious food,

Im sure you will like it!:)-----3-----Nowadays, some people like to eat at home and prepare food for themselves, but others have anegative attitude that they prefer to eat out side in restaurant or at foodstands. As far as I amconcerned, it is better to eat at home. There are numerous reasons why I hold on, and I wouldexplore only a few primary ones here. I t cannot be denied that there is some advantage to the first points. Firstly, the condition of therestaurant is more comfortable and the food of there is more delicious usually. Then eating inrestaurant become a good choice of getting together with friends. In addition, eat outside takepeople convenience and shortcut. For the people who are busy on working, prepare food forthemselves will make troubles and waste time. For the young person who are not able to cook forthemselves, eat at foodstands resolve the problem. The main reason for my propensity (A propensity to do something or a propensity for something is a natural tendency that you have to behave in a particular way.) for eating at home is that eat at home and prepare food forthemselves can enhance the emotion among the member of family and bring pleasure to everyone. In modern society, everyday, parents are busy on working and sociality, and children are busy onstudy and playing. For convenience and saving time, they often chooce eat outside. Then thereleft so few time of them to share. Sharing the dinner at home is not only eating but also provide achance to talking, making joke and exchange feeling with each other. Maybe someone think thatmake dinner is a heavy burden. But I believe prepare food with family is also a happy, likely havedinner with family is a pleasure.

With your sisters and brothers help your mother do a meal in weekend, and enjoy the food ,and you will feel everything is so nice. Another reason is that I think that eat at home is more economical than go to restaurant and save money. Using the same number of money you can buy more and better food from shop than from restaurant. You can do nourishing meal (滋养的食物) for your children rather than the junk food from foodstands. And you can spend the saved money on many the other way, such as buy new clothes and see a movie. Generally speaking, eat outside is comfortable and convenient to our live, while eat at home can share happy with family. Taking into account of all these, I prefer to prepare food for ourselves and eat at home. 100Test 下载频道开通 , 各类考试题目直接下载。 详细请访问 www.100test.com