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[https://www.100test.com/kao\\_ti2020/496/2021\\_2022\\_185\\_E7\\_AF\\_87\\_E6\\_89\\_98\\_E7\\_c81\\_496368.htm](https://www.100test.com/kao_ti2020/496/2021_2022_185_E7_AF_87_E6_89_98_E7_c81_496368.htm) Nowadays, wherever we turn our gaze, we can see different types of food that are easier to prepare. For instance, we can buy frozen foods in a supermarket and just prepare it in a couple of minutes, whereas before it could have taken us maybe hours to prepare this kind of meals. I would accept that this so-called improvement has changed our lives, but I believe that there are some drawbacks as well. 说现象，提观点，两面派观点，认为有好处有坏处。 It is true that these kinds of food do not involve hard work to prepare, but food that is easy to prepare generally has some artificial ingredients 作料材料 mixed in it that makes it "easy-to-cook". If we take time to read the ingredients, we would definitely come across words like preservatives 防腐剂 or artificial flavorings 调味料. It was just a couple of days ago that I came across a newspaper article which stated that someone was poisoned because he ate this type of food. He was hospitalized for almost a month. 方便的食物中有不利健康的添加剂 Not having to cook has also taken the fun out of cooking. Cooking is an art, but in today ' s world, this is no more true. People are so busy with their work that they just rely on this simple foods. The invention and production of this foods have made people lazy not only for cooking but also for a well family get-together. It was not like former times when families would sit together and eat freshly baked food. Instead, they are getting these artificial things with minimal nutrients 营养 in them. 没

有做饭的过程也带走了做饭的乐趣 Cooking in the yesteryears was much better than today ' s. People would spend more time in the kitchen, preparing the food in the way that they liked it. This brought families closer together and also contributed to the high quality and nutrition of the food. Granted, people are busier nowadays and do not have as much time as they did in the past, but I believe that people have forgotten the importance of healthy, fresh food and of the time a family spends together preparing the food. So, I would say that having food that is easy to prepare has had many disadvantages.总结，认为食物容易准备有很多坏处 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](http://www.100test.com)