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https://www.100test.com/kao_ti2020/501/2021_2022_185_E7_AF_87_E6_89_98_E7_c81_501310.htm TOPIC: 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. 范文一 Some people like to eat out at food stands and restaurants, while others like to prepare food at home. Often it depends on the kind of lifestyle people have. Those with very busy jobs outside the house don't always have time to cook. They like the convenience of eating out. Overall, though, it is cheaper and healthier to eat at home. While eating in restaurants is fast, the money you spend can add up. 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. That's enough to feed the whole family at home. Eating at home is better for you, too. Meals at restaurants are often high in fat and calories, and they serve big plates of food-much more food-than you need to eat at one meal. If you cook food at home, you have more control over the ingredients. You can use margarine instead of butter on your potatoes, or not put so much cheese on top of your pizza. At home, you can control your portion size. You can serve yourself as little as you want. In a restaurant, you may eat a full plate of food "because you paid for it." It's true that eating out is convenient. You don't have to shop, or cook, or clean up. But real home

cooking doesn ' t have to take up a lot of time. There are lots of simple meals that don ' t take long to make. 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. 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.

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