

2017/06/10 托福寫作真題範文

- Some people prefer to eat at food stands or restaurants. Other people prefer to prepare and eat food at home. Which do you prefer? Why?
- Use specific reasons and examples to support your answer. Be sure to use your own words. Do not use memorized examples.
- 有些人偏愛在小吃攤或餐廳吃飯，有些人偏好在家吃飯？你偏好哪一個？為什麼？
- 使用確切的理由與例子來支持你的答案。請確保你用的是自己的文字。不要背例子。

解題思路

1. 在家做菜比較健康
2. 在家吃飯凝聚感情
3. (讓步)在外吃飯比較省時間。(反駁)健康與家人最重要，而且在家簡單吃也不一定較花時間。

高分範文

Preeminent writer Virginia Woolf once said, "One cannot think well, love well and sleep well if one has not dined well." Eating is essential for our health and family life, so it will be great if we can eat with our family members. That's why I think preparing and eating food at home is more ideal than eating at food stands or restaurants.

傑出的作家維吉尼亞·吳爾芙曾說過，「如果沒好好吃東西的話，人就沒辦法好好思考、好好愛人和好好睡覺。」吃東西對我們的健康與家庭生活來說至關重要，所以如果我們能跟家人一起吃東西那就太好了。因此，對我而言，在家做菜吃飯比上小攤子或館子吃飯更理想。

Firstly, preparing food at home is healthier. If we prepare food by ourselves, we know what we are eating. We can choose to buy organic or non-genetically modified organisms. We can also decide how much salt, sugar, and oil we add to a dish. For example, if one of your family members has diabetes, you can cook low-GI meals for him to regulate his blood glucose levels. On the contrary, if we always dine outside, then there is no way we can know or control what we consume. Therefore, compared with eating at stands or restaurants, preparing food at home will benefit our health more.

首先，在家做菜比較健康。如果我們自己準備食物，我們會知道我們吃進什麼東西。我們可以選擇買有機或非基改作物。我們也可以決定我們要加多少鹽、糖和油到一道菜裡。舉例來說，如果你的一位家庭成員有糖尿病，你可以煮低 GI 的餐點給他吃來控制他的血糖值。相反地，如果我們一直都在外吃飯，我們沒辦法知道或控制我們吃進去的東西。因此，相較於在小吃攤或餐廳吃飯，在家準備食物對我們的健康更有益。

Secondly, eating at home helps strengthen family ties. Mealtime conversation provides a perfect opportunity for exchanges of ideas and feelings. Take myself for example. My family always wait until everyone is at the table because my grandparents think family meals help children form positive attitudes about food and eating together can create fond family memories that will last a lifetime. In contrast, eating at stands or restaurants grants little time for lengthy or in-depth discussion of personal affairs because there may be other customers waiting to be served. In short, stands or restaurants may offer delicious food, but not quality time.

其次，在家吃飯有助凝聚家人感情。吃飯時聊天提供一個交換想法與情感的絕佳機會。舉我自己為例。我們家永遠都對等人到齊才開飯，因為我的祖父母認為在家吃飯有助孩子對食物形成正面的價值觀，而且一起吃飯能夠創造值得全家一生珍惜的記憶。相對地，在小攤子或餐廳吃飯沒辦法給太多時間讓人進行漫長的或者深度的個人事務的討論，因為有可能還有其他客人排隊等待用餐。簡言之，小攤子或餐廳也許提供好吃的食物，但卻不能提供天倫之樂的黃金時光。

Admittedly, some people argue that eating at stands or restaurants is more convenient. After all, in this modern society, everyone is so occupied with their work that they sometimes ignore other important things in their life and even consider cooking or family meal a waste of time. In my opinion, these people forget something: Without health or family time, our success means nothing. In addition, not everyone lives

close to stands or restaurants, and it sometimes takes longer for them to queue up or waiting for the bill. Cooking easy meals at home may save you more time.

誠然，有些人論上攤子或餐廳吃飯更方便。畢竟，在這個現代社會，每個人都如此忙於工作，以致於他們有時會忽略其他生命中重要的事情，甚至把認為煮飯或跟家人吃飯是浪費時間的事。就我的觀點，這些人忘了一件事：沒有健康或家庭時光，我們的成功什麼都不是。此外，不是每個人都住得離小攤子或餐廳很近，而有時候他們要花更多時間排隊或等結帳。在家煮簡單的餐點會幫你省下更多時間。

In conclusion, dining at stands or restaurants may seem convenient. Nonetheless, cooking at home creates the best food for soul and body. 結論是，去小攤子或餐廳吃飯可能似乎很方便。然而，在家煮飯能夠為身心創造最好的食糧。