**Topic: Some people prefer to cook at home. Other people prefer to eat out. Which do you prefer? Use specific reasons and examples to support your answer.(Keep it between 350-400 words)**

In the past, it is usual that people cook themselves at home rather than ate outside. However, the situation has changed, people nowadays have lots of choices about food. Therefore, the new question born: Which eating type is better? To me, I will choose to cook at home myself.

On top of all, the concern of health is the most important. Since costumers cannot choose how to make the dish and what to put in. It is often to find dishes too greasy, salty and lack vegetables, so that make burden body. In my opinion, an ideal dish should be rich in nutrition and less e . Secondly, as a student that have fixed class schedule, I have little time for eating. Nevertheless, I always spend lots of time searching food which is annoying and a waste of time. I can make difference to the indecent situation if I prepare my dish at home. Last but not least, making food myself is a joy to me. Planning what to make, purchasing ingredients and making a dish in the kitchen

Although it is convenient to full one’s stomach outside,