We all belong in the kitchen

One of the most important life skills you can learn has been silently and slowly ignored and unappreciated by the general public in recent years and if as a society we want to improve our health this has to change. Of course the skill I’m talking about is cooking, you see nowadays people seem to look at cooking as a time consuming exercise because they feel like the alternatives offer more pros but do they really.

Lets look at some of the alternatives and potential reasons why people use them ahead of cooking their own food….

**Food Delivery**

Food delivery apps like Just Eat, Uber Eats and so many more have become increasingly popular over the last few years and while it has a lot of positive aspects it seems that a lot of people are abusing it and using it ahead of cooking. Because most of the restaurant on these apps are fast food restaurants it’s easy to see how people who might have used it for as a treat end up being tempted into using it as a regular way to get their meals. Some of the reasons why people use these apps so heavily are ….

* Because a lot of people have busy lives so it’s easy to see why food delivery is seen as a very popular/efficient method when you’re on the go.
* Since most people don’t know how to cook they find it hard to make a verity of meals that taste good. So they just end up ordering food because it tastes better that what they can cook.
* All lot of people also look at cooking as chore they don’t enjoy doing so like a lazy child the get somebody else to do it by ordering food.

Now on paper those reasons seem valid if you can afford to eat out on a regular basis, but looking deeper into these pros are they really worth it considering they can all be fixed if you start/continue your cooking journey. For starters the more you cook the quicker you become at it so you can start making a verity of meals in advance that taste good and not to mention the countless benefits that come with cooking such as saving money by not ordering food as much, sky rocketing your overall health and even things that you might not think about such as the fact that it makes you a more self-sufficient person which will help you grow as an individual. All in all the benefits of cooking the bulk of you meals are countless. Now I don’t know any way to make the process any more enjoyable if you don’t like cooking but I would advise that you least find enjoyment in what it can do for you.

**Highly Processed food**

Highly process food just like Food delivery has become popular due to the efficiency and taste. But the barrier to entry is by far the easiest way to get food due to the fact that its cheap and where ever you are you can be guaranteed to find multiple high processed options before anything else.

Now a lot of the reasons that people use high processed food option over home cooking overlap with the reasons that came up in the food delivery section of the post. But other reasons would be that a lot of people that have high processed foods in their diets would be down to the eating habits they had as children that they never got out of. We all know the guy who main source of food comes out of a freezer or its candy, potato chips, chocolate and more junk food.

Now apart from the embarrassing childish behaviour, having a palette that is only that enjoys frozen/junk food that has more chemicals than real ingredients can only lead to bad things for your health. How when it comes to the reasons why the processed food is good for you there isn’t any at all.

That last sentence is the main reason why learning how to cook is so important, because it goes without saying that you will reap the benefits as mentioned earlier and cooking is for everyone even if you don’t think is for you. But regardless of that it should be done anyway because cooking should be treated like exercise in the sense that you should do it because its good for you and just like exercise over time you will end up doing it because you enjoy it.

We hope you enjoyed the post stay tuned for more.