Xinan Wu(Nolan)

吴熙楠 1900011413

Advanced English Writing Tuesday 8-10

May 4, 2022

Essay 2

Eat at Home, or Eat at Restaurants

Thesis: While eating at restaurants and eating at home both play an important role in people’s daily life, they have significant differences.

I. Convenience.

II. High cost versus low cost.

III. Health.

Restatement of thesis: Although both eating at restaurants and eating at home can be satisfying, the differences between eating at home and eating at restaurants are significant.

Eat at Home, or Eat at Restaurants

How often do you eat out? Some people like to eat out at food stands and restaurants, while others like to prepare food at home. In the old days when the transportation was not so developed, people mostly ate at home. But nowadays benefited from the development of communications and richer life, eating out has become more and more popular. While eating at restaurants and eating at home both play an important role in people’s daily life, they have significant differences.

Eating at restaurants is much more convenient. When you eat at home, you need to plan what to cook first. Then you need to buy ingredients, wash them and do many other things. If you do not have enough time, you may not be able to make a rich dinner for yourself. Especially when you have to spend two hours a day on commuting, you get back home tiredly and the only thing you want to do is to sleep. However, eating at restaurants saves time for preparations and you can enjoy a good meal even you’ve just finished one day’s heavy work. Thus, convenience is a significant advantage of eating at restaurants.

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 one hundred yuan. I can buy a lot of ingredients with that much money. Even lunch at a fast-food stand usually costs thirty or forty yuan for one person, while that’s enough to feed the whole family at home. Since the restaurants have to pay for their employees and maintenance fee, you cannot expect the food to be cheap. However, if you cook at home, you are just your own employee and can shop around for the best deal. Therefore, cooking at home can save much money.

Eating at home can be much healthier. Meals at restaurants are often high in fat and calories and they serve big plates of food much more than you need to eat at one meal. You may eat a full plate of food “because you paid for it.” However, when you cook yourself, you can make your own nutrition plan and you know well how much you can eat. Especially when you are taking the first tentative step towards fitness, eating at home can control your portion size and help you build confidence. Therefore, it is often healthier to eat at home.

Although both eating at restaurants and eating at home can be satisfying, the differences between eating at home and eating at restaurants are significant. In our daily life, convenience, price and health are all important considerations and it is hard to say whether it is better to eat at home or eat at restaurants. In fact, life is wonderful because there are a lot of choices. Since the differences between the two ways of eating are significant, you can take their advantages and make the choice that fits your lifestyle best.