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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.