‘Eating at home is better than eating in restaurants’. Do you agree? Give reasons.

Eating at home is better than eating in restaurants.

Needless to say, eating at home is better than eating in restaurants. You may ask why? You may agree that the food in restaurants has a better taste, has better looks than the food in home. However, have you concern the nutrition and the hygienic problem in the restaurant.

Let us consider, for example, the nutrition first. In a restaurant, in order to make the food have a better taste, a lot of flavouring, food additives may added to the food, e.g. MSG. These unnecessary substances are unhealthy and may cause some serious disease. For example, some people may feel headache, unfairness if they take in too much flavouring. However, if we eating at home, at least, we will not add food additives to the food. If we really want the food have a better taste, we can control the amount of the flavouring added to the food. Besides, when we eating in restaurant, we may not have a balance diet. The dietary fibre that we uptake when we eating in restaurant may not be enough. The food in the restaurant may be too fatty having too many waste. It is unhealthy and may be harmful to our body.

The hygienic is that a restaurant is a ‘served’ as we do not know much about the hygiene. In the restaurant, it may seem that the place is clean and very nicely. However, there may have a different world behind the restaurant. Their dishes may not be clean. Seriously, their food may not be cooked enough. This is all we can’t see and...
Known. However, if we cooked at home, these problems will be solved. We will not need to worry about them.

In my opinion, I prefer eating at home to eating in a restaurant. I think that eating at home is more healthy and safer. Therefore, I choose eating at home.