

Nowadays, food has become easier to prepare. Has this change improved the way people live? Use specific reasons and examples to support your answer.

Man, through the ages, has undergone many changes, from a period when he hunted for food to the present time, when he buys preprocessed food in the shop centers. Some people say that the fact our food are easier to prepare these days has definitely improved our life. However, other people believe that this change has some negative aspects. In this essay I will list some advantages and disadvantages of such a change.

First of all, when people use a preprocessed food it definitely saves time. One does not have to spend much time in the kitchen washing, peeling, cutting and cooking vegetables, etc. All one has to do is just to use a microwave or a stove to warm up a ready for use food. Frankly, I think it is a very good benefit. People can more enjoy things they like to do like spending time with the loved ones, exercising, watching TV or walking with a dog.

Second of all, if one has a good salary he can allow himself to go to a restaurant every day. It is a great opportunity to have a fresh cooked meal with excellent service, meet friends and new people. One more reason to have dinner at a restaurant because one can taste different and delicious food from all over the world from Chinese to Mexican.

However, some people think that a preprocessed food has negative aspects. Unfortunately, preprocessed food has less vitamins and minerals than fresh cooked food. Besides, it has more preservatives and unnatural ingredients that can not be good for man's health. In addition, the number of diseases such as obesity, fatigue, reflux disease etc. is rising.

Cooking is a great tradition. It is a means of eliminating stress and tension. Personally, I believe that people should not forget this tradition and do not abuse fast food.