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**Whether or not cooking at home is safer than buying the cooked meals in the store**

Introduction

In this generation, many people of all ages are slowly becoming obese simply because they opt to eat fast food rather than home-cooked meals. Accurately, every individual need food to survive but preferring to ingest fast food and not home cooked meal is not the most ideal choice. Restaurants, as well as other fast food enterprises, have foods that contain high amounts of salt, fat as well as sugar which is not good for your body. Everything ingested in the body should be taken in moderate amounts. There exists a lot of difference between fast food and home cooked especially when it comes to convenience, eminence as well as preparation time. Health experts often associate any health issue with the type of food we eat and thus highly recommend ingesting the right food in your body. Fast food has been blamed to be the leading cause of obesity across the globe and this is the core reason why homemade food is recommended at all times.

When it comes to nourishing the body and mind, nothing is much better and satisfying than preparing your very own food from scratch, using ingredients that are of high quality (GORD). Additionally, you get an opportunity to use ingredients that have low amounts of sodium and fat making it easier to serve the meal with love. Own-cooked meals are also made using fresh ingredients such as vegetables making the food healthy and nutritious (Mills). Fast food meals, on the other hand, are meals that have been made using a lot of saturated fat and sodium which ends up being unhealthy and not nutritious enough.

Additionally, home-cooked meals do play a part in bringing the family together as they are expected to sit on one table and enjoy the meal (Tuttle). Children especially have been known to greatly benefit from the norm of eating meals together as a family. Family meals do help in offering a window for sharing the day’s happenings and generates a relaxing transition from day’s work to a slower-rapid evening.

Compared to fast food meals, home-served meals are much safer as the tools as well as ingredients used to prepare the meals are well cleaned and stored (LAURA). Moreover, the home-served meals are much cheaper and cost-effective if proper planning is used to help keep the meals interesting as well as palatable. Depending on what meal you’re cooking, the cost being used can be cheaper as well. Cooking your very own food gives you the peace of mind that goes hand in hand with having total control over the quality and kind of ingredients you will use and the degree of cleanliness that is being employed to prepare the food (Stender). Fast food is always served right in front of you, is sometimes cheaper to buy and is often fast to cook but it never offers the satisfaction home-cooked meals offer.

Conclusion

However, people continue to consume and ingest fast food as it is more immediate, faster to make and can be consumed anywhere something home-cooked meals doesn’t offer. Due to the busy schedule, many working citizens have, fast food is the only solution to their problem. Despite all these, home cooked meals will always be the best as they offer a sense of satisfaction and fulfillment knowing the ingredients used and health benefits to be encountered later. Additionally, home-cooked meals provide a sense of belonging for families especially children. With home-cooked meals, you are assured of reducing the risk of being obese as other health-related issues. So, the next time you prefer to buy fast foods instead of cooking your own food, think again.

Works cited

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