

**TOPIC: READY-MADE FOOD & HOME-MADE FOOD**

Nowadays many people choose ready-made food and refuse to cook at home. Why do you think it happens? What are the advantages and disadvantages of such a choice?

**SAMPLE I****REARRANGE THE GROUPS OF WORDS IN THE CORRECT ORDER TO MAKE COMPLETE SENTENCES.****✚ Introduction:**

1. cooking at home / In recent years, / ready-made food / many individuals / have opted for / instead of / . /
2. *is not only attributed / This shift / comes with / in eating habits / and disadvantages / to various factors, / both advantages / but it also / . /*
3. this trend / This essay / will explore / its potential benefits / and drawbacks / the reasons behind / and examine / . /

**SUPPLY THE BLANKS with the appropriate FORM of the given words in brackets:****✚ BODY:**

One of the primary reasons for the growing 1. (PREFER) \_\_\_\_\_ for ready-made food is *the fast-paced nature of modern life*. With busy work schedules, 2. (SOCIETY) \_\_\_\_\_ commitments, and family 3. (RESPONSIBLE) \_\_\_\_\_, people often lack the time or energy to prepare home-cooked meals. Ready-made food offers a quick and convenient 4. (SOLVE) \_\_\_\_\_, allowing individuals to enjoy a meal without the hassle of cooking. Moreover, these foods are often *easily accessible and affordable*, catering to a wide range of tastes and 5. (DIET) \_\_\_\_\_ preferences, making them an attractive option for many.

However, while the 6. (CONVENIENT) \_\_\_\_\_ of ready-made meals is undeniable, there are *several disadvantages* to this choice. *The most significant concern is the impact on health*. Many ready-made foods are high in preservatives, unhealthy fats, and excessive sodium, which *can lead to* 7. (LONG) \_\_\_\_\_ health issues such as obesity, heart disease, and 8. (TENSE) \_\_\_\_\_. Additionally, these foods often *lack the* 9. (NUTRITIOUS) \_\_\_\_\_ value of home-cooked meals, which are typically made with fresh ingredients and are more 10. (BALANCE) \_\_\_\_\_.

**SUPPLY EACH BLANK with AN appropriate WORD:****✚ CONCLUSION:**

In conclusion, the shift towards ready-made food is largely 1. \_\_\_\_\_ by the demands of modern life, where time and convenience take 2. \_\_\_\_\_. While these meals *offer clear advantages in* 3. \_\_\_\_\_ of speed and accessibility, *the potential health risks* 4. \_\_\_\_\_ with regular consumption should not be overlooked. To 5. \_\_\_\_\_ a balance, it is important for individuals to use ready-made food sparingly and ensure that their overall 6. \_\_\_\_\_ remains nutritious.

**TOPIC: READY-MADE FOOD & HOME-MADE FOOD**

Nowadays many people choose ready-made food and refuse to cook at home. Why do you think it happens? What are the advantages and disadvantages of such a choice?

**SAMPLE 2**

COMPLETE THE BLANKS WITH THE APPROPRIATE WORDS/PHRASES GIVEN IN THE FOLLOWING BOX:

|                    |                 |                |                       |                  |
|--------------------|-----------------|----------------|-----------------------|------------------|
| by various reasons | downsides to    | find a balance | for this trend        | found in         |
| fresh ingredients  | health problems | instead of     | mainly due to         | meal preparation |
| offer a quick      | One main reason | pros and cons  | should not be ignored | spend time       |

In recent years, many people have started to choose ready-made food 1. \_\_\_\_\_ cooking at home. This change in eating habits can be explained 2. \_\_\_\_\_, and it comes with both advantages and disadvantages. This essay will discuss the reasons 3. \_\_\_\_\_ and examine its 4. \_\_\_\_\_.

5. \_\_\_\_\_ for choosing ready-made food is the busy lifestyle of many people today. With long working hours and a lot of responsibilities, many find it difficult to 6. \_\_\_\_\_ cooking. Ready-made meals 7. \_\_\_\_\_ and easy solution, allowing people to eat without much effort. Additionally, these foods are often affordable and available in many stores, making them a convenient choice for those who don't want to spend time on 8. \_\_\_\_\_.

However, there are some 9. \_\_\_\_\_ eating ready-made food regularly. The biggest concern is health. Many ready-made meals are high in fats, salt, and preservatives, which can lead to 10. \_\_\_\_\_ like obesity, heart disease, and high blood pressure. Another disadvantage is that these meals often lack the nutrients 11. \_\_\_\_\_ fresh, home-cooked food. Homemade meals usually have more vitamins and minerals because they are made with 12. \_\_\_\_\_.

In conclusion, the rise of ready-made food is 13. \_\_\_\_\_ the fast-paced modern life, where people often do not have time to cook. While these meals provide convenience and save time, the health risks associated with eating them too often 14. \_\_\_\_\_. To maintain a healthy diet, it is important to 15. \_\_\_\_\_ by eating ready-made food occasionally and cooking at home when possible.