

Eating out vs. Eating at home

Many people say that cooking and eating at home is better for individuals and the family than eating out in restaurants or canteens. Do you agree or disagree?

Although *beneficial* *cleanliness* *compared to*
compromise *cost-effective* *followed* *standards*
as *Firstly* *For instance* *It is argued*
Moreover *Secondly* *Therefore* *To conclude*

_____ by some that dining at own house is beneficial than having outdoor food at hotels. In my opinion, I agree that people can have the benefits of hygienic and _____ meals by cooking the food at their homes.

_____, food cooked and served at homes is _____ because of ensured hygienic standards. This means that _____ of home-cooked food can be ensured as it is monitored at one's own house. Home kitchens are much cleaner _____ the cooking sites of hotels and it is likely to get infected by eating outdoors. _____ many outbreaks of cholera are spread from the kitchens of restaurants. _____ homemade food is fresh and it adds to the hygiene _____, whereas hotels can support you by storing food items.

_____, it is always cost-effective to cook and eat at the homes. This is because restaurants add taxes to the items being served and even plain drinking water costs money. _____ eating at hotels can be convenient and saves time of cooking in the busy life of today's world, it is always more expensive. _____, the food being served at a hotel can be cooked in a house in a much-reduced amount of money. Hence, money can be saved and spent somewhere else, by eating and cooking at homes.

_____, home cooking and eating are beneficial _____ it ensures hygienic nature of eatables and save money. I hope that healthy eating habits should be _____ and people should not _____ their health by eating at restaurants to save the cooking time.