

TOPIC: FOOD & LIFESTYLES**— EATING AT HOME OR EATING OUT —****EXERCISE 1: SUPPLY EACH BLANK WITH THE APPROPRIATE WORD GIVEN IN THE BOX:**

cleaning	convenience	conversation	cost-effective	demanding
dining	hassle	healthier	life	nutritionally
nutritious	outweigh	reap	rise	superior

In today's fast-paced world, people frequently debate whether it is better to prepare meals at home or dine out. While some individuals argue that eating at restaurants offers (1) _____ and variety, others contend that home-cooked meals are (2) _____ and more economical. This essay will examine both perspectives before concluding that preparing food at home is the (3) _____ choice.

On one hand, dining out provides an array of benefits, particularly for those with (4) _____ schedules. Restaurants offer a diverse selection of cuisines, allowing individuals to experience different flavors without the (5) _____ of cooking. Moreover, eating out saves time, as it eliminates the need for grocery shopping, meal preparation, and (6) _____. Additionally, social gatherings are often more enjoyable in a restaurant setting, where individuals can focus on (7) _____ rather than culinary duties. However, these advantages come at a cost, both financially and (8) _____.

Conversely, home-cooked meals present several compelling advantages. First and foremost, they are typically more (9) _____, as individuals have full control over ingredients and portion sizes. This is particularly important in an era when obesity and diet-related illnesses are on the (10) _____. Furthermore, preparing meals at home is significantly more (11) _____ than eating out, as restaurant prices include not only food costs but also service charges and overhead expenses. Beyond financial and health benefits, home cooking fosters essential (12) _____ skills and strengthens family bonds, as it encourages collaborative meal preparation and shared (13) _____ experiences.

In conclusion, while eating out may offer convenience and variety, the long-term benefits of home cooking (14) _____ its advantages. Home-prepared meals promote healthier dietary habits, reduce expenses, and enhance family connections. Therefore, individuals should strive to cook at home more frequently to (15) _____ these benefits.

EXERCISE 2: SUPPLY EACH BLANK WITH THE APPROPRIATE WORD GIVEN IN THE BOX:

In today's fast-paced world, the debate over whether to eat at home or dine out is a (1) _____ topic. While some argue that restaurant meals offer (2) _____, others believe that home-cooked food is both healthier and more cost-effective. This essay will weigh both perspectives before concluding that cooking at home is the (3) _____ option.

On one hand, dining out provides an array of benefits, particularly for those with (4) _____ schedules. Restaurants offer a vast selection of dishes, enabling people to (5) _____ new flavors without lifting a finger in the kitchen. Additionally, eating out saves time, as it removes the need for grocery shopping, meal preparation, and (6) _____. Furthermore, social gatherings are often more enjoyable in a restaurant setting, allowing people to (7) _____ instead of worrying about cooking and cleaning. However, these conveniences come at a price—both financially and (8) _____.

Conversely, home-cooked meals come with a host of advantages. First and foremost, they allow individuals to (9) _____ their diet, ensuring that meals are nutritious and free from excessive additives. This is particularly important in an era where diet-related illnesses are (10) _____. Moreover, preparing meals at home is significantly more budget-friendly, as dining out often involves hidden costs such as service charges and taxes. Beyond health and financial benefits, home cooking fosters essential life skills and strengthens family bonds, as the act of preparing and sharing meals together creates lasting memories.

In conclusion, while dining out may offer convenience and variety, the long-term benefits of home cooking far outweigh its appeal. By making home-prepared meals a regular habit, individuals can kill two birds with one stone—leading healthier lifestyles while also saving money.

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|-----------------------------------|-----------------------------|--------------------------|---|
| 1. (A) hotly debated | (B) a flash in the pan | (C) an open secret | (D) a bone of contention |
| 2. (A) Food for thought | (B) The best of both worlds | (C) a drop in the ocean | (D) variety is the spice of life |
| 3. (A) The icing on the cake | (B) better late than never | (C) hands down | (D) A tough nut to crack |
| 4. (A) at the drop of a hat | (B) a storm in a teacup | (C) a piece of cake | (D) burning the candle at both ends |
| 5. (A) chew the fat | (B) get a taste of | (C) spill the beans | (D) bite off more than they can chew |
| 6. (A) throwing in the towel | (B) doing the dishes | (C) cooking up a storm | (D) rolling up their sleeves |
| 7. (A) bring home the bacon | (B) let their hair down | (C) go against the grain | (D) have a lot on their plate |
| 8. (A) in hot water | (B) hard to swallow | (C) at stake | (D) a bitter pill to swallow |
| 9. (A) have a finger in every pie | (B) keep a close eye on | (C) break the ice with | (D) walk on eggshells around |
| 10.(A) on the rise | (B) over the moon | (C) under the weather | (D) out of the frying pan into the fire |

IDIOMATIC EXPRESSIONS

1. Debate over eating at home vs. dining out

- **A bone of contention** – A subject that causes disagreement.
- **Hotly debated** – A topic that people argue passionately about. ✓ (Correct answer)
- **An open secret** – Something widely known but not officially acknowledged.
- **A flash in the pan** – Something that starts with great success but fails quickly.

2. Restaurant meals offer...

- **Food for thought** – Something that makes you think deeply.
- **The best of both worlds** – A situation where you enjoy two advantages.
- **A drop in the ocean** – A very small or insignificant amount compared to the whole.
- **Variety is the spice of life** – Diversity makes life more interesting. ✓ (Correct answer)

3. Cooking at home is the... option

- **The icing on the cake** – An extra benefit that makes something even better.
- **Better late than never** – It's better to do something late than never at all.
- **Hands down** – Without a doubt, the best option. ✓ (Correct answer)
- **A tough nut to crack** – A difficult problem to solve.

4. Schedules are...

- **at the drop of a hat** – immediately or without hesitation
- **A piece of cake** – Something very easy to do.
- **A storm in a teacup** – A big fuss over something unimportant.
- **Burning the candle at both ends** – Working too hard without rest. ✓ (Correct answer)

5. Trying new flavors...

- **Bite off more than they can chew** – Take on more than they can handle.
- **Get a taste of** – Experience something, often for the first time. ✓ (Correct answer)
- **Spill the beans** – Reveal a secret.
- **Chew the fat** – have a casual, relaxed conversation, often for a long time.

6. Saves time on...

- **Throwing in the towel** – Giving up.
- **Rolling up their sleeves** – Getting ready to work hard.
- **Doing the dishes** – Cleaning up after a meal. ✓ (Correct answer)
- **Cooking up a storm** – Preparing a lot of food.

7. Socializing in restaurants allows people to...

- **Bring home the bacon** – be financially successful or providing for household expenses
- **Let their hair down** – Relax and enjoy themselves. ✓ (Correct answer)
- **Go against the grain** – Do something unusual or against expectations.
- **Have a lot on their plate** – Be very busy.

8. The cost of eating out is...

- **In hot water** – In trouble.
- **A bitter pill to swallow** – A difficult reality to accept.
- **At stake** – At risk. ✓ (Correct answer)
- **Hard to swallow** – Difficult to accept.

9. Controlling one's diet means...

- **Have a finger in every pie** – Be involved in many things.
- **Keep a close eye on** – Watch carefully. ✓ (Correct answer)
- **Walk on eggshells around** – be extremely careful about what you say or do to avoid upsetting someone.
- **Break the ice with** – Make people feel comfortable in a new situation.

10. Diet-related illnesses are...

- **On the rise** – Increasing. ✓ (Correct answer)
- **Over the moon** – Extremely happy.
- **Under the weather** – Feeling sick.
- **Out of the frying pan into the fire** – Going from a bad situation to a worse one.