

Eating at university

According (1) a recent study, 59 per cent of university students miss lunch each week, and 65 per cent can't (2) bothered having breakfast. Eating regular meals, it seems, is very (3) one of the average student's top priorities, yet the same study shows that well (4) half of those questioned wish they'd learnt how to cook at school.

Having a good diet can make settling into life at university much easier. That's (5) it makes such good sense to learn how to prepare a few meals, even (6) they are only basic things like soup or egg on toast.

If there's a shared kitchen, it's a good idea to take turns cooking for everyone, (7) than making meals one after the other, (8) can lead to tensions when people are feeling hungry. Sharing the cooking means there's a variety of meals, nobody has to cook every day, and (9) is more, it saves money.