

## TOPIC: READY-MADE FOOD &amp; 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 ./

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2. *is not only attributed/ This shift / comes with / in eating habits/ and disadvantages/ to various factors,/ both advantages / but it also ./*

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3. this trend /This essay /will explore / its potential benefits /and drawbacks/ the reasons behind / and examine ./

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### 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.

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**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.