

Do you agree or disagree with the statement? People will spend less time cooking and preparing food in twenty years.

I agree that people will spend much less time on cooking twenty years from now. This is because technology has made doing different daily chores, including cooking, easier. This will surely continue in the upcoming years. Take for example microwave ovens and food processors which have shortened cooking time considerably. A few decades ago, it would take people a big amount of time to prepare their daily meals because they did not have access to such cutting-edge pieces of equipment. However, nowadays people can save a big chunk of time thanks to such appliances. Moreover, the number of restaurants and food stands is growing at a rapid pace and they are ubiquitous nowadays. The fact that they pay more painstaking attention to the quality of the food they serve encourages people, even health-conscious ones, to try them more frequently, causing them to spend less time on cooking. This trend will continue in the future.

154 words

Commented [HA1]: Main Idea

Commented [HA2]: Reason 1

Commented [HA3]: Explanation for Reason 1

Commented [HA4]: Reason 2

Commented [HA5]: Explanation for reason 2

However, some may argue that in the not too distant future, people will be inclined to spend more time on cooking. This can be attributed to the fact that more and more people are getting aware of the importance of eating nutritious food. In fact, they believe that “we are what we eat.” Thus, they may prefer to take their time to buy healthy ingredients and prepare their meals regularly. To put it differently, they are well aware of the fact that the dietary quality of foods served in most restaurants is much lower than the food prepared at home; in fact, most of their foods are saturated with fat and sugar despite being delicious. As eating unhealthy food is one of the most significant factors contributing to fatal diseases, people will tend to spend more time to prepare their food in order to lead a healthy life. Moreover, the breathtaking development of technology will leave people more time to prepare their food since technology helps them do most of their daily chores in a shorter time and have more time available to do the activities they find more appealing and entertaining like cooking.

193 words

Commented [HA6]: Main idea

Commented [HA7]: Reason 1

Commented [HA8]: Explanation for reason 1

Commented [HA9]: Reason 2 and explanation

On a second look:

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