**Nowadays, people are busy with many things. If you were given a short period of time, what would you choose?**

**1. Learn to play a new sport you never played
2. Learn to cook food in a different way
3. Learn to do some hand-made work like clothes**

Since the beginning of time, foods play an important role in the health of ‎our life, which is very essential to have an exceptional life. Diversify methods of ‎our cooking, might have undeniable‏ ‏effects not only in our body but ‎also in our psychic health. By ‎‎considering the different viewpoints and ‎the major merits and demerits of each ‎‎one, I personally believe that learn ‎to cook foods in various ways might be a suitable choice. In ‎what ‎follows, I ‎will elucidate my perspective through two obvious ‎‎rationales.‎

First, unhealthy foods may cause irreversible effects on our life, which is ‎the repetitive reason for early death in many cases. As a result, if we eat ‎unhealthy foods, we will confront serious problems because many ‎illnesses derive from our adverse habitats, which indicates what we ‎choose to eat. Therefore, learning how to cook wealthy foods become ‎very vital to have a nice life. Take my personal example as a compelling ‎example; ‎under no circumstances do I go to the restaurant for many ‎times in a day, and I prefer to cook those foods in my house. ‎Several years ago, I went to a famous restaurant in my town. ‎Although the foods of that place have known famous and reliable, I was ‎forced to go hospital as I was poisoned by the foods of that restaurant, ‎which is such a harmful experience avoided me to go to a restaurant ‎anymore.‎

Second, cooking is some joy, which could be used in holiday for people ‎to have fun with other members of family or friends. As a result, ‎cooking some wealthy foods is some healthy activity, which can help ‎not only our body with their helpful nutritious material but also our ‎soul with happiness, which is associated with cooking. For instance, ‎when we are alone and our minds are filled with detrimental thoughts, ‎cooking some foods can help us to get rid of that pressure‏.‏‎ ‎Furthermore, making food with friends could have made their ‎friendship very stronger because they work together for particular ‎purpose, which causes to heighten our friendship at a more desirable level.‎

By contemplating all the aforementioned reasons, it is straightforward ‎to conclude that if people want a dignified life and also a great soul, they must have a good ‎food diet, which might be resulted from cooking ‎some foods in separate ways.‎

391 word

40 minutes