

托福作文T13：有人喜欢在饭馆吃饭而有人喜欢在家里吃，你喜欢哪一种？PDF转换可能丢失图片或格式，建议阅读原文https://www.100test.com/kao_ti2020/276/2021_2022__E6_89_98_E7_A6_8F_E4_BD_9C_E6_c67_276733.htm Topic13：有人喜欢在饭馆吃饭而有人喜欢在家里吃，你喜欢哪一种？ Topic13

Some people prefer to eat at food stands or restaurants. Other people prefer to prepare and eat food at home. Which do you prefer? Use specific reasons and examples to support your answer. 【参考范文之一】

Some people like to eat out at food stands and restaurants, while others like to prepare food at home. Often it depends on the kind of lifestyle people have. Those with very busy jobs outside the house don't always have time to cook. They like the convenience of eating out. Overall, though, it is cheaper and healthier to eat at home. While eating in restaurants is fast, the money you spend can add up. When I have dinner at a restaurant with a friend, the bill is usually over twenty dollars. I can buy a lot of groceries with that much money. Even lunch at a fast-food stand usually costs five or six dollars for one person. That's enough to feed the whole family at home. Eating at home is better for you, too. Meals at restaurants are often high in fat and calories, and they serve big plates of food—much more food than you need to eat at one meal. If you cook food at home, you have more control over the ingredients. You can use margarine instead of butter on your potatoes, or not put so much cheese on top of your pizza. At home, you can control your portion size. You can serve yourself as little as you want. In a restaurant, you may eat a full plate of food "because you paid for it." It's true that

eating out is convenient. You don't have to shop, or cook, or clean up. But real home cooking doesn't have to take up a lot of time. There are lots of simple meals that don't take long to make. In fact, they're faster than eating out, especially if you think of the time you spend driving to a restaurant, parking, waiting for a table, waiting for service, and driving home. Both eating at restaurants and cooking at home can be satisfying. Both can taste good and be enjoyed with family and friends. I prefer cooking at home because of the money and health issues, but people will make the choice that fits their lifestyle best. 【参考范文之二】 In the modern life now, more and more people prefer to eat at food stands or restaurants. They think that will save time so that they can have enough time to do their jobs. But I still prefer to prepare and eat food at home. There are several reasons. First of all, you can save money if you eat at home. In general, to get profit, the restaurants ask for more money on the same food you cook at home. That is the waste of money. To save money, you may prefer to prepare your food at home with less money. The second, usually, the food in the restaurants is not what you are expecting. You may dislike the way the restaurant cooks the same dishes as you do at home. For example, the other day, I asked for potato in a restaurant. After the first bite, I thought it was so awful. My mom never cooked such potato for me! The bad lunch even destroyed my mood in that day. The third, if you prepare food by yourself, you will have a happy mood when you eat it, regardless of the real savor of the food. It goes a saying well "labor brings happiness". In addition, you can change your method of cooking

considering your taste on that day. The reasons above may can answer why I prefer to eat food at home. Cooking even has become my hobby now. Come back and have your delicious food, Im sure you will like it!(This is a 5 point essay , 这是一篇5分的范文)

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