**FUINA FRANCESCA EA/04335**

*ESSAY ABOUT READY MEALS*

Ready meal, better known as TV dinner, are meals already cooked bought at a shop but taken somewhere else. Generally, it consists of a type of meat for the main course, and sometimes vegetables, the main dish can also be pasta or fish. In Italy very famous are Indian and Chinese meals. But are they as healthy as a home-made meal?

The main advantage of ready meals is that they are perfectly made for those people who don’t have much time to cook. In fact, since they are already cooked, they just need few minutes to get heated. Moreover, the advantages of those meals can be expressed in terms of simplicity and variety, since they offer a wide choice to the costumer.

As far as it concerns the disadvantages, they are linked to many factors that may even affect our health. First, there are no certainties about the quality of the products used for these meals. In addition, all the characteristics of fresh foods in terms of taste and sometimes even nutritional properties are lost. Another disadvantage is the price, it has been calculated that people can spend up to even six times more with respect to fresh food.

On the whole, ready meals are tasty and can be bought with the proper precautions. In any case, it would be good if one, before buying them, would look at the label to check all the products involved in the preparation of the meal.

(243 words)