**ESSAY: READY MEALS HAVE REVOLUTIONALIZED EATING AT HOME-BUT AT WHAT PRICE?**

Nowadays our society is living a great spread of ready meals that have revolutionalized eating at home. Indeed, there is a tendency to buy frozen food, required to be easy and very fast to serve. There are divergent opinions about ready meals and, in order to decide wheter to approve them or not, it is necessary to analyze both the advantages and the disadvantages.

To begin with the advantages, ready meals are perfect allied for all those people who don’t have enough time to cook or that simply are not able to do it. They consider this kind of meals a way to save time and energy, especially after a day of work.

In contrast, people who are against ready meals, affirm that they are one of the causes of health problems, such as obesity and allergies. In addition, as supporters of traditional cooking, they consider preparing food a way to take care of family and an antidote to daily stress.

All things considered, it would appear that drawbacks are too convincing and cannot be ignored. Not only if you eat this food you will put at risk your health, but also you will never prove how satisfing is to cook and to share what you have prepared with all your love.