**FUINA FRANCESCA EA/04335**

*ESSAY ABOUT READY MEALS*

Ready meal**s**, better known as TV dinner**s**, are **pre-cooked** meals bought **in** 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 **are particularly popular**. 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 **to be warmed up and this only takes a** few minutes. Moreover, the advantages of these meals can be expressed in terms of simplicity and variety, since they offer a wide choice to the ~~costumer.~~ **customer**

**Regarding the possible** disadvantages, they are linked to many factors that may even affect our health. First, the quality of the products used for these meals is **debatable**. In addition, all the characteristics of fresh food 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 on a ready meal **than they would spend on fresh food used to prepare something at home.**

On the whole, ready meals can be tasty and may be bought from time to time. **It is, however, advisable, before buying them, to check the ingredients in each product.**

(243 words)