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

Nowadays our society is **experiencing a growth in the popularity of** ready meals **which is revolutionalizing** eating at home. Indeed, there is a tendency to buy frozen food, which is easy and very fast to prepare. There are **mixed opinions** about ready meals and, in order to decide whether **this is a positive trend** or not, it is necessary to analyze both the advantages and the disadvantages.

To begin with the advantages, ready meals are perfect **for those who don’t have enough time to cook or those who are simply not able to**. For them, these meals are a way of saving 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, these supporters of traditional cooking consider preparing food to be a way of showing that they take care of their family and they see it as an antidote to daily stress.

All things considered, it would appear that the drawbacks are **extremely** convincing and cannot be ignored. If you eat this type of food, **not only will you put** your health at risk your health, but you will also never realise how satisfying **it** is to cook and to share what you have prepared with all your love.