

Fedaa Khalil

New York City College of Technology,

CUNY 300 Jay Street

Brooklyn, NY 11201

03/07/2022

Dear Teenagers,

I've had a passion for cooking for a couple of years, and I'm glad to say that it's one of my favorite things to do, and cooking delicious meals makes me feel accomplished. My discourse community and I have agreed that it's essential to cook your food, and I'm writing this letter because I feel like it's essential to cook your own food. It may seem strange that I've picked this specific topic to write about, but I know that it would be much better for people's health overall. Ordering takeout or eating food in restaurants is a much easier alternative than cooking your own meals. But buying your own groceries and making the same kind of meals you buy from restaurants can save you a lot of money and your health. The same burger from McDonald's that barely has health benefits can be nutritional if you make your own. Therefore, the main issue that my discourse community and I face is getting ourselves and others to eat fewer meals from out, especially fast foods, and make our own.

This problem leads to many more issues that I'll be getting into. First off, I know groceries can get pretty expensive, especially if you only like organic produce, poultry, and meats. Another problem is not having enough time every day to make your own meals, and that's where takeout becomes very handy. Having a packed and busy schedule can get in the way of

cooking for yourself. In addition to groceries being too expensive, that's where fast-food restaurants seem like reasonable prices on meals that'll make us full.