

Ameenah Education – Digital Resources - Terms and Conditions

- 1) Ameenah Education digital resources cannot be stored or distributed via any internal or external digital platform, including intranet, websites, digital classrooms, email and clouds.
- 2) A copy of the digital resource can be stored on the personal device of the individual who purchased the digital resource.
- 3) At times, restrictions may be placed on the ability to photocopy digital resources due to copyright legislation. Any restriction will be clearly stated.
- 4) Unless stated, there are no restrictions in place to limit photocopying for personal or classroom use. Nonetheless, the document cannot be altered, and the Ameenah Education logo and website must be displayed.
- 5) No resource is to be re-badged.

Digital resource: *Exposition – Should we learn to cook?*

This resource can be printed and photocopied for personal and classroom use ONLY.

Should we learn to cook?

Plan:

<p>Thesis:</p> <p>Everyone should learn to cook.</p>		
<p>Idea 1:</p> <p>Cooking is healthier than buying takeaway food.</p>	<p>Idea 2:</p> <p>Cooking brings people together.</p>	<p>Idea 3:</p> <p>Once you learn to cook, it becomes a life skill that you never forget.</p>
<p>Example 1:</p> <p>Takeaway food contains more fat than home cooked food, for instance, McDonald's.</p>	<p>Example 1:</p> <p>When cooking, you can help the chef make the food.</p>	<p>Example 1:</p> <p>Sometimes you feel like a dish that you cannot buy from a restaurant.</p>
<p>Example 2:</p> <p>You can never really know if takeaway food is fresh.</p>	<p>Example 2:</p> <p>Cooking promotes eating together at home.</p>	<p>Example 2:</p> <p>Sometimes you go on a holiday and there are no restaurants.</p>
<p>Example 3:</p> <p>Cooking at home is cheaper, which means you can have more side options, such as salad.</p>	<p>Example 3:</p> <p>You can share cooked food with neighbours, friends and family.</p>	<p>Example 3:</p> <p>Eating is an important part of our day and by learning to cook you will live a happier and more fulfilling life.</p>

Response:

Should we learn to cook?

Introduction:

Who said you have to be a chef to cook? Cooking is one of the oldest skills that has been around since the beginning of time. However, you are not born knowing how to cook but rather you need to be taught how to cook. Therefore, learning to cook is one of the most important human skills everyone must learn.

Body:

Firstly, cooking is healthier than buying takeaway food and hence, by learning to cook you can avoid regularly buying takeaway. Moreover, takeaway food contains more fat than home cooked food, for instance, McDonald's. We all love McDonald's! But we cannot eat McDonald's everyday because its meals are heavy in fat and sugar. Fat and sugar are not good for you and by cooking at home, you can decide how much fat and sugar you are consuming. Nonetheless, if you are always consuming takeaway food, the restaurants are deciding for you. Furthermore, you can never really know if takeaway food is fresh. For instance, if you are buying charcoal chicken, how do you know how fresh the chicken is? How long was it in the freezer? How long ago was it cooked? At home, you will know exactly how old and how new all the food is, which means that the food at home is always fresher. In addition, cooking at home is cheaper, which means you can have more side options, such as salad. Moreover, taking the family to a restaurant can be very expensive, which means that you would not order healthy sides like salads. Therefore, by cooking at home, you can afford to eat more healthy options, which can only happen if you know how to cook. Therefore, learning to cook is important to promoting healthy eating.

Secondly, cooking brings people today in many different ways. Whether it is flipping the steaks on the BBQ, spreading the icing on a cake or dipping the strawberries in chocolate, we all love to help out. Helping is fun, it allows you to taste test and helps you develop your connection with your parents and family members. Consecutively, cooking promotes eating together at home. Whether it is dinner on a school night or a weekend family BBQ, food brings people and families together. Coming together to share food is important because it teaches us the importance of love, sharing and compassion. Subsequently, cooking gives us the opportunity to share food with our neighbours, friends and family. My mother always sends me to our neighbour's house with a plate of food. This is important because it promotes the importance

of community, belonging and sharing. Therefore, learning and knowing how to cook bring people together.

Thirdly, once you learn to cook, it becomes a life skill that you never forget. We have all felt like a dish before that could not be purchased from a restaurant. For example, my mum's famous meat lovers' pizza cannot be purchased by Dominos or Pizza Hut. Only my mum can make this, and she learnt the art of pizza making from her mother and I am learning it today from my mother. These cooking skills are just as important as any inheritance. In addition, we have all been to holidays where there were no takeaway shops or restaurants. What would you eat on these holidays if you did not know how to cook? Learning and knowing how to cook is vital on these trips because everyone needs to eat. Subsequently, eating is an important part of our day and by learning to cook you will live a happier and more fulfilling life because you can indulge in the foods you love when you want. Thus, learning and knowing how to cook is a lifelong skill you will never forget.

Conclusion:

In conclusion, everyone needs to learn to cook. By learning to cook, you will eat healthier, enjoy better company, and will use the skills for the rest of your life. So, what do you say? Let's learn to cook today!