

Who's Cooking Tonight?

Comment [RW1]: Nice title, and good job with the formatting. Do remember to number your pages, though!

“You are what you eat, from your head to your feet.” Doubtlessly, eating is very important. Cooking—the preparation of food—is too. I think that it’s important for teenagers to be equipped with basic food preparation skills. This way, they can have a higher level of independence, and possess an important skill that can be used in service, and gives enjoyment.

Comment [RW2]: no comma

Comment [RW3]: no comma

Basic food preparation skills do not mean thawing out frozen meals in the microwave. Neither does it mean serving up attractive five-course dinners. As the word “basic” suggests, it means being able to whip up simple, yet nutritious and substantial meals. This includes knowing how to work with the “raw materials”: cleaning and cutting raw chicken, handling vegetables, cooking rice—not just heating up baked beans and other canned foods.

Comment [RW4]: Keep a consistent antecedent—in the last plural, it was plural.

Comment [RW5]: cliché

Comment [RW6]: Great details to flesh out your point!

If you are a teenager like me, you probably still reside under the shelter and care of your family. But this cannot go on forever. There will come a day where you will have to take full responsibility of yourself, which includes the task of getting each meal on the table. Having some basic cooking skills as a prerequisite to real life is important. With them, you will be able to take care of yourself to some extent, and your level of independence will spring up considerably.

Comment [RW7]: cliché

Comment [RW8]: “when”

Comment [RW9]: “for”

Comment [RW10]: A bit vague. What do you define as “real life?” Why isn’t living with your parents “real?”

Comment [RW11]: Wordy! Try something like “They will help you to take care of yourself and will increase your level of independence.”

Cooking skills can be used in areas of service too. Imagine an emergency where you have to get dinner for your siblings. Though like most teenagers, you will probably

resort to peanut butter and jelly sandwiches, what if you run out of the needed ingredients?

Then you are left with the options of McDonald's or a mixture of unappetizing leftovers.

Comment [RW12]: I love the details you put in here, Wei Yi.

But with some cooking skills, whenever your parents are not able to, you can come up with a simple yet satisfying dinner. Picture another scenario, this time at church. A family just went down with the flu. How can you help them? Using the basic skills you have,

Comment [RW13]: Good, detailed support, and great transitions. You have excellent organizational skills.

you could boil some chicken soup for them, or bake a shepherd's pie for their lunch.

Having these cooking skills opens up a whole new area of service, giving you more ways to help the people around you.

Cooking can give great enjoyment. After the initial failures (burnt dinners and the like), both the process and the results usually bring great satisfaction to the cook and the eaters. I find that cooking can make one more aware of the work put into preparing food, which helps you to fully appreciate and enjoy your food, whether or not you cooked it!

Comment [RW14]: vague

Comment [RW15]: Good ideas in this paragraph, but they could use greater development. You haven't really proved the point, only stated it.

"Why cook if you can go out to eat?" some people might say. True, in this day and age, eating out is getting more and more convenient. On the other hand though, you

Comment [RW16]: cliché

Comment [RW17]: comma

may not always be able to find cuisine suitable for you. If you're allergic to common food substances like colorings and preservatives, eating out may be a difficult and rather risky affair. Another thing is the cost. Usually eating out is more expensive, as college students on tight budgets can tell you. Cooking your own food really saves money.

Comment [RW18]: Vague—what kind of "thing?"

Comment [RW19]: Than what?

Though people now are pushing for more healthful eating, many food stalls still sell food that is high in salt and fat content, highly processed and loaded with preservatives. These foods are not only harmful to our bodies, but also fail to provide the nutrients we need.

Comment [RW20]: vague

Comment [RW21]: comma

Lastly, everyone has their own preferences as well. Generally, the more picky eaters

Comment [RW22]: singular antecedent

won't always find foods that suit their taste. So the remedy still is to do your own cooking—then you can eat what you want any time!

Some people feel that it isn't necessary for teenagers to learn to cook, because they can always learn it later on, when there's more time. The truth is that as college students or young parents, there will be even less time to learn to cook. The sooner you start, the more experience you will have.

No matter how busy you can get, taking a few minutes before each meal to help with the cooking should be no problem. By breaking cooking lessons into short sessions, you will slowly acquire many valuable skills. No matter how much you learn, it will not be wasted. Taking time to learn now will make you more independent and equip you with useful skills—you will not regret it!