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PEREIRA**

CLIP PRE-INTERMEDIARIO II – NETEL

Atividade de Inglês: conversação

Point of view: Role D - More Cooking

In the pandemic situation we are living now, the concept of “normal” was questioned in a very large scale around the world. All the changes we are experiencing show that there are a lot of things that aren't as they were supposed to be. Thinking about great changes, one of them, for me is the most important change we have to do: making our own food. I'm not telling everybody to stop eating in restaurants or places that have real delicious foods, and in particular, I think this is not going to happen. But it is crucial to start to prepare our own food, a few more times than we used to do. I'll explain why:

- First: This pandemic situation is showing us how much food we waste! If you are at home, you should have noticed when you prepare your lunch or dinner, sometimes you lay a lot of real good food, like vegetables and parts of them go to the trash. At home, you care to use just the necessary and prepare not much than you need to. This isn't true when you are in a restaurant because most of the time, they can't be sure about how many people will eat there.
- Second: Making your own food can help you have a healthy life. Well, it doesn't matter what you do to be fit or healthy, if you don't change your eating habits, you will not be able to. Cooking at home can help you to value more than you use to, in terms of quantity and quality, eating more healthy food. You can also do it in a restaurant, but you don't eat all the times there.
- Third: Cooking is a need, and it can also make you relax! Cooking at home can be a way to relax, to learn new things and discover what you like to do prepare. You can say you don't like cooking, and that is a possibility. But cooking can be a way to discover why you don't like it. One of these reasons can be the obligation to do it, when you don't want to. Another one, can be a reproduction of the gender papers in the kitchen if you are a woman. All these things need be considered, but we cannot deny how essential it is to learn cooking. It gives you autonomy, it can help with your self-esteem, and it can be one of your favorite activities.

