

## Ready Meals



### Reading

According to a survey by a British market research company, we only spend 20 minutes cooking each day — 20 years ago, an hour a day. One reason for this change is ready meals. Now you can heat up a delicious Indian, Thai, Chinese or Italian meal in the microwave in under four minutes. What could be easier or quicker?

We all know these ready meals taste delicious, but many experts now believe they're bad for our health because they often contain a lot of sugar, fat and salt. Health advisers say that we shouldn't eat ready meals too often and we need to read the labels carefully. Despite this, people who live in the UK spend over £1 billion a year on ready meals and the market is growing rapidly.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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