

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.

People in the USA and Sweden also buy a lot of ready meals, and they're becoming more common in Germany, France and Holland. The Spanish and Italians still cook their own meals, but things are beginning to change there, too.

Source: Face2Face Intermediate

Vocabulary

survey
ready meals
Thai
advisers
labels

Comprehension Check

1. According to the survey, how long did people spend cooking every day in the past?
2. How many minutes does it take to heat up food?
3. Why are ready meals bad for our health?
4. What are some of the countries using ready meals today?

Let's Talk!

1. What's your favorite meal?
2. When do you have your main meal of the day?
3. Who cooks your main meal and how long does it take to prepare?
4. Do you like cooking? Why/Why not?
5. Are ready meals popular in your country?
6. Do you ever eat ready meals at home? If so, do you like them?