

Writing to Learn

Comparison Essay – Middle School Health/PE Class

Eating is an activity that people do a few times every day. We have a lot of choices about what we eat, and we are responsible for what these choices. We need to think about what we choose will affect our bodies. Fresh foods and prepared foods (either canned or frozen) have many differences in flavor, healthiness, and price.

The biggest difference between these two kinds of foods is flavor. Fresh foods have great flavor and taste because they keep all their natural conditions. Think about the last time you bit into a crisp apple or a juicy hamburger, grilled just right. Canned foods however, lack good flavor because chemicals are added to preserve the food. Canned foods also have high salt (sodium) content, too. Frozen foods are better for you than canned. Most of these, like vegetables, are cooked and then frozen very quick so that much of the flavor is saved. If you can't get fresh fruits and vegetables, it's best to get frozen before you would get canned. Overall, fresh foods have a better taste and flavor, so it's best to get fresh if you can.

Comparing both types of foods there is another difference. Fresh foods are healthier too. Canned foods lose nutrients when they are made, and they also lose more of the nutrients that are left when you store them for a long time. Frozen foods have more health benefits in terms of nutritional value than canned. Like our grandmothers have told us so many times, the most natural foods are usually the best for our health.

Another difference between fresh and prepared types of foods is the cost. Fresh foods, like vegetables, fruit, and meats can be expensive. Canned foods are often cheap and are on sale sometimes, too. Frozen foods can be more expensive than canned, but again, they are also healthier. Canned and frozen foods can be easier to find and easier to fix, though, and that's why we might choose to eat them a lot of the time.

Personal choice is the decision-maker. You have to weigh the taste, health benefits, and cost when you are deciding what to eat. Most people have to mix up the types of food they eat based on what is available, how much time they have to fix the meals and how much they can afford. The most important rule to keep in mind though is fresh is best!