

Morgan Gamble

Professor Miller

English 110 H5

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Draft 1

In the [New York Times Magazine](#) article, *Out of the Kitchen, Onto the Couch*, Michael Pollan talks about the changes that have occurred with cooking and eating homemade meals.

Growing up, **Pollan was made homemade meals by his mother** and has now noticed that these homemade meals seem to be missing from the lives of other American families. The real question is, why has this decrease in cooking **occurred**? The answer may be simple, Americans are short on time but that should not mean that cooking should disappear from our lives.

When people hear “America” they immediately associate it with the word “lazy.” Why is this? The answer is clear, the times have changed. When once before American families would spend time cooking and **converse** over the food that was made, we rarely have that anymore. As stated in Pollan’s article, we only spend roughly 27 minutes preparing food which is less than half the time that was spent on food in the **1960s** (Pollan 4). Cooking is no longer obligatory for us. We have plenty of places where we can purchase **pre-made** food such as fast food restaurants and grocery stores **which is something we did not have** in previous generations. We also have new technology such as microwaves to aid in simple and fast cooking (Pollan 15). These premade meals are seen as beneficial to our busier **than ever** lives. According to Pollan, “Americans have been putting in longer hours at work and enjoying less time at home.” We have added an average of 167 working hours to each year which has limited the amount of time we have to spend on cooking (Pollan 14). Even if there is time left over at the end of the day that could go towards cooking, Americans are tired from their hard day of work and lack the energy

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to prepare a meal. Based off this fact, why wouldn't the average American look for the closest McDonald's to eliminate the hunger felt around dinner time rather than having to cook for themselves?

Although fast food restaurants and premade meals were created in order to benefit the busy lives of Americans, they are not something that can eliminate homemade meals completely. Referring back to Pollan's article, "Cooking made us who we are; by teaching men to use fire, it had 'done the most to advance the cause of civilization'" (Pollan 16). In other words, cooking has been the key to our humanity. We can not have cooking disappear from our lives, who will teach the next generation how to cook if we all stop? Cooking not only gives us great food but it also creates memories and bonds with whom we eat and make the dishes with.

As I mentioned in my Favorite Meal essay, the one true reason why Chocolate Dream Pie is my favorite meal is because I make it with my dad. He is frequently at work and traveling due to work which leaves my family limited time with him. Being able to spend that little time with him bonding over this dessert means the world to me. I have noticed that this is exactly how many of my classmates think as well. After reading a couple of different essays from the people in my class and another class, a major similarity I have seen has to do with the family bond created from cooking. As Elizabeth mentioned in her Favorite Meal essay, whether it is helping each other cook the meal or just all sitting at the table and eating together, "Having a homemade supper put on the table brings the family together." As I talked about previously, many of our families are very busy nowadays which makes us value family time even more since it is so rare. Especially being a college student, most of us are nowhere near home and cannot be there for dinner each night. These special meals are rare and are only made once in a while or on holidays which makes them very meaningful. Maggie wrote in her Favorite Meal essay, "Eating food for me is not just about literally eating the food and enjoying it, but also the interactions that go

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along with eating.” We look forward to putting in the time and effort to make the meal and eat it,
time with the family being the reward we get out of the meal, not just the great taste. We use
dinner or other meals as a time to catch up with our family and conversate. |

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Commented [5]: Morgan, I really like the way this essay is beginning to shape out. Overall, there is not much that needs to be done thus far, however, I think you should work on some grammatical and mechanical fixes, alongside wording a few sentences differently for clarity. The whole thing flows very well. Well done.