

Student tips: how to eat properly in the hostel

cheap write my essay for me

Tip # 1: Learn to cook normal food.

Probably everyone can cook dumplings and fry eggs by the age of 20. However, making something more serious, like baked chicken and potatoes or some other gourmet dish, is already the lot of a few. Who can help you improve your cooking skills? If you are a girl, it is naturally easier for you, because you were taught at school at least some basics of "royal" cuisine.

But let the guys do not despair, but act as follows. Next time you're home on vacation or the weekend, ask your mothers and grandmothers about how they cook. Observe the sequence of their actions. Try to assist in cooking. And before you leave back to the hostel, take a few recipes for the simplest and relatively short cooking times. Your moms, we think, with pleasure, will share with you their secrets.

Tip # 2: Prepare food in the evening.

Since you do not have time to make yourself food after school, then you just need to learn how to cook for yourself in order to come tired and hungry from the university and just warm up your lunch or dinner that you have already prepared in advance. Moreover, it will no longer be any semi-finished product, but normal food, provided, of course, that you know how to cook normally (see Tip 1). The main thing is that someone does not eat your food for your place! :)

Tip # 3: Cook in turn.

If you live in a dorm, then you live with your roommates. Let's tell you, in great confidence, they have exactly the same nutritional problems. So isn't it easier to solve a common problem together? Get together and decide who will cook on what day. This will significantly improve the quality of the food you eat (if, of course, your neighbors also know how to cook properly).

If you eat at the same table, then, in addition to the benefits of eating, you will also have benefits of spending money on food. After all, joint meals implies a joint waste of money on food. So even if you want to eat more good food than you should, you will be limited by your contribution and remorse. Therefore, the most important thing here is to initially determine the necessary expenses for food, so that later there were no problems, that someone does not eat enough, etc.

Tip # 4: Eat only in trusted establishments.

If you fail to follow any of the above tips, then here's another one, more expensive, but the most viable one. You probably know a couple of students who live longer in the dorm than you do. Therefore, these people are more knowledgeable about the "edible" establishments around or within your campus. Do not be lazy, ask them about public catering, where you can eat well and not get poisoned.

Seniors understand you better than others, as they themselves have recently been in a similar position (some are still as hungry as you). Only, of course, we do not mean food like BikMaks and french fries, but good, sufficiently high-quality food that is not harmful to your young body.

What do we mean by quality food? Firstly, MANDATORY: soup (any), except for soup b / n, second (stewed potatoes, naval pasta, salads), tea, compote (without any Coca-Cola!). For dinner, there should be something not very greasy, something like stuffed cabbage or mashed potatoes with sausages. Do not eat too much at night - it is unhealthy. As you can see, we are not telling you to eat gourmet food in restaurants. Not. We just want you to eat maybe a more modest, but most importantly healthy meal.

It's unlikely that your mother fed you every day with fries and cola at home. Therefore, remember what you ate at home, try to cook or, as a last resort, buy food that is similar to your home diet.

The main thing is not to eat large quantities of junk food, various "pies", and all sorts of lemonades. Remember, what you eat your body takes for its needs. Therefore, you should not poison him at a young age, especially if you have an alternative, what is there and in what quantities. Young people, for the most part, think little about their health in their younger years. Many people have it in their heads that drugs, alcohol and cigarettes are bad. But junk food is also bad.

The more you drink lemonade or eat fast food, the faster you can develop stomach ailments. We are not urging you to completely give up such food. Not. We just want to make it clear to you that eating too much junk food is harmful to your health. One glass of cola a week is the maximum. And do not make excuses that you have no time to eat normally. Such excuses, in the future, will require a great reckoning - reckoning with your health.