

## **Point by point**

### **Compare Essay**

#### **Consuming Fresh Foods Instead of Canned Foods**

Eating is an activity that we as humans do at least two times a day. In the 21st century we live in a world where the variety of food is immense, and we have a multitude of choices of food to choose from every day. Although there are many different foodstuffs, they are divided into two main categories; fresh food and canned food. Fresh food and canned food differ from each other in two main ways, in flavor and in cost.

The most notable difference between fresh foods and canned foods is in their flavor. Fresh foods are usually full of flavor and taste because they maintain all of the natural vitamins and minerals and they are consumed within a short time. Canned food, on the other hand, often lacks a clear flavor and tastes differently to fresh food since chemical products have been added to them to increase shelf life. In other words, fresh foods have a greater taste and flavor as they are consumed without any added ingredients and close to the time of production.

Another difference between these two types of foods is the cost. Whereas fresh foods are cheap to buy, canned foods are much more expensive. For example, with canned food people pay for the benefit of convenience; they can be bought almost anywhere, there is no preparation and they can be used at any time. In contrast, fresh foods can be difficult to find and need to be prepared before eating.

In conclusion, fresh foods and buying canned foods are different in their flavor and cost. When it comes down to a personal choice, it depends on the time each person has to cook and prepare food and the amount of money they have available to spend on their nutrition. It is important for everybody to consider their lifestyle and choose healthy foods appropriately.

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## **Point by Point**

### **Contrast Essay**

#### **Where to Go on Vacation: The Beach or the City**

It is a fact that not all the people have the opportunity to go on vacation. The ones who have the facilities like to go out of town once in a while in order to leave their worries behind. When you go on vacation, you have to decide the best place to go according to what you have in mind. Vacation at a beach and in a city, which can be two ways of vacationing, are different in terms of the kinds of activities and the pace of life.

The major difference between vacationing on the beach or in a city is the kind of activities you are able to do. On the beach, for example, you can go sailing, fishing, surfing, skiing, or take advantage of the sun and lie in the sand to get tan, or even in some cases feed sharks and swim with dolphins. On the other hand, in a city you can visit different sites such as museums, theaters, important buildings, downtown, among other things. This means that you have many places to know and you will need much more time and organization in a city than on the beach.

Vacationing on the beach and vacationing in a city also differ in the pace of life. If you want a relaxing plan, your option will be the beach. When you are on the beach, you do not have to time your day and you just let things happen. In contrast, while in the city, you will have to schedule all your activities in order to have time to visit the different sites you want to.

To sum up, the kind of activities and the pace of life are the most important differences to consider when deciding to go on vacation on the beach or in a city. Although both places are interesting and exciting, it all depends on what you are looking for. Keep in mind that wherever you decide to go, you will enjoy it.

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## CONTRAST ESSAY 1

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### STRICT OR TOLERANT PARENT

A parent comprises an important part of people's life and view of life changes from a strict parent to a tolerant parent. The strict parent and tolerant parent are different from each other in terms of their effects on the child's personal freedom and confidence.

One striking contrast between a strict parent and a tolerant parent is the child's personal freedom. **First of all**, strict parents restrict their children's freedom mostly. **For example**, when a girl having a strict parent wants to go on holiday with her friends, the parent does not give permission definitely as the parent has severe rules with regard to their child. **On the other hand**, tolerant parents do not have the same attitudes as strict parents and they do not discourage their children. They show sympathy to their children and they try to find out their children's thoughts. **Therefore**, the children do what they want since the parent does not prevent them. **To sum up**, a strict parent's attitude differs from a tolerant parent's attitude.

A second point of difference between the strict and tolerant parents is confidence. Strict parents pressure their children and the level of control over the children's life is so much. **As a result** of pressures, the children have problems **such as** the lack of self confidence. **Consequently**, their view of life shows change and they become pessimists in the future. **When** they encounter a problem, they think that they cannot overcome this problem and always expect the worst on account of having a strict parent. **However**, tolerant parents encourage their children most of time instead of discouraging. These parents support every step taken by their children. The children feel the parents' trust. **Compared to** confidence, the

family's belief has a positive crucial effect on shaping the children's characters **because** their perspective of life becomes optimistic thanks to their self-confidence.

**All in all**, a strict and a tolerant parent vary greatly from each other with regard to effect on the child's personal freedom and confidence. Even if we have a strict parent and even if everything in our life is under the control of the parent, we should know their value in that they hope the best for us.

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## COMPARE&CONTRAST ESSAY

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### Outline

#### First Body: Differences

- Attitudes
- Understanding

#### Second Body: Similarities

- Love
- Protection

### Parenting Roles

Being a parent is a hard issue in which both mothers and fathers have several responsibilities when they bring up their children. Each parent plays an important role in the development of their children's character. **Even though** there are a number of differences between a mother's role and a father's role in raising a child, there are striking similarities as well.

When children are raised a mother's role differs from a father's role in terms of attitudes. **Initially**, emotions are showing some dissimilarities in fathers and mothers. **While** mothers are more patient, fathers can get angry suddenly. **For instance**, when babies are born, generally mothers are interested in them. **On the other hand**, fathers cannot put up with their crying or other problems. **Furthermore**, understanding includes some dissimilarities between the mother and the father. **Whereas** children can share their ideas or some mistakes with their mothers easily, they are timid when they try to explain something to their fathers.

**Although** there are some differences between a mothers' role and fathers' role in raising children, they also have some similarities. **To start with**, not only mother's but also fathers love their children. They do not show any differences as love is a strong affection that does not change according to gender. **In addition**, mothers have insight which protects their children all the time, like fathers. Mothers protect their children in the house. **Similarly**, fathers protect them from exterior dangers. **In brief**, mothers and fathers share the same roles when children are brought up in terms of love and protection.

**To sum up**, there are both similar and different aspects of a mother's role and a father's role in raising their children. Both mothers and fathers have tasks and responsibilities in raising children; therefore, they should contribute equally to the child's life.

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