

# How to a student to eat in a hostel

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Why do students feed on a hostel?

All the student troubles come from the following:

1. Lack of time.

To prepare a normal lunch or dinner, you need at least 1-1.5 hours. What is the luxury tell you? And you will be absolutely right! Today the day is painted almost a few minutes, everyone has a lot of things. A student who learns well also has a limited free time. On either the cooking, he either simply does not take time, feeding in cafes or different canteens, or takes a non-essential period of time, for which you can only cook something, Alya Pelmeni or pasta.

2. Lack of money.

Many young people and girls simply do not have free funds to buy normal components of useful dishes. And, many of the students are money as such (it would be strange, and for what they would happen then :)), just this money allocated by parents to feed their daughters and sons, students spend on more, from the point of view of them, "useful » Things, such as a campaign in a cinema or simply ward on a handbag from Prado. So do many young people.

3. Laziness.

But still, probably, one of the main reasons for the hungry life of the student is too lazy. After a heavy school day, sometimes you just want to get to the house and go to bed rather, and then the feet no longer hold. Moreover, now spring and weather is very changeable, hence the fatigue.

When you rest a little and seem to be ready to cook something delicious, then it is necessary (so usually always happens), it is necessary to get a friend or girlfriend to your room, which naturally distracts you from ideas to prepare normal food. Instead, you will make yourself sleep any sandwich, drink liquid yogurt, bumping juice and sort of as it were already. Duck then why, ask, smoke over the stove, if you can eat quickly, comfortable and satisfying?

All it is so so can really come when you do not have enough time. However, it is not necessary to get involved in various kinds of snacks. From this your body is not delighted, believe me. It is about the same, if you went out in the morning to study in what I would go and drove into the subway, say in her home slippers. Would you feel comfortable among people?

Not? That's something like you and make with your stomach, believing that he, brother elude. Sorpits, but until a certain point, which is called the stomach ulcer. And do not think that this disease

is definitely not touched. According to statistics, more than half of young people in Russia suffer from stomach ulcers. Well, even when different sores arrive at the age of age.

But you are young. You want to achieve large heights in the life and self-realize, isn't it? However, with a disease gained in youth (and nonsense), your self-realization is limited to different polyclinics and hospitals in which you will be a constant client with an ulcer of the stomach. If you are afraid of this kind of perspective, we will give you some faithful advice, as in student years it is not spoiled to yourself a stomach and eat normal food.