

Published based on [Fathers Are The Finest At Home Cooks](#)

Fathers Are The Finest At Home Cooks

Some decades ago, the women was at home all they, so she cooked all the meals for the family. Things are a bit different nowadays, because moms are starting to work outside their home, so the father roll is starting to change. Most fathers can not watch TV while their wife cooks, because she probably is out working. The modern father has to learn how to cook.

In most homes, mothers are the ones who cook for the family. Since most mothers have a full-time job, the only solution is to buy fast foods, since there is no time to cook a proper meal at home. These kind of fast food usually have many fats and calories which is not healthy.

Some studies were made, and usually children of these mothers tend to have problem with weight. Fast food have a lot more of fat and calories that homemade food.

Further studies show that 40% of the men can cook, but only 13% of them cook more than 3 meals a week.

It is sad to say, but these statistics are going down every month. Men no longer like cooking. They see cooking has an obligation.

However, there are opportunities to change this attitude. TV cooking shows, magazines on food and cooking, and internet websites are there to draw men, particularly the fathers, to cooking.

In spite of this tri-media approach to promote cooking to men, they continue to shun the responsibility.

Women should try to change the mens point of view by inviting them to cook with her.

If nothing works, then last chance is to get all family into the kitchen. This activity might turn the food into a cooking lover.

Once the fathers and their family become comfortable with the fathers cooking, more families will take their dinner at home more often.

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