Food and cooking in your country

Please answer the following letter in more than 100 words.

You must use paragraphs, sentences, good punctuation and correct grammar.

You will get

5 points for word (spelling, punctuation)

5 points for sentences (grammar, structure)

5 points for text (meaning and information)

Dear Friend,

My girlfriend's mother and father are visiting my house for the first time. I told them I would cook something nice. The problem is I don't know how to cook anything. Please tell me how to cook something nice, maybe from your county. Please tell me a good recipe and how to make it.

Also, do you have any advice about meeting my girlfriend's parents for the first time? What should I do?

Many thanks
Your Friend