

Today family members eat fewer meals together. Why is this? Is this a positive or negative trend?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

You should write at least 250 words.

Today family members eat fewer meals together–Band 8 IELTS model essay

In a country like India there is an oral history of eating either lunch or dinner with family members, but day by day it is perceived that this tradition is not followed by the citizens of the country. It is mainly due to jobs and fragile relations between family members. I believe there are only pessimistic sides to not eating meals with family.

Starting with, the first and one of the main reasons why the family did not eat a meal together is their hectic schedule of work life as in today's time almost all adults of the family have occupation or job to persuade their needs, they came home at different times. As a consequence, the bond between the family members did not remain as before. Furthermore, another reason why family members do not eat meals together is that not many people in today's time like to live in a joint family due to privacy and more distance between office and home, all prefer to live in a nuclear family as a result, they cannot have with the whole family.

Coming to the negatives of these new trends, the main and most negative effect is that the new generation will not be able to get manners properly from grandparents as after marriage all people like to shift from their home. As a consequence, a new generation will not have knowledge about their ancestors and would not be able to acquire knowledge about the world.

To conclude, the indispensable reason for the family not being together for meals is their busy weekday schedule and tendency to live in a joint family. As a result, the child will not be able to get an education from grandparents.

Today family members eat fewer meals together–Band 7.5 IELTS model essay

There are many benefits of eating meals with family but Nowadays across the globe family members eat meals separately due to a lack of time in daily routine and the busy schedule of every member of the family. I believe there are so many negative effects of this trend.

There are many reasons for families not eating meals together like social media, mobile phones, etc. Nowadays many children play multiplayer games all the time and they miss meals with family. For example, many children nowadays play multiplayer games with their friends so due to that reason they do lunch in an irregular time period all the time. Secondly, if parents work in a job where they have to go to other countries for work and have a hectic schedule of work then also they would not be able to have meals with family members.

Continuing with the negative sides of not eating meals with family is weakening the relationship between family members. As eating meals of the day with family is one of the main aspects that keeps family together as all share their good and bad things happened with them in a day by which relation between family members increases and also all members can easily know about each other more by eating together.

To conclude, there are many negatives of not having meals with family, such as weakening the relationship of family members, but nowadays Due to an increase in the trend of multiplayer games and social media, families do not do lunch or dinner together.

Today family members eat fewer meals together–Band 7 IELTS model essay

Previously all members of the family used to eat a meal together at least once a day. But, Nowadays it has become a rare thing that a family eats together. This is mainly due to insufficient time and the busy schedule of all house members. I believe there are only negative sides to this ongoing trend.

To begin with, one of the reasons for families not eating meals together is the irregular schedule of parents in daily life. As nowadays both parents have a job or business then it is not possible for all parents to do dinner with their children as they would be having night shift or some extra work related to business. For example, in research, it is shown that only 35% of Indian families are able to do at least one meal with the whole family due to their heavy work schedule and office work.

Coming to the consequences of not having meals with family, the first one is it may lead to stressful life for each of the family members as they would not be able to share the things happening with them in a day which may lead to anxiety and depression. For example, according to a study by TOI, 40% of employees fell into depression because of not getting time to spend with family and not being able to have at least one meal a day with family due to workload from their respective industries or job place.

To conclude, due to night shifts at work or some extra work in an office all members of a family are not able to have a meal with each other, as a consequence of this, many adults fall into depression.

Today family members eat fewer meals together—Band 6.5 IELTS model essay

As technology and luxury are increasing, everyone is living a jovial life, but one thing that is being forgotten is eating meals with family members, which in my mind is not at all having any type of benefit. I believe family members should at least eat meals together during the day.

Many people in the world like to have at least lunch or dinner with family but they are not able to do it because of many reasons. There are many reasons behind this like the hectic schedule of the family, internal problems in families, etc. Firstly, in today's time, in order to survive in this world with a luxurious life, all have to work more than the usual time and earn money. For instance, in an article, it is mentioned that 60% of employees do extra shifts to satisfy their needs and come home late, so due to those reasons they are not able to have meals or spend quality time with family.

Furthermore, we know that earning money is very important in life and to earn money usually a father leaves home early and comes home late at night, by which the basic knowledge which should be given to small children by parents is not done. As a consequence, a child can be distracted from the right path and can miss the basic knowledge of life which could change his life in a bad way.

To conclude, there are many reasons for families not having meals with each other like hectic work, and night shifts. But due to this, there are many negative effects on their little child as by this he might miss the basic education of life given by parents and family.