

When families have a meal together it is considered social activity. What are the advantages of a family meal? Do you think eating together is important to people in your country?

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

You should write at least 250 words.

When families have a meal together - Band 8 IELTS Model essay

Eating together with family is unquestionably a social activity. Sharing a meal offers everybody a sense of belonging. It can assist to resolve daily issues and create rituals and memories that will last a lifetime. Dining together is important in any family. This essay will explain my point of view.

One primary benefit of shared meals is that they foster a feeling of community. Over shared meals, family members can connect and gain new insights from one another's perspectives. An opportunity to focus on youth while also disseminating the day's news and information. Warmth, security, affection, and a sense of belonging are all fostered during mealtimes spent with family. The shared experience might bring people closer together. Second, it's important to educate children proper table manners, decorum, and social skills during family meals. Children learn by emulating adults, and parents can be excellent examples. In addition, home-cooked meals tend to be healthier and more wholesome than those eaten outside the home. They're a better source of healthy foods like fresh produce, dairy products, and vitamins and minerals like calcium, folate, and iron.

In addition, studies have found that families who eat together more often than twice a week have young children and teenagers who are less likely to engage in risky behaviours including smoking, drinking, and drug use. A child's academic performance also improves when he or she eats more family meals. Even in the industrialised world, people are beginning to recognise the value of slowing down and gathering around the table for meals together. Everyone in the "family" needs to sit down for supper together.

In sum, sharing a meal is a great way to bond with friends and family. Thus, the saying "The family that eats together stays together" holds true.

(293 words)

When families have a meal together - Band 7.5 IELTS Model essay

Family is a wonderful blessing that God has given to everyone. Taking food together with all family members is now considered a social activity. As is widely known, dining with family has numerous positive outcomes such as strengthening connection bonds, improving our moral values, preserving cultural values, and so on. This essay firmly supports the statement.

To begin with, dining together as a family can produce a variety of positive outcomes. First, because of their hectic schedules, family members may not be capable of spending sufficient time with their family members; nevertheless, group dining provides them with fantastic opportunities to engage with them and discuss their day's events. People generally refer to eating time as family time because all members are present and may enjoy their meal. As a result, time with family improves the relational tie, members become closer to one another, and parents use to enlighten their offspring about their culture, ultimately preserving it.

Also, while they are eating, young people have the opportunity to get together and lobby for something that is essential to their education. In front of their parents, they might also bring up difficulties involving their academic programme, a sporting event, or any other notion. In a similar vein, when parents sit down to eat together with their children, they have the opportunity to teach them important life lessons or to speak out for their own children. They could be able to supply them with encouraging words that will help them feel better about themselves.

To summarise, I agree that dining together is important to members of my family because it not only strengthens the connection bond but also allows both adults and kids to share their issues, experiences, and daily happenings.

(288 words)

When families have a meal together - Band 7 IELTS Model essay

In recent times when time two or more individuals get together to do something, it automatically becomes a social activity. Thus, it is crucial that families eat together at the table every day.

To begin with, a house is not a home if its occupants are not there to occupy it, and since it is traditional for families to dine together, no one in the house should eat until everyone is present. For instance, in my home country, we take pride in not leaving anyone behind, therefore all three daily meals are shared amongst family members. Furthermore, it's crucial to foster connections with loved ones, especially parents and children. Intimacy between parents and children has declined in recent decades, according to surveys, but this trend can be reversed with simple measures, such as checking in with kids over dinner to find out about their day at

work or school and other activities. They had the option of devoting a great deal of time to their pals, but they could also find time for their families.

But in the modern world, generations come and go. The majority of people are too preoccupied with their jobs and other responsibilities to properly care for their families since time passes much too rapidly. They kept themselves occupied in order to earn money and get their minds off of their homes.

In conclusion, the most important things in life are the people who are there for each other through the good times and the bad, are a family, so people should ensure to share meals with the people who matter the most in your life.

(270 words)

When families have a meal together - Band 6.5 IELTS Model essay

There's no doubt that eating together is a social thing to do. Having dinner together makes everyone feel like they belong. It can help solve everyday problems and make memories and traditions that will last a lifetime.

The most important benefit of eating together is conversations at meals give family members a chance to get to know each other and learn from each other. It's a chance to talk about what's going on in the world and to pay attention to your kids and teens. Moreover, family meals are a great time to teach good table manners, social skills, and etiquette. Parents can be great examples in this way, and kids learn by doing what their parents do. Also, meals that are made and eaten at home are usually more healthy and nutritious. A research has shown that families who eat together three or more times a week have less kids who smoke, drink, or use illegal drugs than families who only eat together twice or thrice a week.

Most people do like to eat together. But the fast pace of life and the influence of global culture are making some people stop doing this. Recent studies have shown that even in developed countries, people are realising how important it is to eat together as a family and slow down. It is time to get everyone back around the dinner table.

In conclusion, eating together is a very important part of social life. Because of this, the saying "The family that eats together stays together" came to be.

(258 words)