

The old tradition of a family having a meal together is disappearing. Why do you think is this happening?

How does it affect individuals and the community?

In the past, all members of a family ~~have had~~ to be present ~~on-at~~ the supper table and it was a symbol of a bonded family. However, today it would be odd to see a family having a plan for eating together and except some special occasions like holidays, they eat out or alone. This essay briefly investigates briefly in its reasons and effects on our life.

Primarily, we are too busy these days and the pace of life is sadly faster than in the past. Most family members have to work until ~~the~~ late night and not only do ~~not~~ they not gather for lunch but also for dinner. Moreover, heavily ~~relaying~~ on ready services makes s us so-too lazy and nowadays even in weekends s families prefer to order meals from caterers or eat out. Also modern life problems like heavy traffics ~~s~~ sap our strength and having no energy to cook in the kitchen and set the dinner table, family members are too exhausted when they come back home, so everyone knows that they should eat something out.

Family dinners have many benefits for ~~its-members~~ people especially children and whenever we break with ~~it~~ them, we may lose all of them. Research shows that eating together strengthens family bonds ~~and~~ notably for kids. It will improve the sense of intimacy between parents and children, they learn to talk with each other, and therefore it will likely reduce the rate of addictions ~~s~~ and violent behaviour in adolescence. In addition, when we have a regular plan to ~~having~~ have meals together ~~in~~ at home, it probably reduces s the numbers of time we eat fast foods and it would affect our health. Lastly, having family meals together can save money. A ~~s~~ simple estimate finds that preparing foods and meals ~~in-at~~ home for a family is cheaper than eating out individually and gradually results in huge amounts of saving.

In conclusion, although it seems that we can put the blame on modern lifestyle in this case, benefits of this old custom are absolutely essential so that we should find a new way to make balance between our outdoor activities and family eating gathering.