

With the advent of modernization, lots of traditions are fading rather quickly. **Among them** you can find many family traditions which are disappearing as well, **of which** one can be having meals together.

In the past members of family always had meals together, simply because this was the way it should be done , but nowadays the hectic lifestyle and different working schedule of each member of the family makes it quite difficult to hang on to this custom.

It is generally accepted that career has more importance in modern life than it had before, so people are more willing to take different work shifts and longer working hour. As the result, their time for family dining would be deducted.

Also invention of fast foods has its own effects on this matter, as it made it easier and cheaper to buy food and eat in restaurants than to spend time and cook at home.

On the other hand, having meals together in the family can lead to better bonding in members as they have more time to talk and share. In the meantime, dinning manners such as saying thank you or chewing with their mouth closed can be easily conveyed from parents to children. Also, families who eat together generally eat more nutritiously; therefore, the children are less likely to be overweight.

Overall the benefits of having food together in family outweigh its difficulties. Although matching the meal time for all the members of the family seems impossible during the weekdays, fixing a time to have meal together at least once in weekends is worth the try.