

Nowadays it is not important for people to have regular family meals together. Agree or disagree?

At the present time, everything is altering and speeding up due to technological developments. Therefore, one of the most special features of this age is stress and lack of time. Lack of time ~~/the latter~~ is to the extent that families have less chance to gather and have meals. I tend to believe that there is nothing as important as spending time with your family for the following reasons.

To begin with, one of the aspects of having food with the family is social. In fact, should people try to have just one of the daily meals with their family, it will increase their intimacy and improve their relationship. In other words, when the members of the family talk to each other, they become more aware of ~~the each~~ others' issues, values, and expectations, thereby getting informed about how to interact with each other at ease. In that case, less conflict will be at home

Next, the other benefit of dining with the family is in terms of development. Eating with your parents and siblings can be considered a class for ~~both the whole family~~ at any age. Dining with them, you can share your problems ~~with them~~ and ask for their opinions. In fact, this gives an opportunity to you as a child to benefit from your parents' experiences and also to your parents to get familiar with the modern world and its issues. Moreover, talking ~~during while~~ dining can play a key role in the betterment of verbal skills in younger children and also passing on traditions and culture to them.

To conclude, I guess the modern world has met most of our physical needs at the cost of losing our family and friends and getting away from each other. Besides, I know of many people believing that they feel their loneliness far more than any time when they have meals lonely. I do not deny that money is vital, but I opine that our mental needs including a close relationship with ~~your the~~ family are not less important than money.