**Do you agree or disagree?**

**Nowadays it is not important for people to have regular family meals together.**

 Through the history, family customs especially family meals has always played a significant role on shaping human’s priorities. On the other hand, nowadays, the introduction of technology has brought about such an impressive effect on people’s lifestyles that they care much less about spending time with family than does they before. In this regard, although some people may cling to the idea that family meals still has maintained its importance, I resolutely contend that its dispensability has dissipated during the recent decades. In the following paragraphs, I will delve into the most outstanding reasons by which I support my viewpoint.

 The first significant point to be mentioned is that since the lifestyles have changed dramatically nowadays, people are less likely to feel the necessity of meal together and have found it more convenient to eat alone. In other words, their priorities have changed, and they have become more adopted on independency and loneliness. To be more precise, those living alone prefere to live on their own rules and flee from controversial conversations with others. In contrast, congregating with other family members might obliged them to be responsive. In my own experience, the air of our family feasts have usually annoyed me, since everyone are trying to be intrusive and bombard me by a host of questions which are not their concern. Therefore, not only does the family meals have no gravity for me but also I would definitely feel better while eating in my comfort zone.

 Another reason which deserves some words here is that as a result of social life, people are spending a massive portion of their time interacting with each other. Consequently, meal times are considering to be invaluable moments to relieve from the burden of others and rest a bit. Recently a group of psychologies carried out a research to find out the times during which people are resting the most. The results revealed that about 80 percent of participants have chosen lunch times in order to rest. On the other hand 90 percent of respondents have acclaimed that they prefer to talk with nobody while eating food since preferring to save their energy and avoiding any controversy.

 To wrap it up, one can draw the conclusion that even though family meals may become enjoyable in some cases, getting in touch with family members while eating food would not be a wise choice considering today’s life styles.

401 words

It took me about 49 minutes to write!