**Do you agree or disagree?**

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

With the advance of technology, most of the families get used to different types of daily habits, such as activities, entertainments or even having meals. Having meals is one of the main factors in the everybody’s life which is so effective in different areas of a person's life. One of the issues regarding having meals is whether having it with family together is vital. from a sociological point of view, it is so vital for family members to have regular meals with each other, however, other group of scientists may contend that, having regular family meals is an inconsiderable item and do not have any particular effects on one’s life. Actually, I am totally in agreement with having family meals, and I will delve into the reasons justifying my opinion.

The first fact that makes me hold this belief is that, having regular family meals is an opportunity for family members to spend time together and enjoy one another’s company. Due to complexity of modern life, most of the people stuck in their problems and they usually do not find any chance to spend time with their family members; but, by regular family meals this company is more likely to happen. The company has always been one of the most important human needs, and it is more obvious for families who spend a lot of time in employment. As a case in point, I can remember a time when all members of my family were employed and they did not have enough time for each other, during those days, having family meals was the best chance for us to join together, spend time with each other and as a result take advantages of one another’s company. Before and after having meals are an appropriate occasion to communicate with each other and enjoy from our moments. As you can see, having regular family meals has a high importance because of it is kind of a golden time for family members to join together and taking advantages of one another’s company.

Another helpful approach is to provide a role model for healthy eating. Nowadays, huge number of people get interested in fast food or other less -nutritive meals which have several disadvantages for their bodies; while, having family meals makes people do not serve such meals during the day, even in their busy time. Family gathering for meals open a window for them to consume healthier and well-nutritive food at homes. The noteworthy statistics revealed by a recently conducted research revealed the fact that, people who serve meals with their family, and have a regular plan in this regard, benefits from much higher level of healthy in comparison to others. This research calculate level of fatty and sugary in the blood of different people with various style of living, and find out that, style of having meal has a direct relation with the level of individuals’ health; in this way that, ones who care about having family meals are much healthier, relatively. Family gathering for having meals force them to use more natural materials for food instead of synthetic ones, and as a result be more nutritious. Therefore, it now seems certain that, having regular family meals has a significant importance since it offers healthier life to people.

All in all, regular family meals should be cared and be given priority not only because of its influence on family members’ company, but also because of its benefits for wellbeing.

**Time: 40 min**