

Name _____

The Magic of Family Meals: Why Eating Together Matters

Multiple Choice Questions

1. What is one benefit of family meals mentioned in the passage?
 - a) Increased stress levels
 - b) Weaker family bonds
 - c) Improved academic performance
 - d) Unhealthy food choices

2. How do family meals encourage better nutrition choices?
 - a) By serving fast food
 - b) By reducing portion control
 - c) By introducing children to a variety of foods
 - d) By promoting overindulgence

3. What role do family meals play in enhancing communication skills?
 - a) They discourage conversation
 - b) They provide a structured routine
 - c) They limit interaction
 - d) They have no impact on communication skills

4. How can regular family dinners boost self-esteem in children?
 - a) By excluding children from family meals
 - b) By making children feel unimportant
 - c) By creating a sense of belonging and security
 - d) By promoting unhealthy eating habits

5. What is one way family meals help foster cultural connections?
 - a) By avoiding traditional dishes
 - b) By not sharing stories from the past
 - c) By teaching children about their heritage
 - d) By discouraging cultural identity

