Name _____

The Magic of Family Meals: Why Eating Together Matters

Short Answer

1. How do family meals contribute to better nutrition, according to the passage?

2. Explain how family dinners can positively impact academic performance.

3. Describe one way in which family meals help enhance communication skills in children.

4. Why are family meals considered to be stress-reducing experiences?

5. How do family meals contribute to the development of cultural connections and traditions?

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