THE IMPORTANCE OF FAMILY MEALTIMES TO CHILDREN

In 30 seconds, answer the following question:

• How often do you have dinner at home?
Topic: The Importance Of Family Mealtimes To Children

By the end of this lesson, you will be able to:

• Use at least six words related to the topic

• Create simple sentences about the topic

• Have a conversation about the topic

• Avoid some common grammar and pronunciation mistakes
Let’s start!

Answer the following questions in 60 seconds.

1. What kinds of topics does your family usually talk about during mealtimes?
2. What can children learn at mealtimes?
Vocabulary

Pair Work: Student A reads a definition from column A. Student B matches it with a word from column B, and makes a sentence.

**A**

a. to stop somebody from doing something; to stop something from happening
b. the state of being safe and protected from danger or harm
c. a time in the day when you eat a meal
d. to obtain or win something, especially something that you need or want
e. (of food) very good for you; containing many of the substances which help the body to grow
f. to feel comfortable and happy in a particular situation or with a particular group of people

**B**

1. Mealtime (n) /ˈmiːltəm/
2. Nutritious (adj) /nuˈtrɪʃəs/
3. Prevent (v) /prɪˈvent/
4. Belong (v) /bɪˈlɔŋ/
5. Gain (v) /geɪn/
6. Safety (n) /ˈseɪfti/

**Example:** As every parent with young children knows, life revolves around **mealtimes**.
Grammar

Structure:
S + like/love/dislike/hate + V-ing + O.

Make a sentence using the given structure.

Example: David loves having lunch with his family.

Suggestions:
- Peter/eat/at home
- She/eat/rice/at dinner
- I/eat/in restaurants
- They/have/breakfast/with their parents
- Her daughter/make/dinner.
- Susan/talk/to her children during dinner
- etc.
Pair work: In 180 seconds, discuss the importance of family mealtimes to children with your partner.

Suggestions:

✓ family meals/nutritious
✓ children/learn more about food safety
✓ family meals/prevent/obesity
✓ children/gain/a better sense of belonging within the family
✓ etc.
# Common mistakes

## Mistake Correction

<table>
<thead>
<tr>
<th>Grammar</th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Incorrect</strong></td>
<td>She likes eat at home.</td>
<td></td>
</tr>
<tr>
<td><strong>Correct</strong></td>
<td>She likes eating/to eat at home.</td>
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</table>

## Pronunciation

<table>
<thead>
<tr>
<th>Confusing word</th>
<th>Restaurant:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• NAme: /ˈrestərənt/</td>
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<tr>
<td>• BrE: /ˈrestrant/</td>
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</tbody>
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| Sentence practice | We had a meal in a restaurant. |              |

## Others
Assessments

Here are some comments on your performance

<table>
<thead>
<tr>
<th>Students</th>
<th>Pronunciation</th>
<th>Vocabulary</th>
<th>Grammar</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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<td>6.</td>
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Feel free to ask if you have any questions!
Wrap-up

✓ Words related to the importance of family mealtimes to children

✓ Structure:

\[ S + \text{like/love/dislike/hate} + \text{V-ing} + O. \]

✓ Discussions about the importance of family mealtimes to children

Please do your homework in the downloadable outline from the website!
Homework

Complete your mission and find more in related lessons.

<table>
<thead>
<tr>
<th>Your mission</th>
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</thead>
<tbody>
<tr>
<td>✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)</td>
</tr>
<tr>
<td>✓ Search for related lessons in the course browser</td>
</tr>
<tr>
<td>✓ Take those lessons</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Restaurant vocabulary with modals (#0109)</td>
</tr>
<tr>
<td>✓ Fine dining vocabulary (#0244)</td>
</tr>
<tr>
<td>✓ Working lunch (#0354)</td>
</tr>
</tbody>
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