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| what are the benefits of family MEALTIME?When growing up as an adolescent, there are many benefits you gain from eating together as a family. Some include better grades for students, closer relationships with child and parent, and a healthier child. Mealtime is an important part of growing up for adolescents as it is a perfect opportunity for the child and parent to openly communicate, give their child attention, share love, and for the parent to listen. Mealtimes also give the child a sense of social experience and teaches them manners at the table.When families eat together, adolescents’ tent to eat healthier, rather than when eating by themselves, they tend to eat poorer. When they eat on a regular basis, they tend to have a more balanced diet, less snacking, and a better vegetable, grain, and fruit intake |  | Sitting down at the table when eating helps improve your relationship with your child as when families share meals, they tend to be closer. It is a time to communicate, know about the whereabouts of your child, and perfect opportunity to monitor your child’s moods. When you are close with your child, it is a lesser chance of risky behaviour, delinquency, and early sexual activity from your child.  |  | growing up in canada:How family mealtime can impact adolescents growing up |
| “Family meals can impact the childs development and their learning” |
| “Sharing meals help adolscents feel more connected to family” | Bar chartMealtime conversation can help improve children’s vocabularyMealtime conversation can help with the knowledge of nutritionUserMealtime can help with the understanding of what a healthy diet looks like  |

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| Statisticsthis survey was done to middle and high school students (ages 12-16) asking information about their family meals* 30.7% eat as a family 7 times in the last week
* Adolescents ages 12 and below are more likely to eat together
* 11.2% of adolescents eat healthier when are eating together
* 66.6% adolescents report they understand the importance of eating healthy
* 31.9% families only eat together less than 2 times last week
* 23.5% report they eat healthy when alone
* 26.5% adolescents report their parents are in the room when eating
* 12.2% report no one is around
* 52.6% say busy schedules do not allow family to eat together

With the family meals becoming less important, more adolescents are missing mealtimes. This is concerning because adolescents at this age period have a high-risk with problemed behaviour, such as substance abuse. These mealtimes’ structure them and give them the opportunity to communicate between parents and teens, to help monitor moods and behaviors and to know about the whereabouts |  |  |  |  |
| Parents find it hard to feed picky eatersParents have been finding it more and more difficult to feed their children when they have a picky eater in the household, or when the entire house is picky eaters. Some parents make different meals for their picky eaters, which normally turns parents away from home cooked meals |
| single headed-householdsFamilies are more likely to be run by one parent, with more mothers in the labour force now. These changes may affect family mealsSingle mothers report a lack of time, cooking skills, ideas, tiredness, and effort involved in carrying out the meal’s barriers to family meals.**HOME-COOKED MEALS**Home cooked meals help us with an understanding of what a healthy diet looks like, all while empowering the individual to exercise control over their diet and help transform the norms a society has where food plays a central role in identity.Being able to cook also helps the parents monitor the food, they can also “hide” healthy foods in the meal without the child knowing. |
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