

# The dinner table: a family battleground

In a family there are various battles one has to fight. But there is one constant battle from infancy to (1) \_\_\_\_ – the fight for nutrition. This involves trying to get your children to eat their greens (2) \_\_\_\_ what they want to eat.

Typically, most parents make their children stay at the table until they finish what is on their plate. But children's determination to limit their diet to whatever they like can be very strong. Very often, the end result is a very irritated parent that has gone to the trouble of making a proper (3) \_\_\_\_\_ – meaning something that does not focus (4) \_\_\_\_\_ on potatoes or pasta – and a child that responds with a disgusted 'Yuck!' However, one has to remember that dinner with the family is not primarily about serving up portions of food. On the contrary, it is about enjoyment, and (5) \_\_\_\_\_ quality time together.

1. A. youth
2. A. except for
3. A. meal
4. A. extremely
5. A. giving

- B. childhood
- B. instead of
- B. cooking
- B. absolutely
- B. taking

- C. babyhood
- C. as well
- C. table
- C. entirely
- C. making

- D. adulthood
- D. in addition
- D. food
- D. deeply
- D. spending

