

Before watching

Answer the questions

1. Do you bring together with your family when you have meals?

2. How many times a week do you eat together?

3. Is it important for family environment? Why?

After watching

Answer the questions

1. How many times a week should you have a meal together?

2. Should you have a mealtime with your baby?

3. How do you stop worrying about spilt food and drinks?

Fill the gaps

1. Weekend breakfasts or lunches _____ too!

2. That way, it becomes a _____.

3. Create a positive mealtime _____.

4. Turning off television and phones can help make meals a _____ time.