

# IELTS Reading practice

## Paragraph headings

**17. Read the following article and choose the best title from the list below.**

A new survey reveals that a family sit-down at dinnertime may reduce a teenager's risk of trying or using alcohol, cigarettes and drugs. The study surveyed more than 1,000 teens and found that those who dined with their families five to seven times a week were four times less likely to use alcohol, tobacco or marijuana than those who ate with their families fewer than three times a week.

A recent UK survey also found that dining together as a family is a key ingredient in ensuring a child's happiness. Children in the survey reported higher levels of happiness when they dined together with their families at least three times a week. "Contrary to the popular belief that children only want to spend time playing video games or watching TV," said researcher Dr. Maris Iacovou of the University of Essex, "we found that they were most happy when interacting with their parents or siblings."

- A) Children's happiness
- B) Why teenagers use alcohol, cigarettes and drugs
- C) What teenagers really want
- D) Why families should dine together