

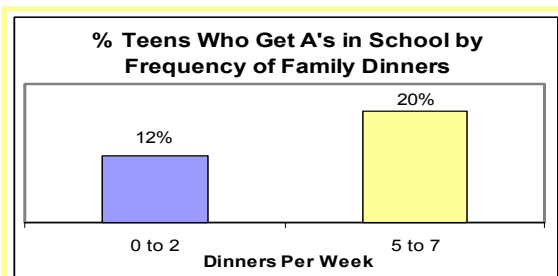
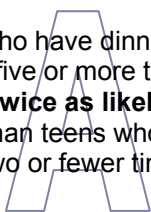


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## In the Know with Family Mealtime

**Eating together with the family is related to better school performance.**

Teens who have dinner with their families five or more times a week are **almost twice as likely to earn A's** in school than teens who have family dinner two or fewer times per week.<sup>1</sup>



In a Harvard study of 5-year-old children, mealtime and playtime provided them with many rich opportunities to learn words and expand their vocabulary.<sup>2</sup>

Parents also recognize the importance of family meals as learning opportunities.<sup>3</sup> According to one parent, *"It's at the family dinner table that people first learn to talk. Parents are role models on how to behave, how to take turns, be polite, patient and hold a spoon. Kids learn not to interrupt, how to pass food, and when guests are present, how to entertain."*

### References

1. Graphs and references used with permission. The National Center on Addiction and Substance Abuse at Columbia University, CASA®; The Importance of Family Dinners; September 2003. [http://www.casacolumbia.org/usr\\_doc/family\\_dinners.pdf](http://www.casacolumbia.org/usr_doc/family_dinners.pdf)
2. Weizman, ZO; Snow CE. Lexical input as related to children's vocabulary acquisition: Effects of sophisticated exposure and support for meaning. *Dev Psychol.* 2001 Mar; 37(2):265-79. [http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=11269394&dopt=Abstract](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11269394&dopt=Abstract)
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