



Family and Relationships

Article: should families eat together more often?

1. Lead-in discussion

Talk with a partner before you write.

1. When do families usually spend time together?
2. Why can family meals be difficult to organise?
3. How can regular conversations help relationships?

Exercise 6 at a glance

Write an article, often for a school magazine.

Use a catchy title and opening hook.

Develop ideas with reasons and examples.

Use a semi-formal, engaging style.

2. Exam-style task

Your class has recently discussed whether families should eat together more often. Write an article for your school magazine about this topic.

Here are some comments from students to help you:

'Dinner is the only time my family really talks.'

'Eating together helps people feel closer.'

'Everyone has different schedules, so it is not easy.'

'Some teenagers need quiet time after school.'

Now write an article for your school magazine.

The comments may give you some ideas, and you should also use some ideas of your own.

Write about 120 to 160 words.

3. Model article

Is Family Dinner Still Important?

When was the last time everyone in your family sat down for a meal together? In our recent class discussion, students had very different answers. Family meals may sound old-fashioned, but they can still matter in a busy week.

On one hand, eating together gives people time to talk without rushing. Parents can hear about school, teenagers can share worries, and younger children can feel included. Even a simple meal can help family members feel closer, especially if phones are put away for a while.

However, regular family dinners are not always realistic. Many parents work late, and students may have clubs, revision or part-time jobs. Some teenagers also need quiet time after school before they are ready to chat. Forcing everyone to sit together every night could create stress instead of connection.

In my opinion, families should aim for shared meals when they can, but not treat them as a strict rule. A relaxed meal once or twice a week can be more valuable than a daily routine that nobody enjoys or wants to attend.

4. Explore the model: structure, content and register

Work with the model article. Underline, label or make short notes.

Focus	What to find	Done?
Article structure	Find the title, opening question, benefits, contrast and final opinion.	
Content point 1	Where does the writer explain why family meals can help relationships?	
Content point 2	Where does the writer explain why family meals may be difficult?	
Final view	Where does the writer suggest a realistic approach?	
Audience and register	Find two places where the article sounds engaging but suitable for a school magazine.	
Development	Find one example, reason or effect that improves the answer.	

5. Language from the task prompts

The task prompts can guide your grammar and content choices. Notice which language each prompt naturally needs.

Prompt	Useful language	Why it fits	Example from the model
why meals help	examples + relationship language	You are showing how shared time affects people.	Parents can hear about school / feel closer
why it is difficult	contrast + reason language	You are explaining why the idea may not work for everyone.	However, regular family dinners are not always realistic / Many parents work late
your view	realistic opinion language	You are giving a balanced personal response.	families should aim for... / not treat them as a strict rule

6. Build an engaging article

Notice how article phrases help you interest the reader and organise ideas clearly.

Job	Useful article phrases
hook the reader	When was the last time...? / Is family dinner still important? / Do shared meals still matter?
add context	In our recent class discussion... / students had very different answers / In a busy week...
introduce benefits	On one hand... / gives people time to talk / Even a simple meal can...
show contrast	However... / not always realistic / The problem is that...
show effect	could create stress instead of... / can help people feel... / may bring people closer
finish with a view	In my opinion... / A relaxed meal can be... / Families should aim for...

7. Vocabulary and useful article phrases

Use chunks that sound natural for this task. You can also upgrade your writing with precise words and phrases.

Purpose	Useful chunks / language	Add your own
describe family time	family meals / shared meals / sit down together	
describe benefits	time to talk / share worries / feel included	
describe problems	different schedules / work late / quiet time	
sound article-like	When was the last time...? / may sound old-fashioned	
upgrade ideas	realistic / strict rule / connection	

8. Plan your own article

Use the same task, or change the details to another relationship issue.

Section	My idea	Useful language
catchy title		
opening hook / context		
benefits of family time		
problems / other side		
final view / suggestion		

