



**Atmosphere during  
meals**

- You shouldn't watch TV during the meal!





- Having lunch or dinner with TV set turned on negatively affect healthy diet and family interactions.



- Eat with your family at the table and avoid eating alone in your room.





- Don't use your mobile phones during the meal time!







Before leaving the table, we should wait until everybody else has finished their meals!





- You shouldn't talk with your mouth full of food!

- It isn't nice to throw food and aim it at somebody!

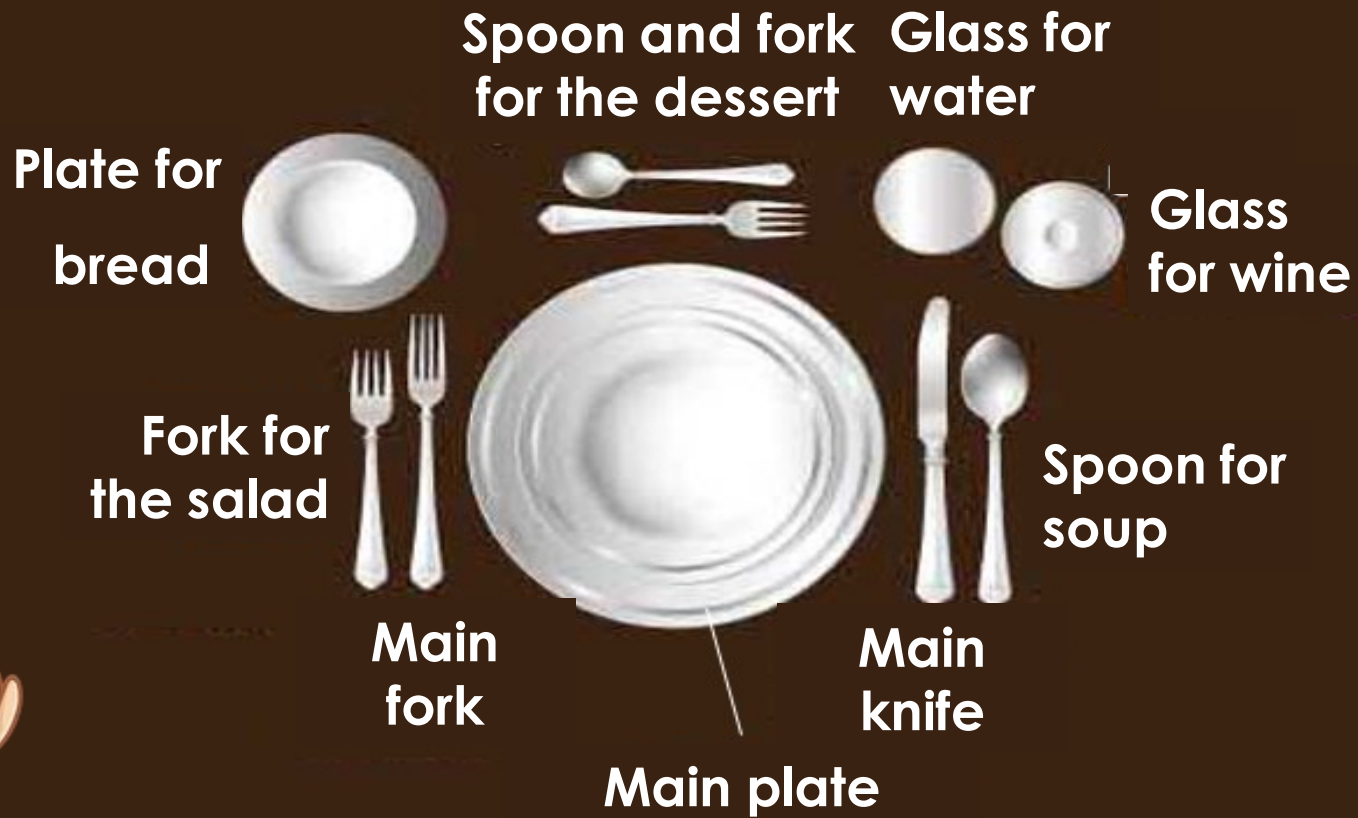




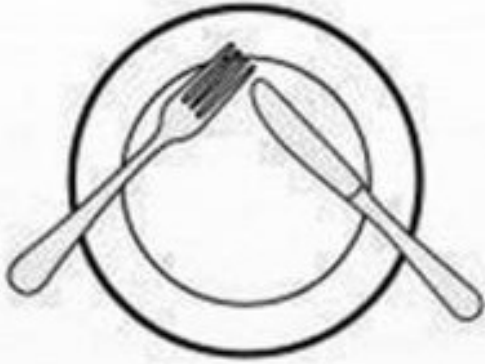


- You shouldn't jump, shout or be impolite at the table!

# Behaviour in a restaurant



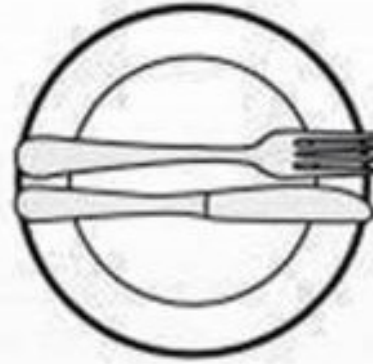




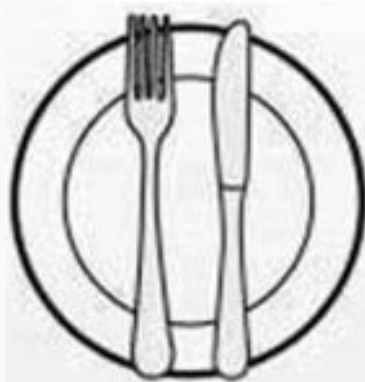
A break



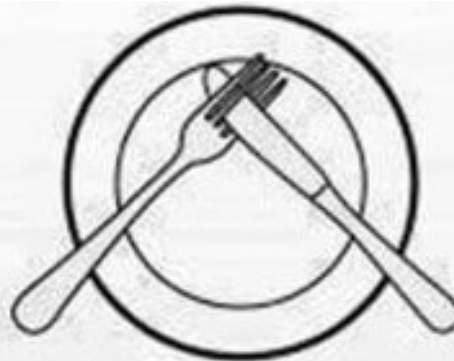
Ready for the next meal



Excellent



Finished



I don't like it







Thank you for your  
attention!