



Mashhad University of  
Medical Sciences



# Eating and Social Interaction

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Dr. Majid Ghayour Mobarhan

Nutritionist from the UK

## ► People are interested in eating with others

Having a meal with others has been an important moment to share everyday events and news throughout history. Recently, social eating has become even more popular.

### ► 1. Eating with others meets changing needs

Eating has caused families to gather around the table for centuries. During an evening meal, people share their joys and sorrows, tell each other their latest news, and celebrate anniversaries and other special occasions. Eating has always been a social issue, but in recent years, life's pace has taken on new forms.

### ► 2. Eating with others combines several pleasures

Because everyone has to eat and at least occasionally rest and meet their friends, it is easy to combine several pleasures and needs in one meal. You can always find time for a shared meal, even on a busy week.




### ► 3. Eating with others allows you to try new flavors

Food sharing enables you to experience tasting and recognizing new flavors. Instead of the main course, you may find that serving plates and several small plates with various dishes are brought to the table, which helps you try new and varied flavors and dishes.

### ► 4. Eating with others allows you to communicate with strangers

Shared thinking creates the topic of conversation among people who do not know much about each other. In the future, people may enjoy eating with strangers more and more. It is also easy to make new acquaintances at a meal. In the future, for example, company employees may get together for a meal. Sharing a meal for a moment is the easiest and most natural way to build new social relationships.





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Food and social interaction are deeply intertwined in the human psyche, which is a fact that we want to ignore in our daily lives, but our bodies do not ignore it. Without even realizing it, we change the way we eat based on the people around us.



The type and type of nutrition is the choice making. You are responsible for choosing the right foods, healthy eating, exercising, and doing the best for the body. Nutrition counseling focuses on individual nutritional needs and deficiencies. Most of us have a laid-back attitude when painting a picture about ourselves, whether we are married, working in a large office, or having a close friendship. It is also important to note that the way we eat and the amount we consume are closely related to the people we eat with, and we should consider the impact of friends and relatives on our diet.

### ► People around you influence what you want ◀

The idea of eating as a social activity is nothing new. The people you eat with have always been important in human social life.



For example, women consume fewer calories when eating with men than when they do with women.

Both men and women consume less food in front of a stranger of the opposite sex. In general, people crave food as much as others and those around them and eat more when they eat in groups or think other people have eaten more. However, these changes in the way we eat are not limited to the number and gender of people and their relationship with us.