



## What Time is Dinner?

How social class has dictated when we eat. From Ancient Greece to New York hipsters, what has determined our mealtimes in the past and who wants them to change now?

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🕒 27 minutes

For thousands of years when we eat signified

And have you heard of the 'fourth meal'? Snacking is on the rise - and the food industry might be helping you abandon the three meal model. Is more choice breaking apart the structured meal?

Plus, what exactly is the scientific evidence that any of this matters?

With contributions from: Paul Freedman, Yale University, Shawn Micallef, Author, Tamara Barnett, Vice President of Strategic Insights at The Hartman Group and Satchidananda Panda of the Salk Institute for Biological Studies, at Harvard University.

Presenter: Emily Thomas

(Photo: Clock and cutlery. Credit: Getty Images)

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