## CLAIMS

1. A sink (1) with a basin (2), which has a base wall (3) and lateral walls (4, 5, 6, 7) adjoining it, and the basin has a receiving area (8) delimited by the walls (4 to 7), wherein the sink (1) has an insert plate (10) separate from the basin (2), which is inserted into the receiving area (8), wherein the sink (1) has a lifting apparatus (11) with which the insert plate (10) is able to be moved relative to the basin (2), wherein a drain opening (27) for media to run out of the basin (2) is embodied in the base wall (3) and a closure apparatus (28) is arranged on the insert plate (10), with which media in the basin (2) is able to be prevented from running to the drain opening (27), characterized in that the sink (1) has a separate strainer (31), which is arranged in the drain opening (27) such that it can be adjusted in the height direction (y), wherein the closure apparatus (28) has an actuation element (32) that, when a lowered position of the insert plate (10) in the basin (2) is set, is in contact with the strainer (32) in an open position and, when it reaches the lowered position, has pushed the strainer (32) into a closed position.

2. The sink (1) as claimed in claim 1, characterized in that the closure apparatus (28) has at least one seal (29), which is arranged on an underside (10b) of the insert plate (10).

3. The sink (1) as claimed in claim 2, characterized in that the seal (29), in a lowered position of the insert plate (10), is seated locally around the drain opening (27) on an inner side (3a) of the base wall (3).

4. The sink (1) as claimed in claim 2, characterized in that the seal (29), in a lowered position of the insert plate (10), is seated on an inner side of a sloping wall (30) of the basin (2), which is embodied between the lateral walls (4, 5, 6, 7) and the base wall (3).

5. The sink (1) as claimed in any one of the preceding claims, characterized in that the strainer (32) is able to be pushed by a resetting unit (33), in particular a spring, automatically from the closed position back into the open position when the insert plate (10) is moved upward from the lowered position.

6. The sink (1) as claimed in any one of the preceding claims, characterized in that the sink (1) has a seal (34), which is arranged on an edge (25c) of the insert plate (10) and protrudes laterally beyond the edge (25c), so that the seal (34), at least in a lowered position of the insert plate (10), rests in the basin (2) against inner sides of the lateral walls (4, 5, 6, 7) to make a seal.

7. The sink (1) as claimed in any one of the preceding claims, characterized in that the closure apparatus (27) has an inflatable elastic membrane (35'), which is arranged on the underside (10b) of the insert plate (10) and through which, in an inflated state, media in the basin (2) is prevented from running to the drain opening (27).

8. The sink (1) as claimed in any one of the preceding claims, characterized in that the an upper side (10a) of the insert plate (10) has a surface that amounts to at least 80%, especially at least 90%, especially at least 95% of a surface of the receiving area (8) in a horizontal plane, but is less than 99% of this surface of the receiving area (8).