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**Intellectual Output 1**



**HEALTH & SAFETY AT WORKPLACE:**

**HEALTHY DIET**

**INTRODUCTION**

From this unit you will learn: some new vocabulary connected with food, how to maintain the proper diet at work, and why there are no obese people in Japan.

**DISCUSSION QUESTIONS**

Is your diet healthy? – give examples. If not so much, how could you improve it? What are the biggest healthy eating challenges at work?

**READING**

**Every workplace presents different healthy eating challenges**. Still, no matter what position you hold, proper nutrition is a real priority as you need your brain and body to work at their best. The sad truth is that junk food, high in energy and salt, is often the easiest to access.

Working from home

Lucky you! Don’t waste a unique possibility of a well-planned diet. The best breakfast is musli with trim milk and fruit, a smoothie, or low-fat yoghurt with nuts, seeds and oats. Your light lunch should include vegetables, healthy carbohydrates and lean proteins. How about couscous with chicken and salad or vege soup with grainy toast and cottage cheese? The main meal can be spaghetti, roasted meat, stew or fish, always with some greens. Indulge yourself with one or two healthy snacks, like a home-baked bran muffin or crackers with hummus.

Remember to keep well hydrated. Water is fine for most people and simply delicious if you add a slice of lemon and fresh mint leaves. Don’t fancy water? Go for green or herbal tea. Stay away from energy drinks. They have as much as 14 teaspoons of sugar in a bottle! If you can’t concentrate, enjoy some daylight and fresh air for 10 minutes. A brisk walk is enough to clear the brain fog and help you focus – far better than loading yourself with unnecessary sugar and stimulants, like caffeine and chocolate.

A nine-to-five job

No doubt, eating well with limited time for breaks can pose challenges due to the availability of tempting junk food and the scarcity of cooking facilities. Still with a little forward planning you can have tasty and healthy things to eat at work. Cook a little bit extra the evening before. Transform a roasted chicken dinner into the next day’s lunch: add leftover chicken to a big handful of spinach or lettuce. If you’re a dairy person – try a trim latté, low-fat yoghurt or a slice of reduced-fat cheese. A vegetarian? Include some protein such as tofu, pulses or eggs. Have a desk drawer stash of emergency healthy foods: canned soups, vegetables or tuna and ready-made pasta packs. And remember, in the cafeteria, you don’t have to eat a piece of cake or a Danish pastry only because it’s there.

Business lunches

The mentality that someone else is paying often means we feel the need to make the most of it.  Extra food might be free but there can be a cost to your health. When you arrive at the restaurant, have a glass of water before you order an entrée-sized meal with a side of vegetables or a salad. Avoid the temptation to have alcohol as it contains around seven calories per gram - almost as many as pure fat. Calories from alcohol are 'empty calories', meaning they have no nutritional value. They don't benefit your body or brain in any way.

Working shifts

Working shifts can be hard on your body and mind so decent food is really important. It can be tough to know what to eat at what time of the day, and with the fast food available 24/7, maintaining a healthy balance of foods requires a little bit of thought. Sit down for 10 minutes with your shift pattern in front of you and plan the week ahead. Ponder the menu and make a shopping list. It’ll make the healthy choices easier even if you are dead tired.

The night shift is the most difficult one. Pack a lunch box with pieces of fruit, some cucumber or celery sticks or the healthy dinner leftovers. If there is a freezer at work, place your own ready meals in there in a bag with your name on it. If takeaway food is the only option, choose the healthiest one possible. Instead of a hot-dog or pizza, get a stir-fry style meal, e.g. steamed rice with lean meat or fish and veges.

As tempting as it is to dose up on caffeine, overdoing it isn’t helpful. Keep your fluids up with water and herbal teas. If you find yourself picking at food all night, take sugar-free chewing gum. One more useful trick: brush your teeth – it helps break the cycle of eating out of boredom.

Physical work

For those who are active at work, it can seem quite normal to feel tired all the time. Especially, there are the challenges of being out all day, working over mealtimes or being stuck on site with no kitchen around. Still, if you have access to a microwave, porridge is a great super-healthy breakfast or snack to warm you up in winter and you can bring a bag with the leftover from the last night dinner.

The easy option is grabbing things on the go. Instead of junk food and sugary drinks from the nearest stand, head to the supermarket and get ingredients to build your own sandwich. Buy bread rolls, shredded chicken or lean meat from the deli, tomato and a handful of salad leaves. At the bakery choose filled rolls or wholemeal/wholegrain sandwiches and step away from the confectionary stand.

If your job is very physical, you are likely to be burning lots of energy every day. Nutritious snacks which might help are nuts and dried fruit, liquid breakfast drinks or fruit bread topped with peanut butter. Remember to drink a lot of water and avoid sugary sport drinks - they are only for those doing very heavy labour who heavily sweat (particularly in the summer months).

READING TASK**:** Match the highlighted phrases from the text with their definitions:

**1.shortage, the state of being not enough - scarcity**

2.consider, reflect - ponder

3.a dish consisting of oatmeal boiled in water or milk (BrEng)  **- porridge**

4. a dish of meat and vegetables cooked slowly in liquid in a closed dish or pan -stew

5. dried seeds of the legume plants - pulses

6. the art of making food items that are rich in sugar and carbohydrates - confectionary

7. pieces of grain husk separated from flour after milling - bran

8. torn or cut into thin short stripes - **shredded**

9. store something safely in a hidden or secret place**- stash**

10. a Chinese cooking technique in which ingredients are fried in a small amount of very hot oil while being stirred or tossed in a wok – stir-fry

**VOCABULARY PRACTICE**

1. We should avoid consuming too much salt as its high intake can have serious negative effects on your health. It **increases your blood pressure and some studies suggest that it is linked to cognitive decline** as well. Instead, it is reasonable to use herbs to add aroma to your dishes. If you’re new to the topic, try using the popular mixture of dried herbs called Herbes de Provence. What does it include ? Check the names of at least 5 herbs and make sure what their names are in your native language.

Traditionally it includes thyme, basil, rosemary, tarragon, savory, marjoram, oregano, and bay leaf.

1. The key to proper nutrition is variety. The well-known Pyramid of Foods, first created in Sweden, has been lately replaced by MyPlate, yet the concept remained (you can install the myplate app on your phone!). It’s important to eat a variety of fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives. Put the following food words into the proper categories. Make sure you understand all of them.

PASTA - cannelloni, ravioli, bows

BREAD - Jewish hallah, Scandinavian crak bread, pita

CEREAL/GRAINS – wheat, oats, rice, barley, corn, rye

MEAT – veal, lamb, poultry

VEGETABLES – eggplant, Brussels sprouts, cabbage

FRUITS – date, apricot, gooseberry, currant

NUTS – almond, cashew, walnut

1. In the text there were 10 collocations underlined ? Can you complete the missing words WITHOUT going back to the reading task (you have the first letter given) ? Try ! And check it afterwards.

p…. nutrition - proper

t…. milk - trim

l… proteins - lean

brisk w….- walk

brain f…. - fog

cooking f… - facilities

empty c….. - calories

h…. balance - healthy

d…. tired - dead

c….. gum - chewing

**TEACHER’S INPUT**

Confectionery  or Confectionary ? You will find two ways of spelling. So here is the quote from [Confectionery or confectionary? (hancocks.co.uk)](https://www.hancocks.co.uk/confectionary)

*Confection****e****ry is the term we use (like the majority of businesses) to describe sweets and chocolates. The person that makes them is a confectioner and he runs a confectionery store.*

*Confection****a****ry on the other hand, would more usually describe sweet bakery items that you might find available to buy in bakers shops. These can also be called confections but confusingly, the person that makes them is often called a confectioner!*

**FURTHER PRACTICE**

Watch the video [Why is it so Easy to be Thin in Japan? - YouTube](https://www.youtube.com/watch?v=lr4MmmWQtZM&t=9s)

Answer the questions:

**1.What is the percentage of obese adults in the US and Japan ?**

30% in the US, 3.5% in Japan

1. **An average busy person who doesn’t cook at home needs to get breakfast or have dinner out with their friends ? Compare the two countries regarding :**
2. **fast food restaurants**

more of them in the US, mostly junk food high in fat and sugar, no variety of food

many of those in Japan but much bigger variety – fast food and local food, even the places serving alcohol have a healthy selection of food

1. **convenience stores**

more of them in Japan, within walkin distance, with reasonably healthy food ready to eat (rice ball, sushi, vegetables, fish and miso)

in the US processed food, mostly junk

1. **Americans drink 170l of soda per capita a year, which makes them number one in the world statistics ? Where is Japan in the ranking ?**

32l per person , number 56

1. **Describe the differences between American and Japanese:**
2. **soda cups in McDonalds**

in Japan size Large is smaller than American Medium

1. **vending machines assortment**

in the US – several (13) sweetened drinks plus water

the Japan – black coffee, 6 kinds of unsweetened tea, water

1. **What are the two key words describing why Japanese people go for healthier food choices ?**

Convenience and variety