

译海拾贝:不吃早餐影响工作效率(双语) PDF转换可能丢失图片或格式，建议阅读原文

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译文:不吃早餐影响工作效率原文:调查：不吃早餐影响工作效率三分之一的上班族宁愿多睡几分钟也不愿去花几分钟吃早餐，一项调查指出，不良的饮食习惯是导致工作效率大量流失的罪魁祸首。

Ipsos Mori 的一项调查表明，在英国，17%的上班族从来不吃早餐，还有17%的人一周只吃一到三次早餐。接受调查的1051人中，8%的人习惯性的不吃午餐，由此估计，这些不良饮食习惯每年给公司造成170亿英镑（340亿美元）的损失，这些损失相当于浪费了9700万个工作日。“在工作时间那些几乎不吃或从来不吃午餐的人以及那27%从来不吃早餐的人，很让人担担忧” Ipsos Mori 研究员称。受饮食服务公司-BaxterStorey委托的这项调查估算，不吃早餐给公司造成81亿英镑的损失，这些损失相当于浪费了4650万个工作日。许多研究都发现，注意力关注范围，学习能力及身体综合健康都和是否吃早餐有着联系。其他不良饮食习惯，诸如不吃早餐或午餐，也包括不吃早餐和茶点，使得生产力流失造成的损失飚升至170亿英镑调查发现92%的上班族都吃午餐，他们之中68的人选择三明治当午餐，但是大多数人饮水量不足，只有11%的人想建议的那样每天喝8杯水，甚者更多。“吃过早餐的人注意力能够更好的集中，更好的解决问题，也能有更好的表现精神面貌，更好的记忆力和心情。”“吃过早餐，人们会更加精力充沛，圣体住那个矿业会更好”营养学家Matt说到研究表明，不吃早餐的人在记忆力测试中得分比

吃过早餐的人得分低15%，不吃早餐使得他们效率低下，而他们在晚餐及午餐更倾向于吃含糖，含脂肪的食物。 A third of office workers would rather grab a few minutes extra sleep than breakfast, according to a survey that estimated poor eating habits were costing companies dearly in terms of lost productivity. A survey by Ipsos Mori found 17 percent of British office workers never have breakfast and 17 percent have it just one to three times a week. It found eight percent of 1,051 office staff questioned also regularly skip lunch, with these poor eating habits estimated to be costing companies 17 billion pounds (\$34 billion) a year or 97 million lost working days. "Worryingly, of those who rarely or never eat lunch, 27 percent also never eat breakfast during the working week," said Ipsos Mori researchers in a statement. The survey, commissioned by food service company BaxterStorey, estimated skipping breakfast cost companies 8.1 billion pounds or 46.5 million lost working days, with many studies finding a link between eating breakfast and attention span, learning ability and general well-being. When other poor eating habits such as having no breakfast and lunch or having no breakfast and snacks, are included, lost productivity rocketed to nearly 17 billion pounds. The survey found most employees -- 92 percent -- have lunch, with 68 percent opting for sandwiches, but most people don't drink enough during the day. Only 11 percent had the recommended eight or more drinks during the working day. "People who eat breakfast have better concentration, problem solving ability, mental performance, memory and mood. People who eat breakfast are also more physically energetic and have better coordination," said

nutrition specialist Matt Barker."Research tells us that scores on memory tests were about 15 percent lower in people who skipped breakfast. And those who skip it tend to eat sugary, fatty foods later in the day, reducing their productivity." 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com