

午饭吃什么：办公室“带饭族”礼仪 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/646/2021_2022__E5_8D_88_E9_A5_AD_E5_90_83_E4_c96_646802.htm 中午带饭到公司里去是一种健康又经济的做法。当你决定要当带饭族时，你就要考虑到你的同事，因为办公室不是你一个人的，所以你要注意不能因为你个人而影响到其他人。因此，带饭族还需要遵守必要的办公室带饭礼仪。 Taking your lunch to work is a healthy, cost-friendly habit, but if you decide to eat in the office, you should keep your co-workers in mind and practice proper manners. Here are five things to consider if you like to dine at your desk. 中午带饭到公司里去是一种健康又经济的做法。当你决定要当带饭族时，你就要考虑到你的同事，还要遵守必要的办公室礼仪。如果你要带饭，以下五点就是你需要注意的： 1. Not everyone shares the same taste. 不是每个人都跟你一个口味。 Some of the most delicious foods can have less-than-appealing smells, so be conscientious and save the strong-scented dishes for dinnertime. You ' ll avoid upsetting your co-workers and keep your breath conversation-ready. 有些美食吃起来香，但闻起来就差强人意了。所以带饭时你就要考虑到这一点，重口味的食物还是留到晚饭时再吃吧。你应该避免让你的同事感到不舒服，还要保证饭后谈话时能够做到口气清新。 2. Use your usual manners. 保持正常的餐桌礼仪。 It ' s important that your midday meals don ' t distract your office-mates, so stick to the table etiquette you learned as a child. Don ' t slurp, don ' t chew with your mouth open, and keep things neat to avoid spilling on your

work or keyboard. 有一点很重要，那就是你的午餐不能影响到你的同事。所以你必须坚持从小就学到的餐桌礼仪。吃饭时不要发出声音，不要张着嘴嚼东西，保持干净以免把食物喷洒到文件或者键盘上。 3.Bring your own silverware. 自带餐具。 Even if your office keeps a stash of plastic silverware in the kitchen, bring your own to avoid unnecessary waste. Stay eco-friendly by packing washable silverware with your lunch. 即使你们办公室在厨房配有塑料餐具，你也应该自带餐具以免造成不必要的浪费。午餐时自带可洗涤的餐具也是对保护环境做出的贡献。

4.Eat and move on. 吃完就继续工作。 Try not to linger with your lunch. You don ' t need to rush your meal, but it shouldn ' t be an all-afternoon affair, either. Allow yourself a reasonable amount of time to eat, then clear your desk and get back to work. 不要在午饭上花太多时间。你不需要急急忙忙地吃午餐，但你也没有必要一整个下午都在吃。给自己一个合理的时间用来吃饭，吃完后就收拾干净，继续工作。

5.Respect the refrigerator real estate. 冰箱是公共资源。 You ' re one of several employees, so there ' s no need to take up an entire shelf with your favorite foods. Remember to clean up after yourself and regularly remove your leftovers from the office fridge. 公司不是你一个人的，所以你最好不要把你爱吃的食物堆满冰箱的一整排。记住要把自己放过食物的地方清理干净，带走你留在办公室冰箱里的残留物。

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