

Workers must take lunch breaks

8th June, 2014



A new study shows that too many people are working through their lunch hour. Not taking a proper lunch break is unhealthy. It can make people sick, so then they need time off work. The study is from the Chartered Society of Physiotherapy (CSP) in the U.K. It

interviewed over 2,000 people about what they do for lunch at work. Twenty per cent of the workers said they did not take a lunch break. They worked through their lunch hour. Half of the people took a break but ate their lunch at their desk and surfed the Internet, answered e-mails or went on Facebook. One in five people left the workplace for lunch to go shopping or get some air, while three per cent went to the gym.

The CSP told companies they should encourage all staff to take a regular lunch break. It said workers needed to get more exercise at work so they do not get ill. CSP spokeswoman Karen Middleton said: "Full-time workers spend a significant bulk of their week at work or travelling to and from it. Finding ways to build in time to do at least 30 minutes of moderate intensity physical activity, five times a week, can be a challenge." She warned that when employees get sick because they do not take breaks, companies lose money. She said: "It is in everybody's interests to find ways to tackle the enormous problem of inactivity...and we would encourage people to take responsibility for their own health."

Sources: BBC / Belfast Telegraph / The Scotsman

Writing

Which is more important, breakfast or lunch? Why do you think so?

Chat

Talk about these words from the article.

a new study / lunch hour / time off work / desk / answer e-mails / go shopping / encourage / regular / get more exercise / travelling / challenge / lose money / health

True / False

- New research says everyone works through their lunch break. T / F
- Interviewers talked to more than 2,000 workers. T / F
- Around 50% of those interviewed said they ate lunch at their desk. T / F
- Just over 5% of workers said they went to the gym at lunchtime. T / F
- An organization said workers needed a regular lunch break. T / F
- A woman said part-time workers spend too long travelling to work. T / F
- Companies lose money because workers do not take lunch breaks. T / F
- The woman said companies should be responsible for staff health. T / F

Synonym Match

- | | |
|----------------|---------------|
| 1. shows | a. 20% |
| 2. sick | b. reasonable |
| 3. interviewed | c. rest |
| 4. break | d. questioned |
| 5. one in five | e. reveals |
| 6. encourage | f. frequent |
| 7. regular | g. test |
| 8. moderate | h. ill |
| 9. challenge | i. huge |
| 10. enormous | j. persuade |

Discussion – Student A

- What things at work make people ill?
- How can people use their time better while they travel to work?
- Should companies organize fitness training at lunch?
- How do you feel if you miss out on lunch?
- How big a problem is inactivity?
- What companies do you think are healthy to work for?
- What do you do to stay active and healthy?
- What questions would you like to ask the researchers?

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Phrase Match

- | | |
|-------------------------------|----------------------------|
| 1. working through | a. air |
| 2. taking a proper | b. at their desk |
| 3. they need time | c. interests to find ways |
| 4. ate their lunch | d. lunch break |
| 5. get some | e. they do not take breaks |
| 6. moderate intensity | f. their lunch hour |
| 7. employees get sick because | g. for their own health |
| 8. companies lose | h. physical activity |
| 9. It is in everybody's | i. off work |
| 10. take responsibility | j. money |

Discussion – Student B

- How important is a lunch break?
- What do you do during your lunch break?
- Should people take lunch breaks at the same time every day?
- How unhealthy is it to not take a lunch break?
- How bad is it to eat lunch at your desk?
- Should companies get people to exercise at lunch?
- What's the best thing to do at lunch time?
- Should companies turn all computers off at lunch time?

Spelling

- working thorhug their lunch hour
- taking a rpopre lunch break
- It erivtwindee over 2,000 people
- seurfd the Internet
- dewseran e-mails
- One in five people left the rpewcaokl
- aroecngue all staff to take a regular lunch
- workers needed to get more cseexeir
- a iiiafnntcgs bulk of their week
- cyfspahi activity
- ways to tackle the semonour problem
- take rtniysoleisipb for their own health

Answers – Synonym Match

1. e	2. h	3. d	4. c	5. a
6. j	7. f	8. b	9. g	10. i

Role Play

Role A – Exercise

You think exercising is the best thing to do in your lunch hour. Tell the others three reasons why. Tell them why their activities are not so good to do at lunch time. Also, tell the others which is the least useful of these (and why): chatting with friends, going shopping or taking a nap.

Role B – Chat with friends

You think chatting with friends is the best thing to do in your lunch hour. Tell the others three reasons why. Tell them why their activities are not so good to do at lunch time. Also, tell the others which is the least useful of these (and why): exercising, going shopping or taking a nap.

Role C – Go shopping

You think going shopping is the best thing to do in your lunch hour. Tell the others three reasons why. Tell them why their activities are not so good to do at lunch time. Also, tell the others which is the least useful of these (and why): chatting with friends, exercising or taking a nap.

Role D – Take a nap

You think taking a nap is the best thing to do in your lunch hour. Tell the others three reasons why. Tell them why their activities are not so good to do at lunch time. Also, tell the others which is the least useful of these (and why): chatting with friends, going shopping or exercising.

Speaking – Lunch Hour

Rank these with your partner. Put the best things to do at lunch at the top at the top. Change partners often and share your rankings.

- | | |
|-----------------|------------------------|
| • go shopping | • eat |
| • do more work | • catch up with e-mail |
| • take a nap | • exercise |
| • go for a walk | • chat to colleagues |

Answers – True False

a	F	b	T	c	T	d	F	e	T	f	F	g	T	h	F
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Answers to Phrase Match and Spelling are in the text.