

Lunch Breaks



<http://www.dailymail.co.uk/femail/article-2216111/Is-desk-making-fat-Office-feeders-desk-based-lunch-breaks-turning-nation-boardroom-blobs.html>

A new study shows many people work through their lunch hour. This is unhealthy. People get sick and take time off work. The study is from a health group in the U.K. Researchers interviewed over 2,000 people about what they do at lunch. Twenty per cent said they took no lunch break. They worked through their lunch hour. Half of the people said they ate their lunch at their desk. They went online, answered e-mails or went on Facebook. One in five people went outside for lunch to go shopping or get some air. Just three per cent of workers went to the gym.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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