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A study of employee efficiency, food consumption and eating patterns

A private company has taken measures to increase the employee-productivity in various ways. Work-studies ^{8,9} indicated that there was a possibility of increasing the efficiency rate of employee to much higher level as are result intake and various other nutrients intake with food.

This study attempts to identify the relationship between dietary patterns of employees and their efficiency rate and what types of meals might influence a greater level of employee efficiency. A field survey was carried out by using a stratified random sample of the work force of the organization. Thirty (30) female Machine Operators were chosen under three categories. The three categories were High efficiency group, Low efficiency and regular over Time group. They were interviewed and using a questionnaire.

Although this survey did not suggest a relationship between the nutrient intake level of the production floor employees and their efficiency rate a, a contribution of nutrient level on the productivity was observed. It was found that the employee of the sample who were consuming supplementary vitamins in addition to their daily meals were likely to show a relatively higher efficiency level.