



Workplace Health & Nutrition Training – Tips to Prevent Food Coma After Lunch

Do you often find yourself feeling sluggish and drowsy after lunch, struggling to stay focused and productive at work or in your daily activities? This short course, "Tips to Prevent Food Coma After Lunch," is designed to help you conquer that post-lunch energy slump. Discover effective strategies and practical tips to stay alert, maintain productivity, and avoid the infamous food coma that often follows a hearty meal.

DURATION

1 Hour

LANGUAGE

English

COURSE CODE

NT-20323

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Course Content

The syllabus focuses on:

- What is food coma?
- How does food coma happen?
- Why do we need to avoid food coma?
- How to prevent food coma?
- Examples of low glycemic index food

Who Should Attend

- Employees who are keen to learn how to prevent food coma during their workday
- Individuals who are personally interested in health, nutrition, and wellness
- Workplace wellness committees or similar groups focused on employee health and well-being

Method of Study

- Face-to-face or online training with interactive activities

Certification

- Certificate of Attendance will be awarded for participants who are with 100% attendance

Learning Outcomes

By the end of this training, learners from this training will be able to:

- Explain food coma
- Understand the benefits of avoiding food coma
- Define low glycemic index food
- Apply the methods to prevent food coma

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