



Workplace Health & Nutrition Training – How to Stop Craving for Junk Food as Afternoon Tea

The training is designed to empower individuals with practical strategies to overcome cravings for unhealthy snacks during the afternoon tea period. Participants will learn effective techniques for identifying and substituting craving-inducing foods with healthier alternatives, making afternoon tea a satisfying and nutritious experience. The training also addresses mindful eating practices, offering tools to enhance self-awareness and foster better snack choices.

DURATION

1 Hour

LANGUAGE

English

COURSE CODE

NT-20523

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Course Content

The syllabus focuses on:

- What is food craving?
- Reasons for food craving
- Examples of unhealthy snacks
- Why should we eat healthily?
- Ways to stop craving
- Healthier snacks substitution

Who Should Attend

- Employees who are keen to make better snacks choices
- 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:

- Understand the factors that trigger cravings for junk food
- Apply basic nutritional knowledge to make healthier snacks selection
- Explore practical strategies for substituting unhealthy snacks with nutritious alternatives
- Establish sustainable habits for creating and enjoying a balanced and health-conscious afternoon tea

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