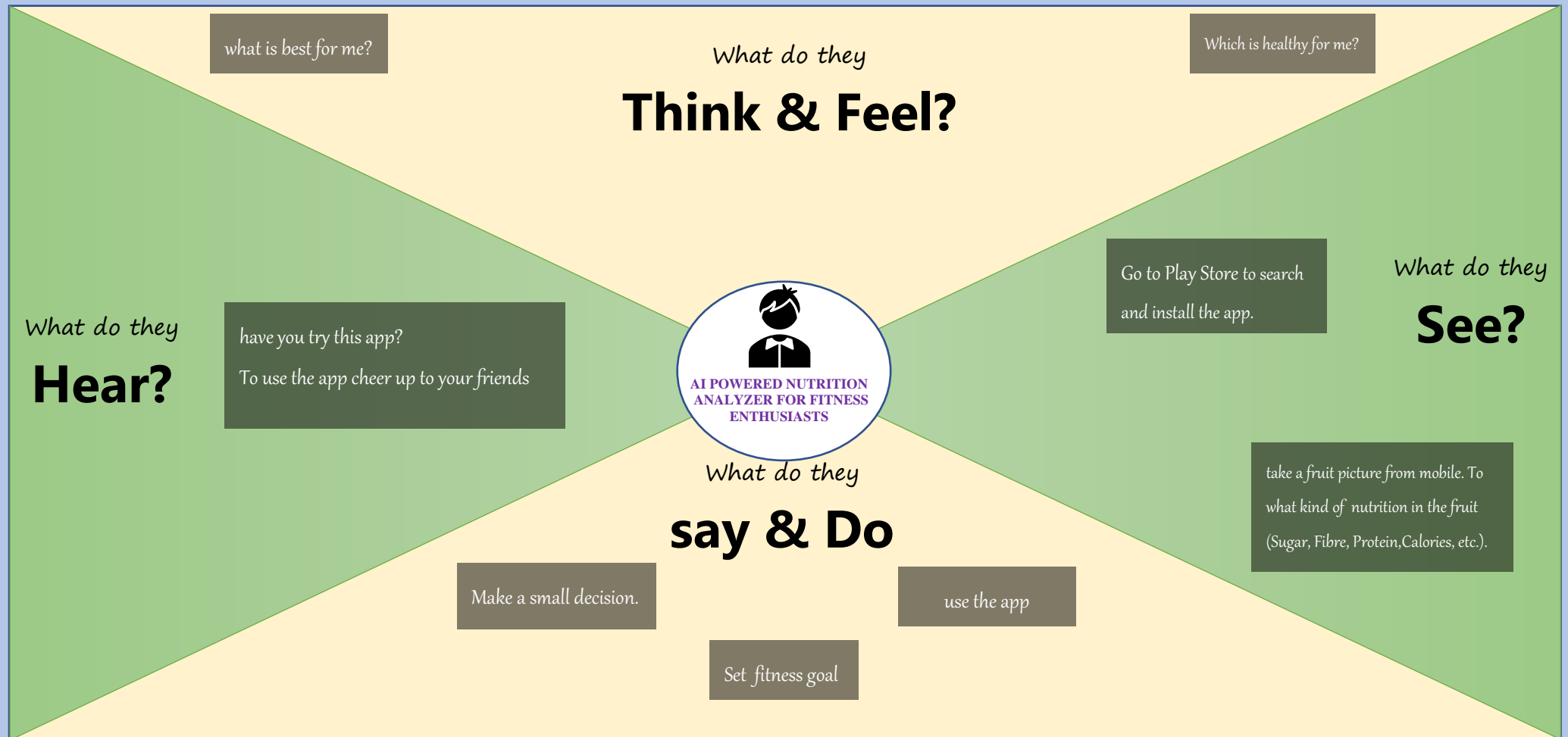


Empathy Map



Pain

In short term, poor nutrition can contribute to stress, tiredness and our capacity to work and over time.

Being distracted by technology during mealtimes may decrease the amount of food a person eats.

Gain

To eat healthy nutrition food.

To help and maintain the fitness.