

Review of: "Nutrition and work efficiency as a strategic variable necessary in a mining environment for high productivity: A case of Filabusi mining community"

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Potential competing interests: No potential competing interests to declare.

The **article** "Nutrition and work efficiency as a strategic variable necessary in a mining environment for high productivity: A case of Filabusi mining community" examines the relationship between nutrition and work efficiency in a mining environment. The study was conducted in Filabusi, Zimbabwe, and involved 150 mine employees. The researchers found that there was a significant difference in productivity between the two groups, with the group that had received the intervention (eating habits, nutrition and diet) showing significantly improved productivity. The researchers concluded that nutrition is a strategic variable necessary for high productivity in a mining environment.

The study is well-designed, and the results are significant. However, there are some limitations to the study that should be considered. First, the study was conducted in a single location, so the specific location be generalizable to other mining communities. Second, the study was conducted during the COVID-19 pandemic, so it is possible that the results may be affected by the pandemic.

Overall, the study provides strong evidence that nutrition is a strategic variable necessary for high productivity in a mining environment. The findings of the study have important implications for mining companies and governments, as they suggest that interventions that improve nutrition can lead to improved productivity.

Here are some additional thoughts on the article:

1. The study highlights the importance of nutrition for workers in all industries, but it is particularly important for workers in physically demanding jobs, such as mining.
2. The study suggests that interventions that improve nutrition can lead to improved productivity, which can benefit both workers and employers.
3. The study is a reminder that the food that we eat has a major impact on our health and well-being. By eating a healthy diet, we can improve our physical and mental health, and we can also improve our productivity.