“The relationship between the food world and stress” shows us how the world of the restaurants seen from the perspective of scientists. We, as customers, go to restaurants in widely different situations, regardless of those situations. The film’s objective is to show the interaction between the customers and the restaurant staff, and explain why those interactions are more complicated than they seem to be.

Synopsis:
Each day, thousands of restaurants sell tons of food, and that is made possible because of the people working there—from the dishwasher to the master chef, everyone lays adjacent to the other as a team. Perhaps the staff seems to be working in different channels of communication, but incredibly they are part of a whole: the runners connecting the orders to the kitchen and also running the food to the tables in an appropriate and reasonable time, the chefs preparing and incorporating the ingredients to the pans as soon as tickets go through the system, the dishwasher quickly cleaning all the dishes in order to have everything needed. Those actions follow a contemporary rhythm. Sometimes this rhythm is affected by different circumstances, such as absent employees, waves of people, or disrespectful customers, and these situations sometimes bring out diverse kinds of complaints among the staff creating a dense atmosphere. In addition, when the relationships are not good among the employees, a sort of alliance between a few may be born. These situations are a kind of liberal revolution in the workplace. Scientists are interested in studying these sorts of revolutions, seeming like anarchy in some places, and they explain how stressful it can be to deal with this while working, and the indirect impact of this stress on employee health. How daily stress can aggravate a heart attack, for example, is one of the dilemmas that will be shown throughout the film.