

21 Mukhbang Illusion

Uncovering What's Behind the Feast

LIVE ESL – APIBECI

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ENTERTAINMENT NEWS

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ISSUE 35

PRE – ASSESSMENT



PRE 1 – True, False, Not Given

Listen to the audio carefully and determine whether the statements provided are True, False or Not Given based on the information you hear. Mark **True** if the statement is **correct**, mark **False** if the statement is **incorrect**, and **Not Given** if the information is **not mentioned** in the audio.

	TRUE	FALSE	NOT GIVEN
1 Some influencers will take pictures with huge amounts of food and eat it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Some influencers often just take a small sip or nibble a tiny amount of it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Influencers just want to be famous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 They'll taste the food but are rarely finishing all of it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



PRE 2 – Re-Tell

Listen to the audio carefully. After the audio ends, **re-tell what you heard in your own words**. Focus on summarizing the main ideas, supporting details, and any examples mentioned in the audio in 3-5 sentences using at least 3 vocabularies from the article.

01 Article Transcription Reading.

The following text below is a transcribed text from the listening article. Feel free to **mark other words** that you are **not familiar** with or are not highlighted below. Notes are available at the last page of this lesson.

00:00 How do food bloggers, **influencers**, and mukbangers stay so slim while eating all that delicious food?

00:07 Hi! I'm Dr. Brian Yeung, a **naturopathic doctor** in Toronto. I have patients who are food influencers, and take pictures and videos of all the delicious food they eat. Yet some of them seem to be in great shape.

00:17 Well I'm here today to tell you how some of them do it. If you're following a food Instagrammer or watching a mukbanger, and wondering how so many of them seem to stay in shape, it's actually not very **complicated**.

They don't eat it.

00:34 Some influencers will take pictures with huge amounts of food, but are not eating it themselves at all. They'll take a picture of themselves taking **a bite**, but might just **spit** it right back out. Now there are some influencers who say they'll eat all the food they take pictures of, but they'll often just take a small sip, or **nibble** a tiny amount of it, before giving or throwing away the rest.

00:56 They'll taste the food, but are **rarely** finishing all of it. Similarly, food bloggers will create **tons of** beautiful and delicious food to take pictures of and show their audiences, but again, they're rarely eating all of it themselves, assuming they're even eating any of it at all.

It's the same meal.

01:12 Another **strategy** is to take multiple different pictures at the same time of the same meal, and make it seem like multiple meals. Different lighting, **plating**, and even different clothes can create an **illusion** that the picture is from another time. You can then schedule the posts throughout the week and make it seem like you're eating a new meal or treat every day.

01:37 For example, you can order a fancy 5 course meal + 2 desserts at a restaurant for dinner. Then you could take individual pictures of each different course and dessert, giving you 7 separate pictures of the same dinner. Then you could post 1 new picture every day, **making it seem like** you've eaten a **fancy** new dish every day of the week. It's easy to control the timing and appearance of content you put onto the internet. So what might seem like a food influencer's month of daily **binging**, could actually be a single day photoshoot of 10 to 20 dishes ordered that very day, with the influencer barely tasting 1 or 2 of them. And unfortunately, it's common in that industry for most of that food to go to waste.

Editing video footage.

02:19

For some mukbangers, basic video editing can easily make it seem like more food was actually consumed. For example, some mukbangers will record themselves biting into and chewing food, but actually spit it out, then cut out that part in the video. They might record themselves swallowing some small morsels of food, but a large portion of the food might just be chewed on camera and spit out off camera. Some food might just be thrown away and carefully cut out of the video. So it might seem like the large table of food is disappearing **before your eyes**. But rather than disappearing into the mukbangers stomach, it might just be going into the garbage can **off camera**.

There's a lot you don't see.

03:01

Most of the time, influencers are able to manage their weight with boring old, healthy eating. Many of them have finely tuned eating strategies. They likely aren't eating like that for most of the week. Many of them will **space out** these **indulgences** 1-2 times a week, or even less. Others control their calorie intake for the day. So if you're doing a mukbang that day, or enjoying multiple desserts, they might fast the rest of the day. Some food influencers are also exercising regularly, and have an exercise schedule that would **rival** many athletes. So **ultimately**, the diet and lifestyle they show online is not **indicative** of their diet and lifestyle in their real life.

Using unhealthy strategies.

03:43

Unfortunately, there are some food influencers that **suffer** from **eating disorders**, and use unhealthy strategies like **binging and purging** to rid themselves of the food they eat. Some also try using **laxatives** or other medications to reduce the amount of food calories absorbed, although these particular strategies are rarely too effective.

04:06

Again, these are strategies that can be harmful to the health of the influencer, but allow them to maintain an **unrealistic** weight and size to show to online audiences. If you're one of these influencers, I encourage you to focus more on your health and well-being before these habits cause an even bigger problem **down the road**. Seek professional help if you need it, and use one of the other 4 strategies we talked about if you really want.

04:34

Are mukbangers doing anything special? At the end of the day, managing and maintaining your weight is no different than other people. Even food, health, and fitness influencers follow the same basic rules, with their own **personal spin**. While genetics can play a role in our weight, having a high metabolism is not going to **counteract** eating huge amounts of food everyday.

04:51

Food you enjoy should be enjoyed in **moderation** and needs to be balanced with a **sensible** diet and lifestyle. Food influencers who manage to stay in shape understand this concept very well and put it into practice very effectively, even though they may not show it to their audiences.

02 A1 – Pairing Meanings.

Match the words on the first column to its corresponding meaning on the second column.

A influencer	1	_____	someone who affects or changes the way that other people behave
B nibble	2	_____	an occasion when you allow someone or yourself to have something enjoyable
C illusion	3	_____	an idea or belief that is not true
D photoshoot	4	_____	the act of getting rid of something unwanted, harmful, or evil
E indulgence	5	_____	being or relating to a sign that something exists, is true, or is likely to happen
F indicative	6	_____	to eat something by taking a lot of small bites
G purging	7	_____	an occasion when a photographer takes a series of photographs

02 A2 – Choosing the Right Words.

Match the words on the first column to its corresponding meaning on the second column.

bite

manage

strategy

laxatives

morsels

illusion

spit

calories

influencers

tuned

- Some _____ will take pictures with huge amounts of food, but are not eating it themselves at all. They'll take a picture of themselves taking a _____, but might just spit it right back out.
- Another _____ is to take multiple different pictures at the same time of the same meal, and make it seem like multiple meals. Different lighting, plating, and even different clothes can create an _____ that the picture is from another time.
- They might record themselves swallowing some small _____ of food, but a large portion of the food might just be chewed on camera and _____ out off camera.
- Most of the time, influencers are able to _____ their weight with boring old, healthy eating. Many of them have finely _____ eating strategies.
- Some also try using _____ or other medications to reduce the amount of food _____ absorbed, although these particular strategies are rarely too effective.

03 Speak Up.

You are welcome to authentically share your thoughts as you go through the following questions.

1 What do you think of mukbangers or people who eat massive amounts of food on camera?

2 Why do you think a lot of people like watching this kind of video on the internet?

3 What could be the possible negative impacts of mukbang videos watched by people?

4 What advice would you give to mukbangers and people who are watching their videos?

04 Building Deeper.

Choose the **words** from the article, or the vocabulary activity before. Write them under their corresponding categories. Do your best to **create examples** that can **help you remember** and understand the word better.

FAVORITE WORDS

Words that you think you will use on a daily basis

WORD	01
+ example	

INTERESTING WORDS

Words that you find interesting for the first time

WORD	01
+ example	

DIFFICULT WORDS

Words that you find difficult to say or understand

WORD	01
how can I understand better + example	

WORD	02
+ example	

WORD	02
+ example	

WORD	02
how can I understand better + example	

Your eyes can show you your reality or blind you from your reality.

Notes

- [1] **complicated**
- [2] **a bite**
- [3] **spit**
- [4] **nibble**
- [5] **rarely**
- [6] **tons of**
- [7] **illusion**
- [8] **plating**
- [9] **fancy**
- [10] **binging**
- [11] **before your eyes**
- [12] **off-camera**
- [13] **space out**
- [14] **indulgences**
- [15] **rival**
- [16] **ultimately**
- [17] **indicative**
- [18] **suffer**
- [19] **eating disorders**
- [20] **purging**
- [21] **laxatives**
- [22] **unrealistic**
- [23] **down the road**
- [24] **personal spin**
- [25] **counteract**
- [26] **moderation**
- [27] **sensible**

Good job for finishing the lesson through. If you were to **give yourself stars** for doing your best, how many stars will you give to yourself for today's hardwork?



KEY ANSWERS

A1
1A 2F 3C 4G 5B 6E 7D

A2
1 influencers, bite
2 strategy, illusion
3 morsels, spit
4 manage, tuned
5 laxatives, calories

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