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Describe the main thing you learned about body language from watching this video.



https://www.miaopai.com/show/-GKuN47mmZBjBHNkUkXGFXx2-sw5AwHar~3e6Q__.htm

This video showed that how to make hamburgers of steak. Cooking is not a very simple thing. There are so many ingredients we need to prepare, and we need to remember all of the steps. For this video, the chef showed the brief introduction of this hamburger. He explained each step while he was cooking. And when he choice some ingredients, he pointed and showed the amount of ingredients he used. It is easy for beginner to understand each step of the hamburger cooking. When he was roasting the steak, he showed the method of using perfume and taught us how to process steak. I can image how to cook by myself. I think body language is like tutorial and it is very useful to express what people are talking about. Sometimes there are some words very difficult to express, we can use body language to improve the communication.