

## The queen of eating shellfish online

Hundreds of thousands of people tune in each week to watch Bethany Gaskin **binge**-eat shellfish on YouTube.

Gaskin, 44, has capitalized on the popularity of a food-video **genre** known as **mukbang**, which involves scarfing down, on camera, more **grub** than should rightly be consumed in a single sitting.

binge 狂欢; 放纵

genre 种类

mukbang 吃播

grub 翻掘; 搜寻

On her two YouTube channels, Gaskin chats up her audience while eating king crab legs, mussels, lobster tails, hard-boiled eggs and roasted red potatoes.

Mukbang seems to have begun as an internet trend more than a decade ago in South Korea. The name is a **mash-up** of the Korean words for let's eat ("muk-ja") and broadcasting ("bang-song"). Korean live-streamers often schedule their mukbang videos to align with dinnertime hours, so their viewers eating alone at home feel like they're sharing a meal with a friend.

mash-up 混搭

Viewers cite other benefits too. Watching the videos can serve as an appetite-curbing exercise.

Though the chatter around mukbang videos tends to focus on their benefits, there are also some who see reason for concern. Theresa Kinsella, 42, a **dietitian**, said in a phone interview that these videos "**glorify** overeating," promote disordered eating and ignore the possible risks associated with overconsumption.

dietitian 营养学家

glorify 赞美

“The short-term health risks are physical discomfort, *gastrointestinal* distress, *lethargy* and *fatigue*,” Kinsella said. As for the long-term effects, she cited weight gain, heart disease and *diabetes*.

gastrointestinal 肠胃

lethargy 昏睡

fatigue 疲劳

diabetes 糖尿病