

# Electronic devices are beginning to intrude into shared eating spaces.

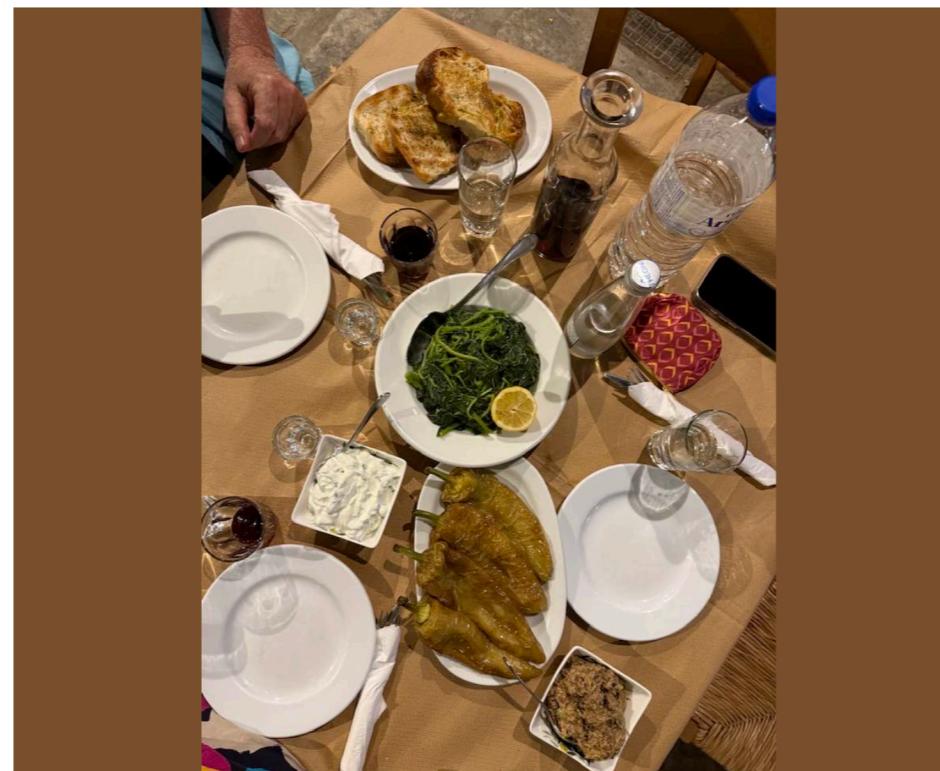
Research published in the Journal Of Consumer Marketing found that the act of taking a picture before eating can actually make food taste better. This is because you're noticing the colours and textures and interacting with the food for longer than you usually would before you taste it.



01

<https://www.stylist.co.uk/life/why-do-we-take-pictures-of-food-millennial-curse/822329>

When posting your lunch and dinner photos try to take the picture before you have eaten instead of your leftovers. It's a much nicer photo. I know it's difficult to control yourself when all that delicious food is on the table but sometimes you have to suffer for your art.



47条评论

<https://www.quora.com/Why-do-people-take-pictures-of-their-food-before-they-eat-it-1>

02

'Social media. just for the sack of show off or to show that how much expensive food they can afford.'

'Photograph food at restaurants for my own collection of memories.'

'Sharing ideas, inspiring people'

a greater quantity of screen time is associated with an increased risk of obesity

Recent meta-analyses confirmed that a greater quantity of screen time is associated with an increased risk of obesity [21,22,23]. This phenomenon may be explained by the displacement of time for physical activity by screen-based sedentary behaviors [21,22,24]. Moreover, poor dietary habits, such as a higher intake of energy, more frequent consumption of fast food and sweets, and lower intake of fiber, vegetables, fruit, and fish were reported more often in children overexposed to digital devices [25,26]. One of the biggest contemporary health concerns is overweight and obesity in the pediatric population, which result from a lack of physical activity and unhealthy eating habits [27]. Notably, recent research has shown that the risk of obesity is higher in children who spend more time engaging in screen-based sedentary behaviors than in non-screen-based sedentary activities [28]. Sedentary digital media use in preadolescence was associated with an increased risk of overweight three years later [29]. Alturki et al. posited that having a smartphone was statistically significantly higher in a group of obese children than in children with normal weight [30]. Moreover, it has been revealed that during the COVID-19 pandemic, there was a trend in weight gaining, resulting in overweight and obesity in children and adolescents, which mostly affected those who were aged between 2 and 6 years [31].

03

<https://PMC9317201/#sec4-nutrients-14-02985>

Our results indicate that the use of digital devices while eating alone can lead to distraction, being unaware of the food texture and the amount that is eaten.

04

<https://www.sciencedirect.com/science/article/pii/S019566632100204X>

### What did the survey find?

A series of questions were sent to 2,000 families in the UK, with a parent and child from each household answering the questions. The children involved were aged between 8 and 16.

Here's what the survey found:

- Around half of the children (51%) surveyed said they used their phones while eating.
- One in three (32%) of families said they sat down together for dinner every day.
- And two out of three (66%) of the children said they would rather eat in front of the TV than with a parent.
- But more than eight out of ten (82%) children say they'd like dinner time to be a special time set aside to talk to their parents about what's going on in the world.
- The survey showed it wasn't just children who are drawn to their screens though, with two in five (39%) saying they have to ask their parents to put their phones down at the table.



05

<https://www.bbc.co.uk/newsround/articles/cvgpy6zxpz0>

'More than three in four families (77%) said they eat with their phones at the table, and one in four said they don't chat at dinner anymore.

The food at this trendy restaurant is beautifully presented and tastes rather good, but its hygiene rating is very low.

Some people feel that if the food tastes good, they won't mind the hygiene issues, after all, considering the price, everything is so expensive nowadays.



06

## Desserts/drinks with overly vivid colours

It is difficult to achieve such consistent, vibrant colours using fresh fruit. Restaurants tend to favour artificial colourings and flavoured syrups.



## Crab meat

Crab sticks (imitation crab meat) are primarily made from minced white fish such as cod or pollock, combined with starch, seasonings and colouring agents, making them considerably cheaper than genuine crab meat. Many menus ambiguously list them as 'crab salad', misleading consumers.



## Stretched-curd cheese

To achieve a stable, exaggerated stringy effect, many restaurants employ "reprocessed cheese" specifically formulated for the catering trade. This product typically contains substantial quantities of emulsifiers, stabilisers and thickeners.



07

