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Classe : ..... Date : 15 juin 2018

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## Épreuve de juin 2018 Compréhension à la lecture – Anglais

### Towards new eating habits

#### Contexte

De plus en plus de gens s'intéressent à de nouvelles manières de consommer et de se nourrir. Tu as décidé de t'informer à ce sujet. Tu lis un forum consacré à l'alimentation.

#### Tâche

Lis les différents témoignages ci-dessous. **Cite** les différentes façons de s'alimenter et **dis** pour chacune d'entre elles **en quoi elles consistent**. Pour chaque régime, **note les bénéfiques** qu'on peut en retirer et **explicite**-les le plus précisément possible.

Rédige ta réponse de manière structurée **en français**.



## Food and Health

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◆ Maggy Atwood

A few months ago, I really wanted to lose a few pounds. It was the beginning of summer and I dreaded looking at myself in a bikini. I had already tried different kinds of diets, but none of them had really worked and I always ended up regaining the few kilos I had lost. Then I heard of the eat-nothing-white diet. The principle is simple: to lose weight you have to stop eating a list of specific white foods. The idea is that those white products cause your body to heat up and gain weight. Some dieters think this is difficult to hold to this diet on the long term, and this may be true, but as far as I am concerned I have had no trouble keeping to it so far. It is very easy, I think, to eliminate white bread, potatoes, white beans or white sugar from my daily menus. The only exceptions to the no-white rule are cauliflower, egg whites, parsnips, milk, white fish and white poultry meat, which means I can still eat them. I have replaced white foods with brown rice, whole-wheat pasta and bread and a wide variety of colourful fruits and vegetables. Apart from having lost just the two or three kilos I wanted to get rid of, I know that consuming more colourful fruits and vegetables also decreases the risk of heart disease, cancer and diabetes, which is only benefits for my health !

◆ **Christie Morgan**

I believe in macrobiotics. I've been studying and practising it for many years. On the whole, it means buying local organic foods. This is the natural way to be in balance with your environment as it lessens our dependence on fossil fuels like petrol and gas thanks to shorter distances. As your food isn't travelling long distances to get onto your plate, it is also the freshest it can be. As the food is organic, pesticides and chemicals are not used, a good thing when you know that these substances are directly linked to cancer, Parkinson's, autism, and many other diseases. Of course, one might argue that these foods are rather expensive, but doesn't your health deserve the best? The macrobiotic diet tends to exclude or limit foods that are damaging to our physical health and mental state. These include meat, dairy products, eggs, alcohol and caffeine.

◆ **Fred Hardisty**

A few years ago, my wife and I decided to become vegetarians. We stopped eating meat and replaced it with other sources of proteins such as beans, fish and seeds for example. Vegetarian diets are popular. Reasons for following a vegetarian diet are varied but include health benefits, such as reducing your risk of heart disease, diabetes and some cancers. Yet some vegetarians rely too heavily on processed foods, which can be high in calories, sugar, fat and sodium. And they may not eat enough fruits, vegetables, whole grains and calcium-rich foods, thus missing out on the nutrients they provide. This means that a vegetarian diet needs a little planning to meet the needs of people of all ages, including children, teenagers, and pregnant or breast-feeding women. The key to a healthy vegetarian diet — like any diet — is to include a variety of foods. A dietitian helped my wife and I create a vegetarian diet that is right for us. We now feel that we respect our bodies and animals more.



## ◆ Anna Westbury

My friends and I have started eating insects! Is it disgusting ? Well, 2 billion people over the world regularly consume insects, such as mealworms, grasshoppers or crickets. Some people say that the benefits of using insects as food is so great that it is high time for us to convert the rest of the planet into insect-eaters. Insects have a high nutritional value, they contain healthy fat, proteins, vitamins, fibres and minerals in a high proportion. That's a balanced diet ! Moreover, insect farming is environmentally friendlier. When compared to other animals they require a lot less water, land and food than cows, for example. Plus, their cultivation doesn't need sophisticated machines or techniques. This means that the poorest members of society can be encouraged to participate in raising insects, giving them an opportunity to have a job and an income, and helping them out of poverty. Of course, in theory all this looks great, but implementing it is another story: we need new laws and regulations before we can mass-market the import or the rearing of insect. And we must also move past the disgust factor of many: a lot more educational programmes and media communication strategies will be needed before all citizens on earth are ready to eat insects !





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