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An American revolution

SAUVER LA PLANÈTE,
PENSER LES FUTURS POSSIBLES

What are the ingredients of
a food revolution in the USA?



SCENARIO

Today's eating habits are being challenged in the USA: people waste too much food, the obesity rate is increasing, and the high consumption of meat has alarming consequences on health and the environment. Luckily, a revolution is on its way: some people are acting to raise awareness about these issues, and new trends are appearing.

FINAL TASK

Present a revolutionary idea for an eco-friendly product



ANTICIPATE

a. Discuss the pros and cons of having a vegetable garden.
b. Look at the still from "5 Flights Up". Describe the scene and focus on the surroundings. Is this a typical vegetable garden?
c. Are you optimistic about the future of food for Americans? Explain your point of view.

prof. 73 élève 64

- optimistic ≠ pessimistic
- urban ≠ rural
- city dwellers: people who live in cities ≠ country dwellers
- a vegetable garden /'vedʒtəbəl/ = a vegetable patch
- to grow: faire pousser

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DOCUMENTS



1 Wasted food

- a. **Look at** the image.
Say what the nature and the aim of this document is.

It aims at + V-ing...

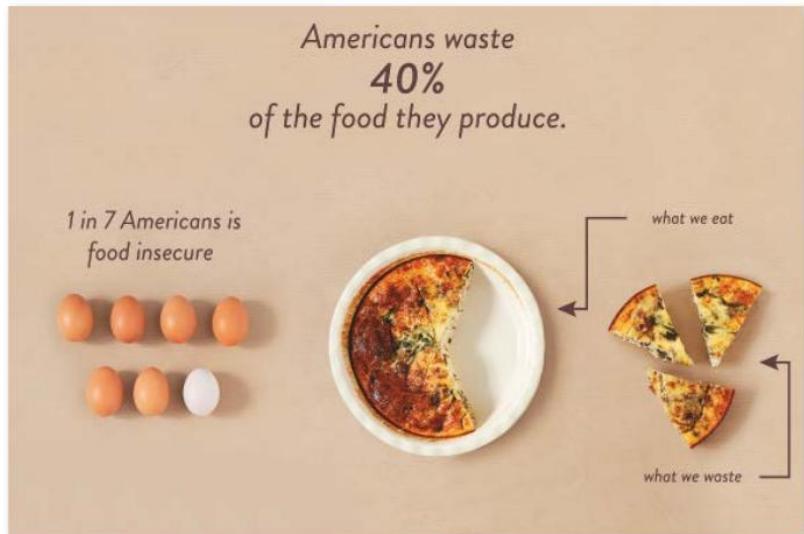
- b. **Explain** the paradox regarding food waste in the USA.

Although...
Even though...

- c. **Talk about** what people in the USA should do to avoid wasting so much food.

They should / shouldn't buy...

- d. **Create** a 15-second radio ad for this campaign.



↑ Food waste in America, Kate Emma (American designer) (2015)



2 A nation in danger

ANTICIPATE

- a. **Discuss:** Do you think people today have healthy habits (physical exercise, sleeping, eating...)? What should they change?

People usually... They should try to...

People tend to + V... too much/too many...

ANTICIPATE

- b. **Explain** how different your lifestyle is today, compared to that of your parents when they were your age.

Today, we spend more time + V-ing...

My parents used to... while today...

- c. **Read** the speech. **Present** the author. **Summarise** her message in one sentence.

- d. **Debate:** What should the American government, schools, parents and children do to solve this health problem?

I think that parents should...



Over the past three decades, childhood obesity rates in America have tripled, and today, nearly one in three children in America is overweight or obese. (...)

5 Thirty years ago, most people led lives that kept them at a healthy weight. Kids walked to and from school every day, ran around at recess, participated in gym class, and played for hours after school before dinner. 10 Meals were home-cooked with reasonable portion sizes and there was always a vegetable on the plate. Eating fast food was rare and snacking between meals was an occasional treat.

15 Today, children experience a very different lifestyle. Walks to and from school have been replaced by car and bus rides. Gym class and after-school sports have been cut; afternoons are now spent with TV, video games, and the Internet. Parents are 20 busier than ever and families eat fewer home-cooked meals. Snacking between meals is now commonplace.

↑ Michelle Obama at the Let's Move! launch (2010)



3 The problems with eating meat

ANTICIPATE

- How much meat do you eat?
What type of meat is it?
I eat a lot / quite a bit / some / not so much... I usually eat...

ANTICIPATE

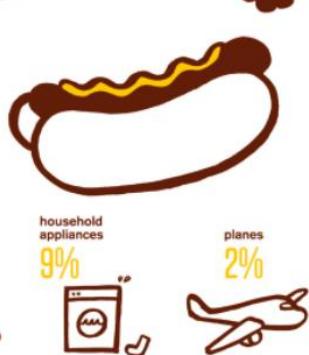
- Look at the picture.**
Explain what problem is represented.
- Listen to** an interview with a food expert and **take notes**. What problems does he mention?
- Listen again and put** the following ideas in the order they appear in the recording.
 - A big part of what animals eat becomes waste.
 - Animal waste pollutes the water and the air.
 - Crops are used to feed animals and people.
 - Too many crops can cause environmental damage, like deforestation and global warming.
 - It takes a lot of land and crops to produce the meat we consume.

prof. 74



HOT DOG HOT SMOG

Meat causes
18%
of all greenhouse emissions



That's more
than cars
10%



household
appliances
9%



planes
2%



Hot dog
By Hiromi Suzuki

Do the Green Thing

↑ Hiromi Suzuki, for WWF's 2013 Earth Hour campaign

TRAIN YOUR VOICE



prof. 75
élève 65

La prononciation des mots composés

- Écoutez cet extrait de « The problems with eating meat ». Identifiez les mots composés.
It's one cause of deforestation, global warming, water pollution.
- Écoutez une deuxième fois. Déduisez : quel mot est généralement accentué dans un mot composé ?
- Entraînez-vous à prononcer les mots suivants.

junk food	climate change
food waste	antibiotic-free

prof. 76
élève 66

- **animal waste** /'ænɪml weɪst/: les déchets animaux
- **environmental damage** /ɪn'venɪrəməntl 'dæmɪdʒ/
- **farmed animals**: les animaux d'élevage
- **global warming**: le réchauffement climatique
- **greenhouse effect** /grɪnhauz ɪ'fekt/: l'effet de serre
- **home-cooked food ≠ pre-cooked food** /pri-kʊkt/
- **leftovers**: les restes (de nourriture)
- **starvation** /sta:rveɪʃən/: la famine
- **to be overweight** /əʊvə'weɪt/ = **to be obese** /əʊ'bɪs/
- **to cut down on** = **to reduce**
- **to exercise** /eksə'saɪz/
- **to grow a crop**: cultiver
- **to no longer do sth** = **to stop doing sth**
- **to pollute** /pə'lut/
- **to raise awareness on / about** /ə'wɜːrəns/: sensibiliser
- **to throw away**: jeter
- **to waste**: gaspiller

• L'expression du futur → p. 213

In 2050, nobody **will eat** junk food.

We **are having** pizza tonight!

I'm concerned that I'm **going to be** overweight.

• Les quantifiants → p. 206

Americans eat **a lot of** meat.

Lots of people eat junk food.

Are there **many** children who will face health problems?

There's not **much** food left.

In 50 years, there won't be **enough** food for everyone.

I eat very **little** meat since I watched the documentary.

Most American families eat **few** home-cooked meals.

4 Sustainability

ANTICIPATE

- a. **Look at** the picture.

Watch the trailer without sound.
What is the documentary about?

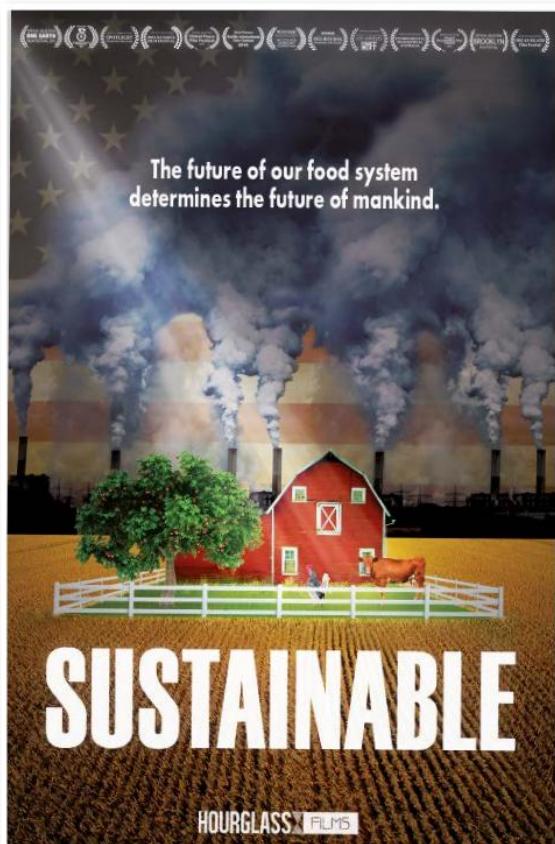
It deals with...

- b. **Watch** the trailer with sound.
In pairs, **share** what you understood.
- c. **Watch** the video again.
Say what means of producing food are opposed. Which one is defended?
- d. In your own words, **write** a definition of the word "sustainable".

To me, **it is something that...**

VIDEO

vidéo 31



↑ Sustainable, Matt Wechsler and Annie Speicher (2017)



5 Eating local

prof. 77

- a. **Listen to** the interview with the American writer Barbara Kingsolver.
Take notes using the following chart.
Share your findings with a classmate.

About Barbara	Her decision	The reason(s)	Her new relationship with food

- b. **Debate** about locavores.

What do you think about her decision?
Would you be ready to become a locavore? Why (not)?

I'd love to... even if I think that...
Being a locavore seems impossible to me because...

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élève 67

- **industrial food ≠ sustainable food** /sə'steɪnəbəl/
- **intensive farming:** l'agriculture intensive
- **a locavore** /ləukəvɔːr/
- **organic food:** la nourriture bio
- **processed food ≠ unprocessed food** /ʌn'prəʊsesɪt/
- **to be conscious of** /kɒnʃəns/ = **to be aware of**
- **to eat local food** = **to eat locally-grown food**

VOCABULARY

→ Banque d'exercices p. 190



exotic
fresh
home-cooked ≠ pre-cooked
= processed
local = locally-grown
organic
sustainable ≠ industrial
vegetarian
vegan
fast food = junk food

FRUITS	VEGETABLES = GREENS	LEGUMES
avocados	carrots	beans
nuts	green beans	chickpeas
pears	potatoes	lentils
tomatoes	spinach	soybeans
CEREALS	FISH	MEAT
bread	salmon	chicken
corn	tuna	beef (cow)
rice		pork (pig)
		turkey

raw
rare
medium
well-done

TYPES

PROBLEMS

FOOD WASTE
leftovers
to throw food away

HEALTH ISSUES
diabetes
starvation > hunger
to be | obese
overweight

INTENSIVE FARMING
abuse of chemicals
animal waste

ENVIRONMENTAL DAMAGE
air | pollution
water
climate change
deforestation
global warming
to damage the environment

FOOD

SOLUTIONS

FOOD WASTE / HEALTH ISSUES
to cut down on | meat
processed food

to eat | home-cooked meals
more veggies
reasonable portion sizes

to exercise
to stop snacking between meals

INTENSIVE FARMING / ENVIRONMENTAL DAMAGE
to be conscious of = to be aware of
to become a locavore
to eat | eco-friendly products
local = locally-grown products

to farm = to cultivate
to grow your own food
to raise awareness on / about sth

TASTES

disgusting |
inedible
repulsive
tasteless
weird

delicious |
spicy
tasty

Make your own mind map

Make a mind map with words and expressions that describe what you normally eat and what you should do to have a healthier diet.

PREPARATION TIME

How to take part in an interview

La préparation

• Anticipez !

- Si vous êtes **journaliste**, formulez soigneusement vos questions pour obtenir toutes les informations souhaitées sur le nouveau produit (nom, utilité, contexte de création, public cible, avantages, prix...).
- Si vous êtes **l'interviewé(e)**, imaginez toutes les questions que l'on pourrait vous poser, et écrivez au brouillon vos idées pour y répondre.
- Que vous soyez **journaliste** ou **interviewé(e)**, notez les outils lexicaux (aliments, problèmes liés à l'alimentation, solutions...) et grammaticaux (quantificateurs, expression du futur...) qui vous seront utiles durant l'entretien.

• Structurez votre interview

- Si vous êtes **journaliste**, ayez à l'esprit que vous devrez commencer par présenter votre interlocuteur(trice), et terminer en remerciant l'interviewé(e) et le public.
- L'interviewé(e)** devra également saluer, remercier et prendre congé.

L'interview

• Pensez à votre binôme... et au public

- Que vous soyez **journaliste** ou **interviewé(e)**, pensez à regarder votre interlocuteur(trice)

pendant toute la durée de l'interview. Pour bien faire passer votre message, utilisez vos gestes, le ton de votre voix et les expressions de votre visage.

Si vous êtes **journaliste**, soignez l'intonation de vos questions (cf. **Train your voice** p. 156).

- N'oubliez pas que vous avez un public ! Pour qu'il puisse suivre l'entretien aisément, parlez d'une voix forte, distinctement et pas trop vite.

• Ne perdez pas de vue vos objectifs !

- Si vous êtes **l'interviewé(e)**, vous voulez mettre votre création en avant. Soulignez donc ses points forts, les problèmes qu'elle résoud. Montrez les caractéristiques de votre objet sur le support visuel. Ne le cachez pas, afin que le public l'ait toujours sous les yeux.

Quelle phrase est la plus convaincante ?

- Well, our product will make people waste less water than now.**
- Our product is an absolute revolution for every home that wants to save money.**

- Si vous êtes **journaliste**, votre objectif est d'obtenir le plus d'informations possible sur le produit. Recentrez donc l'interview si jamais votre interlocuteur(trice) perd le fil de sa réponse.

TRAIN YOUR VOICE



Les groupes de souffle (2)

prof. 79
élève 68

1 Écoutez la phrase et **marquez** d'un trait les moments où le locuteur fait une pause.

A third of all the crops that people grow all across the world go to feeding animals.

2 Le bloc de mots compris entre chaque pause se nomme un « groupe de souffle ». À votre avis, à quoi servent les groupes de souffle ?

3 En vous basant sur la phrase d'exemple, expliquez comment on délimite les groupes de souffle à l'oral.

4 **Entraînez-vous** à répéter la phrase, en vous focalisant sur les pauses et groupes de souffle.

5 **Écrivez** une nouvelle phrase en délimitant les groupes de souffle et **prononcez-la** à voix haute.

FINAL TASK



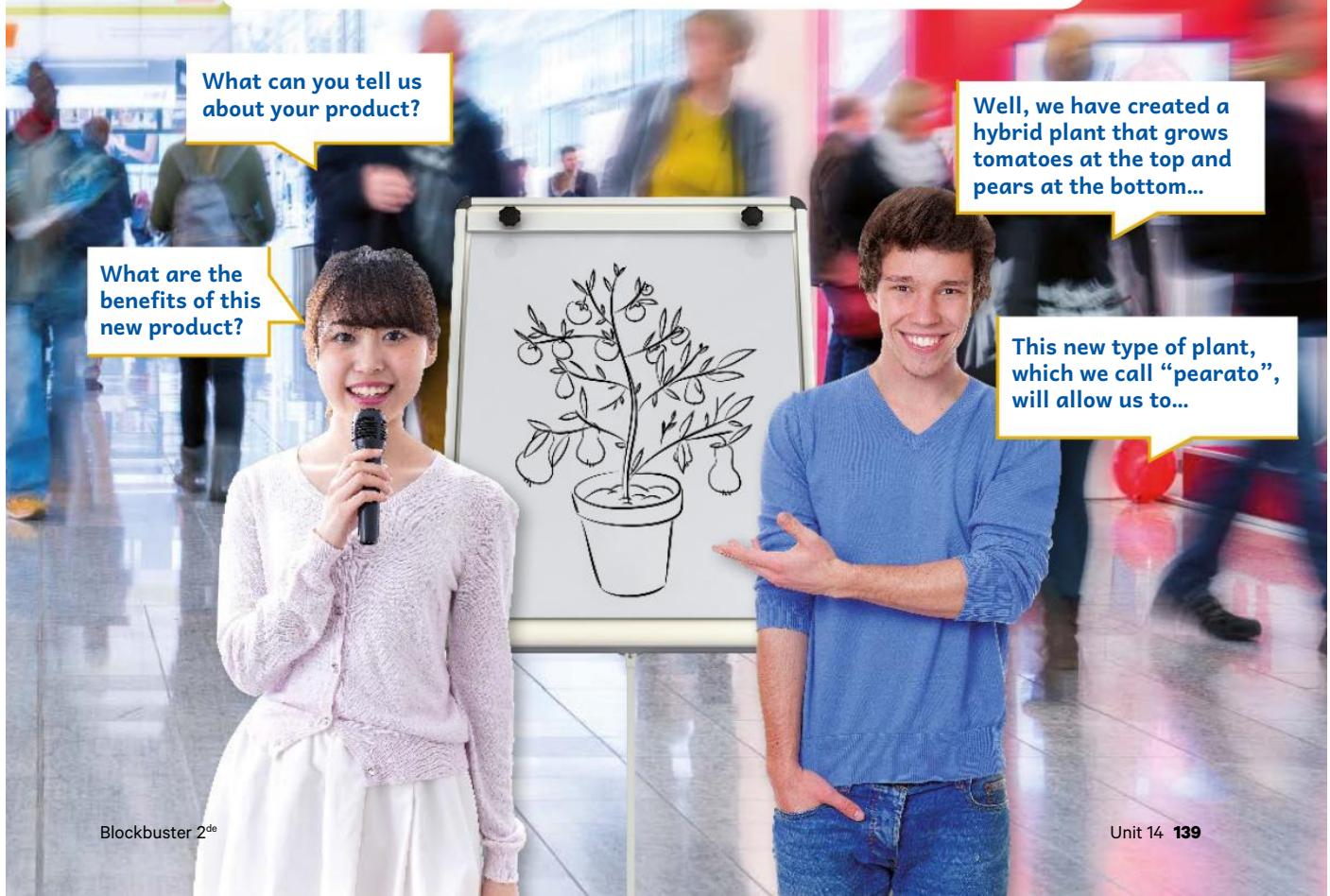
Action!

PRESENT A REVOLUTIONARY IDEA FOR AN ECO-FRIENDLY PRODUCT



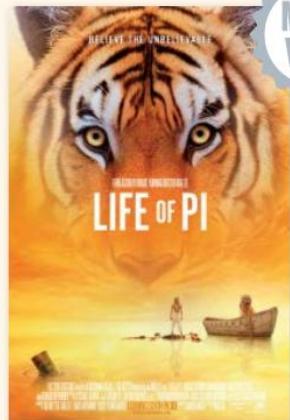
You are attending the American Food Fair, an exhibition on the latest food trends and products. In an interview, you will present a revolutionary product for the future of food.

- a. **Think about** a specific way to solve one of the problems with food you have seen in this unit. It could be a new product, a new service, a new plant, a new technology... **Use** your imagination!
- b. **Work** in pairs. One is the interviewee and the other is the interviewer.
The interviewee: **Think about** the name of the product, the target group, the benefits of the product, its costs, etc.
The interviewer: **Brainstorm** questions for the interview.
- c. **Act out** your interview.
- d. After watching all the interviews, the interviewers will **decide** which is the most original, the most eco-friendly and the healthiest invention.



MORE BOOKS, FILMS... ABOUT THE TOPIC

SAUVER LA PLANÈTE, PENSER
LES FUTURS POSSIBLES



MUST
VIEW

12 Animals in India

Books

- **Tiger's Dream**, by Colleen Houck (2018)
- **Tiger Moon**, by Antonia Michaelis (2008)

Films

- **Mowgli: Legend of the Jungle** (2018)
- **Life of Pi** (2012)

Documentaries

- **Hidden India** (2015-2017)
- **Wildest India** (2012-today)

13 The green island

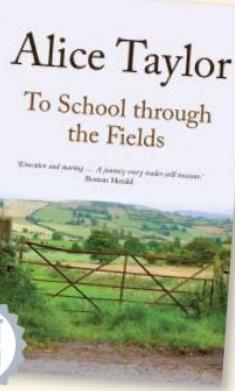
Books

- **The Great Irish Weather Book**, by Joanna Donnelly (2018)
- **To School through the Fields**, by Alice Taylor (2016)
- **Plastic: A Toxic Love Story**, by Susan Freinkel (2011)

Films

- **The Field** (1990)

MUST
READ



TV Series

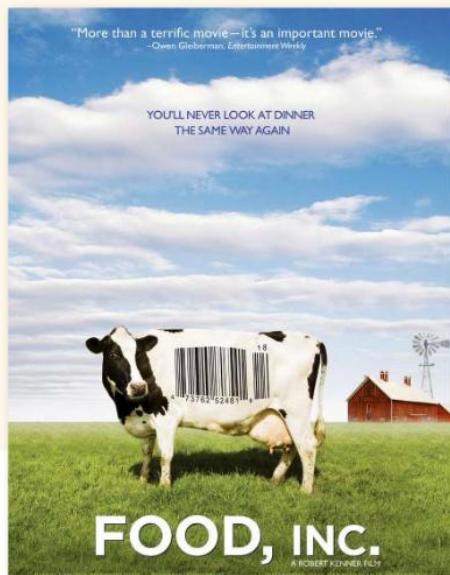
- **Wild Ireland: The Edge of the World** (2019)

Documentaries

- **Drowning in Plastic** (2018)
- **Ireland's Weather 2018: Climate Chaos** (2018)
- **Silence** (2012)
- **Vanishing of the Bees** (2009)

Poems

- **Silent Sea**, by Rachael Boast (2015)



14 An American revolution

Books

- **Bet the Farm**, by Frederick Kaufman (2012)
- **Jamie's America**, by Jamie Oliver (2009)
- **Waste: Uncovering the Global Food Scandal**, by Tristram Stuart (2009)

Documentaries

- **Jamie's Sugar Rush** (2015)
- **Cowspiracy** (2014)
- **Food, Inc.** (2008)
- **Super Size Me** (2004)