

## FLEXITARIANISM

d'après CLES – réussir à l'écrit (ellipses)

*Aux Etats-Unis, une nouvelle mode alimentaire est en train de naître. Il s'agit du « flexitarianism », lequel sans être totalement végétarien propose aux consommateurs de réduire de façon conséquente leur alimentation à base de viande, hamburgers, hot dogs, etc. Des publications aussi sérieuses que le New York Times se sont emparées de ce souci de flexibilité alimentaire. peut-on réellement vivre en bonne santé sans consommer de viande lorsqu'on a grandi dans une société ancrée sur un régime à base de protéines animales ? Quels sont les bienfaits que l'on peut attendre d'un tel régime alimentaire, individuellement, et pour la sauvegarde de la planète ?*

### Etape 1: LECTURE D UN DOSSIER DE PRESSE

Vous allez trouver ci-dessous trois articles adaptés et réécrits au niveau B2/B2+, lesquels traitent la plupart des points débattus à ce sujet dans les médias américains et européens.

#### **Document 1 . The flexitarian diet**

There was a time when few of us thought about what we ate, but that's been turned upside down since the current wisdom first decried salt, then cholesterol, then saturated fat, then almost all fat, then red meat, and so on. Recent culprits include so many foods and foodlike substances that at least twice a week someone asks me: "What's left to eat? I feel like nothing is safe". Before the end of innocence, when hyperprocessed food dominated the diet, we might eat a breakfast of Pop-Tarts or another sugary pastry, followed by a lunch of burgers, fries and a shake, and a dinner of meat-laden pizza, and feel carefree. Now, almost nothing can be eaten without thinking twice.

Contemporary diet oscillates between an orgy of fast food and something like an ascetic diet of raw vegetables. The first of these is not recommended. The second is almost equally extreme, almost impossible to achieve and of questionable value. All of us live along this spectrum. The moderate, conscious eater – the flexitarian – knows where the goal lies: a diet that's higher in plants and lower in both animal products and hyperprocessed foods, the stuff that makes up something like three-quarters of what's sold in supermarkets.

One might reasonably wonder whether we truly need the label "flexitarian" or whether, indeed, it is so different from "omnivore". Both, after all, describe someone who eats more or less everything. But the word flexitarian contains a couple of helpful implications. It was originally applied to those who ate mostly vegetables but also incorporated meat or fish: people who were moving their meat-heavy diets in a more vegetarian direction, as well as vegetarians who were adding meat or fish back into their meals. The word also suggests a regimen that includes more whole grains, legumes, fruits and vegetables than the Standard American Diet, or SAD, as some have taken to calling it.

And at least the word flexitarian hasn't been perverted, as has vegetarian. After all, there is a name for a vegetarian who eats fish: pescetarian. There are even self-described vegetarians who eat chicken. (You might call them confused, hypocritical or simply flexitarian.) "Vegan" is more consistently understood, but few of us want to become real vegans because living on beans, grains, veggies, legumes, fruit, nuts, seeds etc. sounds completely boring and unappealing. So, what is a flexitarian diet? "Flexitarian" is used to describe a diet or a person who eats a "mostly" vegetarian diet, occasionally including meat. But what exactly does this mean? Does it mean once a week? Once a day? It's really up to you, as there is no standard agreement or definition, though perhaps someday there will be. A story: Last week I reunited with three childhood friends. All of us grew up on a diet of hot dogs, corned beef, 15-cent pizza, egg-and-bacon-and-home-fries breakfasts and lunches of two cheeseburgers, fries and Cokes, when we weren't eating French fries on the run (out of paper bags, mind you). Our mothers fed us steaks and chops and mashed potatoes and ice cream. We are all now in our mid-60s. We got together with two of our wives at a Korean restaurant, where I was stunned to discover that of the six of us, one was vegan, two were vegetarian, one ate almost no red meat and the other

30 ate it rarely. Of all of us, I probably have the most conventional diet of anyone who sat at that table. Food for thought!

Adapté du *New York Times*, April 23, 2013, by Mark Bittman.

### Document 2 The impact of carnivorousness

When it comes to eating meat, there is a considerable difference between developed and developing countries. On average, people in the industrialised countries eat 79 kg meat per person each year, whereas people in the developing and emerging markets can only afford 32.7 kg. World average: 42.5 kg. 85% of all Germans eat meat on a daily or almost daily basis. The average German eats about 60 kg/ year. A typical German eats 1,094 kg of meat in the course of  
5 their lifetime.

The production of meat requires much more water than the production of other foodstuff. Some examples.

1kg meat: 15,455 l 1kg wheat: 1,300 l

1kg cheese: 5,000 l 1kg potatoes: 255 l

1kg rice: 3,400 l 1kg carrots: 131 l

10 The production, transportation and consumption of meat causes more greenhouse gas (GHG) emissions than of wheat, vegetables and fruit.

1kg beef: 27kg GHG

1kg cheese: 13.5kg GHG

1kg pork: 12.1kg GHG

15 1kg chicken: 6.9kg GHG.

According to the Worldbank, 70% of the agricultural land worldwide are used for livestock husbandry (pasture land + feed production). More than 40% of the global corn production is fed to animals. German farms produce 17% more meat than consumed here, but more than 2/3 of the German agricultural land is used for feed production. As this is still not enough, almost 1/3 of the animal feed has to be imported, mainly genetically modified soy from latin  
20 american countries (e.g. Argentina, Brazil, Paraguay). - And now we have uncovered the connection between a German schnitzel (escalope) and the on-going destruction of the rain forest, the world's green lung and CO<sub>2</sub>-storage.

Imagine a world in which eating cheap meat from factory farming wouldn't be a status symbol; in which people would eat less meat but meat of better quality, meat which has been produced under humane conditions, without the excessive use of antibiotics. Imagine farmers who would only keep as many animals as they could feed on their own  
25 land. Imagine cows grazing, chickens sand bathing, pigs digging for roots. In such a world, and if I liked meat at all, I could imagine to be a flexitarian. But in the world we currently live in I am a proud and confident, but not very dogmatic and missionary vegetarian. Flexitarianism has been popping up more and more in the media. If people influenced by health consequently cut back on fish and meat consumption that helps animals. If two people cut their meat in half it helps as much as one person going completely vegetarian. In other words, as a flexitarian, one is still  
30 taking a huge positive step forward for health, the environment and the animals.

Adapté du *Monde Diplomatique*, Bund und Heinrich-Boll-Stiftung, janvier 2013.

### Document 3 . Arguments against flexitarianism

Arguments developed against a vegan lifestyle derived from flexitarianism are well-known. One of the most frequent is the fact the vegans are thought to be deficient in some key nutrients and vitamins. Which ones? Protein, calcium and vitamin B12 are the nutrients listed as being lacking when one gets rid of any animal products. Most flexitarians dismiss these deficiencies by responding that beans and legumes are also high in protein. Nevertheless, for  
5 those who have felt "under the weather" while experimenting a vegan lifestyle, this lack of energy goes along with the lack of a balanced diet based on a certain amount of iron. So, a doubt still lingers: is man able to live mainly on

10 vegetables? According to most anthropologists, hunting brought to early hominids an increase in intelligence and sophisticated behaviour over the millennia. Therefore, had it not been for hunting to eat meat, mankind might still be in the forests with other apes. Besides, a new theory suggests that early men apparently lost their hair as an adaptation to boost endurance in the hot grasslands when chasing game.

15 Anthropologists who seek to uncover our most basic diet reveal evidence that is backed up by almost completely meat-based remnants. So the question arises: is there anything unhealthy about eating meat today, if we do not indulge in modern hyperprocessed food and the consumerism-driven excesses that besiege us. The endless bickering over "we were meant to eat meat" and "no, we weren't" seems irrelevant. Why are we arguing about a question that history has already solved? Cannot we accept the fact our species developed practising hunting? Cave paintings of animals on walls, the remains of camps, together with the deep levels of our instincts and culture among "primitive" human societies, assert the simple fact that we were hunter-gatherers. In terms of biological equipment, teeth for instance, we have an all-purpose toolkit, perfectly adapted to an omnivore, which is undoubtedly the key to our success as a species. An omnivore diet led us to develop the complex group dynamics, the use of tools and weapons that eventually grew into language and technology.

20 "Humans are meant to eat plants". This argument cannot be taken seriously when man's intestinal function is at stake. Cows and other ruminants have multiple stomachs. Man has not. On the other hand, if humans were adapted to eat plants, why is there not a single description of at least one vegan culture anytime anywhere? On the contrary, the Masai, Inuit and Plains Indians, among many other tribes, drew almost 100% of their nutrients from animal sources and fared extremely well (before Buffalo Bill wiped out all the buffalos in America). In other words, humans have highly efficient fangs and claws, which are called tools. The rest is merely "rabbit food".

Adapté d'un forum "A vegan diet isn't healthy", October 2010.

[http://www.care2.com/causes/10\\_arguments\\_against\\_a\\_vegan\\_lifestyle.html](http://www.care2.com/causes/10_arguments_against_a_vegan_lifestyle.html)

## **Etape 2: COMPREHENSION ECRITE**

Trouvez chronologiquement dans les différents documents ci-dessus les termes anglais correspondants aux termes français répertoriés ci-après:

### **Document 1 (les verbes conjugués dans les textes sont ici à l'infinitif).**

Sagesse	Utile
Graisse, gras	Principalement
Coupables	Legumes secs
Deux fois par semaine	Vegetalien
Sans souci	Ennuyeux
Legumes crus	Grandir
Eventail (sens figure) ...	Purée
But, objectif	Etre effaré
Truc, machin, choses	Regime alimentaire
Se demander	Cela donne a reflechir!

### **Document 2**

En moyenne	Exiger
Durée de vie	Gaz à effet de serre

Selon	Bon marché
A l'échelle mondiale	Router
Betail	Racines
Maïs	Surgir
Soja	Réduire (sa consommation)
Mettre à jour	De moitié
En cours	Enorme
Poumon	Santé

### Document 3

Style de vie	Chercher
Avoir un déficit en	Etayer(un fait)
Nutriments	A base de viande
Manquer	Nuisible pour la santé
Haricots	Nourriture industrielle
Régime équilibré	Dispute
Fer	Se disputer
La chasse	Boîte à outils multi-usage
Augmentation	Espèce (animale)
Comportement	Crocs
Gibier	

### Etape 3. LES MOTS EN CONTEXTE

Complétez le résumé des documents 1, 2, et 3 avec les 10 mots clés suivants.

*millenia ; flexitarianism ; cutting ; aforementioned ; vegetables ; life ; environment ; coverage ; diets ; disease*

..... has been getting a lot of press ..... in the health news world recently. Vegetarians are less likely to get heart .....than their meat-eating counterparts and may have a higher ..... expectancy. These are just two examples of the growing body of literature on flexitarian ....., particularly documenting the potential health advantages, but also addressing the implications for improving the ..... and animal welfare. But if this dietary pattern is so beneficial why haven't more people adopted it over ..... ? So the questions still exists, can you reap these ..... benefits of a vegetarian diet without giving up meat entirely? Flexitarianism is an emerging trend towards meat reduction on a part-time basis. The idea of ..... back on meat without having to give it up entirely has been resonating loudly with consumers. However, living on beans, legumes and ..... has a long way to go because vegetarians are still perceived to be deficient in a number of nutrients and vitamins.

#### **Etape 4 : LA VERSION**

**Traduisez maintenant le résumé en français.**

Help: Counterparts = homologues ; To reap = to take advantage of

#### **Etape 5 : ALLER A L'ESSENTIEL 1**

Classez les informations suivantes issues des différents **documents** par ordre d'importance, en **argument majeur** de la question ou en **détail périphérique**.

Flexitarians are said to be deficient in a number of nutrients -

Hunting drove an increase in sophisticated behaviour-

That's been turned upside down -

We might eat a breakfast of Pop-Tarts or another sugary pastry -

Flexitarian is a vegetarian diet occasionally including meat -

Living on vegetables sounds unappealing to most people -

At least the word flexitarian hasn't been perverted -

There is a name for a vegetarian who eat fish, pescetarian -

If humans are meant to eat plants why are there no vegan cultures? -

Our most fundamental diet proves the first hominid was a hunter-gatherer -

The flexitarian diet avoids hyperprocessed foods.

#### **Etape 6 : FOR VS AGAINST**

Classez les arguments suivants « **pour** » ou « **contre** » l'adoption d'un régime flexitarien.

- a. Humans cannot live mostly on plants
- b. There is nothing unhealthy about meat in the diet
- c. Cheap meat from factory farming impairs people's health
- d. The production of meat requires too much water and energy
- e. The transportation of meat causes more greenhouse gas
- f. There are never been any vegan cultures in human history
- g. Man has always been a hunter-gatherer
- h. Living on vegetables sounds boring and somewhat unappetizing
- i. Flexitarians run fewer risks of heart attacks
- j. Eating meat reasonably is much better to live longer

## **LA MISSION : SYNTHÈSE ÉCRITE**

Vous êtes diététicien (*dietitian*) et revenez d'un colloque sur le développement du flexitarianisme aux États-Unis organisé par l'*American Dietetic Association* (ADA). Vous souhaitez partager avec vos collègues diététiciens votre enthousiasme sur la question, puisque vous êtes de plus en plus confrontés à des problèmes d'obésité, notamment chez les jeunes. Vous organisez une table ronde afin de sensibiliser à cette nouvelle approche alimentaire, non seulement vos collègues, mais également tous les acteurs des restaurations publiques.

Pour vous aider, cette synthèse portera sur l'essentiel des documents 1, 2, 3 en 250/300 mots au maximum, en essayant de vous exprimer avec vos propres termes.