

OBESITY, FOOD WASTE, INTENSIVE FARMING, ANIMAL WELFARE, IMPACT OF NEW TECHNOLOGIES

OBESITY :

- By 2030, almost half the world's population will be overweight or obese if current trends continue (WHO)
- one million obese children live in the UK (worst obesity rate in Western Europe) → currently people have poor eating habits,
- relation between poverty, minorities and obesity: 48% of AA, 42% of hispanics and 33% of white people in the USA : reveals inequalities and consumption of cheaper junk food
- obesity, diabetes, comorbidities linked with bad eating habits and a higher death rate of covid-19
- Latin American (Mexico have the world's highest obesity rate) governments have forced companies to remove cartoon characters from cereal boxes, imposed junk food taxes and ordered schools to replace high-salt and sugar products with fruit and vegetables → governments set up measures to reduce obesity
- "Farm to Family" is a Californian association of food banks which allows needy families to get a variety of healthful products delivered regularly, and farmers to have a reliable destination for excess product

FOOD WASTE :

- TooGoodToGo : French app aiming at avoiding food waste created in 2006, end rolled out in the USA in 2020.
- 40% of the food bought in the US is wasted
- a growing part of the farmland is dedicated to produce oil or ethanol instead of staple crops to produce biofuels (rapeseed, oil palm tree, sugar cane, beetroots, corn) : 11% of the American corn is processed into bioethanol

INTENSIVE FARMING

- the UK is not a huge farming country, and the fees to sustain the Common Agricultural Policy were judged too expensive regarding the benefits from the CAP for the UK, and this is one of the reasons that led the country to leave the EU
- Intensive farming: 63% of deforestation in the Amazon is caused by livestock. Livestock emit more greenhouse gases than transport: developing countries change their habits and eat more meat than ever : global needs increase.
- If everyone in the US ate no meat for one day a week, it would be the equivalent of taking 5 million cars off the road

- glyphosate (in RoundUp, sold by Monsanto) used on a large scale to weed. Cereals and vineyards

Lawsuits were won against the firm, confirming that it causes cancers

- farmers demonstrate in New Delhi, blocking the city for two months, against a bill that would liberalise the market of farm products, and consequently threatens the incomes of Indian farmers, who account for half of the nation's population.

- India will deplete its ground water resources by 2040, because of intensive watering, while the country is now the world's first wheat producer and the second for rice.

ANIMAL WELFARE :

- 95% of pigs breed on gratings indoors

- animal cruelty concerns: The New York City Council passed legislation that will ban the sale of foie gras, beginning in 2022. The State of California and some countries such as Denmark, Australia or the United Kingdom have already banned production of foie gras. Gavage feeding of ducks and geese is seen as an atrocity.

- Footage of the charity Animal Equality reveals chickens in horrifying conditions at Moy Park, a big UK producer.

NEW TECH :

- Robotisation of agriculture: raspberry-picking robot in the UK, is going to be cheaper and more efficient than humans, and is a solution to the lack of seasonal workers, milking robots offering more free time for farmers and more liberty to cows (they are milked whenever they want)

- artificial meat can be a solution to produce meat realising less greenhouse gases. The cells are taken from a small sample of muscle of a live animal and grown in vitro. It could in theory produce amounts of meat at low environmental impact.

IMPACT OF CLIMATE CHANGE :

- more instability of the climate (rains, floods, droughts)

- it changes the places of production: vineyards are now planted in the South of Sweden and tea fields in Cornwall.

Who should act to improve eating habits and reduce obesity?

- Governments: education, information (advertising), taxes...
- Individuals: parents & children, changing habits, changing consumption...
- Schools: education, healthy food in cafeteria, more sport...

An additive = *un additif*

Animal welfare = *le bien-être animal*

BMI = indice de masse corporelle

composting = compostage

dairy products = produits laitiers

eat at regular times = manger à heure fixe

Eating disorder = des *problèmes alimentaires*

expiry date = *date d'expiration* (! Different from "best-before date")

Factory farming = *l'élevage industriel*

Fatty = *gras*

have a balanced diet = *manger équilibré*

healthy = *sain*

junkfood = *malbouffe*

nibble = grignoter

Overweight = *en surpoids*

Poor eating habits = *de mauvaises habitudes alimentaires*

put on weight = *grossir*

sedentary lifestyle = *vie sédentaire*

slaughterhouse = abattoir

starchy food = *féculents*

Starvation = *la famine*

The sell-by date = *la date de péremption*

To consume = *consommer*

To cut down one's consumption = *réduire sa consommation*

To go on a diet = *suivre un régime*

To put on weight = *prendre du poids*

Wholesome, healthy = *sain*

yield = *rendement*

agribusiness = *l'agro-alimentaire*

cattle, livestock = *le bétail*

poultry = *la volaille*