

OVERCONSUMPTION

- ☐ Faire une fiche de vocabulaire et culturelle sur la thématique
- ☐ Faire les entraînements sur Quizlet (lexique et grammaire)
- ☐ Parler pendant 2 minutes sur la thématique
- ☐ Choisir 3 documents du dossier, formuler une problématique, rédiger une introduction
- ☐ Tâche finale: Créer un slogan et le justifier

A voir/lire au sujet de la surconsommation:

Movies: *Parasite*, Bong Joon Ho (2019), *They Live*, John Carpenter (1989), *The Wolf of Wall Street* (2013), *Buy now! The shopping Conspiracy*, Nic Stacey (2024), *Food Inc* (2008)

Series: *Snowpiercer*, Bong Joon Ho (2020)

Books: *The Story of Stuff*, Annie Leonard (2011), *Affluenza: The All-Consuming Epidemic*, David Wann and Thomas H. Naylor (2001), *The Day the World Stops Shopping*, J.B. MacKinnon (2021)



Banksy, *Shop Till You Drop*, London (2011)

Document A - The Great Pacific Garbage patch

<https://www.youtube.com/watch?v=xZ773hCN2sU>

Giant garbage patch found in the Atlantic

1. Have a look at the picture. Find as many words as you can on the topic.

Situation



Causes

Consequences

2. Watch the video and pick out the following information:

Size?

Depth?

Weight?

Sources?

-80%:

-20%:

Examples?

Pounds of plastic in the ocean per pound of plastic of plankton:

1900:

2000:

Today:

Composition?

Why is plastic a problem?

Other patches?

Solutions?

Responsibility?

3. Over to you: Can you suggest other measures to reduce this plastic waste? Give examples. What products have zero-waste alternatives?

Toolbox:

To reuse

To repair

To recycle

To refurbish

To upcycle

To reduce

Landfills

Waste

Garbage /'ga:.bɪdʒ/

To pollute /pə'lu:t/

Polluting

Single-use plastic

Carbon emissions /i'mɪʃ.ən

Climate change

To dump waste

To contaminate the soil

Microplastics /'maɪ.krəʊ/

Plastic footprint

Plastic neutrality

Harmful

Sustainable packaging

Compostable materials

Biodegradable /,baɪ.əʊ.dɪ'greɪ.də.bəl/

Greenwashing

Curiosity didn't kill the cat 🐱 What is the “Plastic Treaty”?

Document B - As some consumers ditch Stanley cups, experts weigh overconsumption risks

Every product has an "environmental payback period," one expert noted.

By Kelly Livingston, ABC News

February 2, 2024, 11:49 PM

The widely popular Stanley Cups are flying off store shelves and can be seen quenching influencers' thirsts in videos online, however, these reusable cups may actually pose some sustainability concerns, experts told ABC News.

Several experts told ABC News that the transience of reusable cup and water bottle trends can promote overconsumption of these products and become counterproductive when weighed against the goal of supporting sustainability.

While experts agree that reusable products are a positive option for consumers hoping to make a more sustainable choice, many are saying companies encouraging people to buy unnecessary multiples of them is problematic.

And some are examining how Stanley makes its cups after several TikTok videos surfaced recently showing people testing their cups for lead. The company said "no lead is present on the surface of any Stanley product."

"Our manufacturing process currently employs the use of an industry standard pellet to seal the vacuum insulation at the base of our products; the sealing material includes some lead," Stanley notes on its website. "Once sealed, this area is covered with a durable stainless steel layer, making it inaccessible to consumers."

If the cap at the base of a cup comes off and exposes the pellet, the company continues, customers can submit a warranty claim on their website.

The FDA is "aware of the situation," regarding reports of lead in Stanley cups, a spokesperson told ABC News.

"The agency has not received reports of lead poisoning concerning [Stanley] cups at this time. It is the responsibility of companies that manufacture products intended for use in contact with foods sold in the U.S., to comply with the Federal Food, Drug, and Cosmetic Act and the FDA's regulations," the spokesperson said. "As a general precaution, consumers should avoid drinking from broken or damaged cups."

Stanley also says "its products meet all US regulatory requirements" and that it "tests for and validates compliance on all products through FDA accredited 3rd party labs"

While Stanley says the lead used in the manufacturing process doesn't pose a health risk, some TikTokers have been posting videos throwing their cups away since questions about lead have been raised, and encouraging followers to do as well.

Some companies do have end-of-life plans for their products, if for whatever reason consumers decide they're done using them.

ABC News asked Stanley whether the company has an end-of-life plan for their products and has not yet received a response.

Also, stainless steel is recyclable, though often not at the curbside, Cirino said. Alternative solutions, she suggested, could be to repurpose your reusable cups and bottles, or donate them. As for the cup crazes, Goldmark says it's not realistic to think people will never get excited about a product like this and rush out to buy it.

"But I do think there's a way to do this more sustainably, both from the point of view of the person who's tempted by the viral craze and by the company," Goldmark said. "More importantly by the company that's making it by leaning into reuse and repair and refurbishment and fun detailing and upcycling of these items."

For consumers out on the market for a new reusable cup, Judith Enck, president of Beyond Plastics -- an environmental advocacy group focused on ending plastic pollution -- told ABC News that people should look for "a durable metal container that has the least amount of plastic possible."

"A much better choice than trying to collect trendy water bottles, is one, simple, 100% stainless steel, glass or unglazed earthen clay bottles that you can use over and over again -- with no exposure to microplastics," Cirino said. "Consumers do need to be aware of corporate marketing tactics, and dig deep into their own values and mindsets. Before you buy a trendy new product, ask yourself, will you really use it?"

"It's not cool to be wasteful," she added.

1. What are Stanley cups? Why are they so popular?
2. What are the issues related to this product?
3. What are the solutions?
4. Have you already bought a "trendy new product"? Where did you see it? Did you really use it? Develop.

Language:

A. Observez cet exemple tiré du document:

“some TikTokers have been posting videos throwing their cups away since questions about lead
have been raised”

1. Entourez le/les verbe(s) conjugués
2. Quels sont les temps employés? Quels sont les aspects employés?
3. Justifiez l'emploi des temps et des aspects pour chaque verbe relevé.

A retenir !

Le present perfect exprime un lien entre le passé et le présent. Le locuteur se retourne vers le passé et fait un bilan présent. On s'intéresse au résultat donc à l'object: Patrick has eaten my cake (il n'y a plus de gâteau).

Il se forme ainsi:

Affirmation	Négation	Interrogation
have/has + participe passé	have/has + not + pp	have/has + sujet + pp
You have complained	You have not complained	Have you complained?
She has complained	She has not complained	Has she complained?

Le present perfect be+ V-ing signale qu'il existe des traces actuelles d'une activité passée. On s'intéresse à l'activité donc au sujet: Patrick has been eating my cake (il peut rester du gâteau, ce qui nous intéresse c'est l'activité). Les verbes peu compatibles avec be +V-ing le sont également au présent perfect be+V-ing (verbes de perception involontaire, activité mentale, appartenance, apparence et certains verbes d'état comme cost, depend, deserve...)

Affirmation	Négation	Interrogation
have/has + been + V-ing	have/has + not + been + V-ing	have/has + sujet + been + V-ing
You have been complaining	You have not been complaining	Have you been complaining?
She has been complaining	She has not been complaining	Has she been complaining?

Exercises!

1. Conjuguez les verbes donnés à la forme indiquée au présent perfect PUIS au present perfect be+V-ing

- | | |
|--------------------------------|------------------------------|
| a) Sing (she) / affirmation | f) wait (they) / affirmation |
| b) Rain (it) / négation | g) shop (he) / affirmation |
| c) Try (you) / interrogation | h) eat (I) / affirmation |
| d) Get (it) / affirmation | i) do (you) / interrogation |
| e) Smoke (you) / interrogation | j) search (they) / négation |

2. Complétez les phrases avec le Present Perfect ou le Present Perfect be+V-ing

1. People _____ (buy) more products online than ever before this year.
2. Consumers _____ (throw away) old electronics instead of recycling them.
3. The company _____ (launch) several new products that promote overconsumption.
4. Families _____ (replace) their furniture more frequently than in the past.
5. Many teenagers _____ (spend) too much money on fast fashion lately.
6. The advertisement industry _____ (encourage) overconsumption through social media.
7. We _____ (see) a significant increase in plastic waste over the last decade.
8. Governments _____ (introduce) new regulations to limit excessive consumerism.
9. People _____ (buy) unnecessary gadgets for months now.
10. We _____ (see) companies promoting "limited edition" products to boost sales.

3. Traduisez les énoncés suivants en anglais

- a) Les gens ont accumulé trop de vêtements qu'ils ne portent jamais.

- b) Les entreprises ont été créant de nouvelles publicités pour inciter à acheter davantage.
- c) Nous avons remarqué une augmentation de la consommation d'énergie ces dernières années.
- d) Les consommateurs achètent de plus en plus de gadgets électroniques depuis plusieurs mois.
- e) Les jeunes ont dépensé beaucoup d'argent en produits inutiles récemment.
- f) Les magasins ont introduit de nombreux objets "en édition limitée" cette année.
- g) Beaucoup de familles remplacent leurs appareils ménagers plus souvent qu'avant.
- h) Les publicités ont encouragé les gens à acheter des choses dont ils n'avaient pas besoin.
- i) Les citoyens ont commencé à utiliser des applications pour suivre leurs habitudes de consommation.

Curiosity didn't kill the cat 🐱 What is 'greenwashing'?

Document C - Earth Overshoot Day

<https://www.youtube.com/watch?v=X5gwwOymbic&list=PLN6eqvf3LQtanW8RtEDMM6FIwBn9DAXEy&index=16&t=0s>

1. Give a definition of World Overshoot Day
2. Give examples of over-consumed products:
3. Pick out different dates/ months?

1971?

2019?

4. Fill in the grid with countries and their overshoot day.

Country	Date

4. What are the solutions to reduce our ecological impact?

5. Is there hope if we cut greenhouse gases?

6. In your opinion? How can people reduce their environmental impact? Give different examples than in the video.

Language:

Observez les énoncés suivants tirés du document:

We fished too much fish, destroyed too many trees and cultivated more food than the Earth can sustain.

1. Surlignez les mots qui expriment une quantité.
2. Traduisez-les. Que remarquez-vous?
3. Par quelles expressions pourrions-nous les remplacer ?
4. Complétez le tableau:

	Nom dénombrable (cakes)	Nom indénombrable (money)
Grande quantité		
Petite quantité		

Notez aussi les expressions: lots of + nom (des tas de), quite a lot of + nom (pas mal de), a large number of + nom pluriel (de très nombreux), a great deal of + nom singulier (beaucoup de), plenty of + nom (beaucoup de, plein de)

Exercises:

1. Complète les phrases suivantes avec : much, many, little ou few.

a. There are too _____ plastic bottles thrown away every day.

- b. We use too _____ water when we take long showers.
- c. Very _____ people recycle properly in this neighborhood.
- d. Factories produce too _____ CO₂ emissions each year.
- e. Unfortunately, _____ companies care about the environmental impact of their products.
- f. There is very _____ awareness about the consequences of overconsumption.
- g. Too _____ packaging is used for products that don't need it.
- h.animals are dying because of plastic pollution in the oceans.
- i. We generate too _____ waste by buying unnecessary items.
- j. There is too _____ regulation to limit the damage caused by large corporations.

2. Traduis ces énoncés en anglais:

- a. Il y a peu de solutions simples face à la crise environnementale.
- b. Trop de personnes achètent des choses dont elles n'ont pas besoin.
- c. Nous faisons peu d'efforts pour réduire notre consommation d'énergie.
- d. Beaucoup de produits sont jetés alors qu'ils pourraient être réutilisés.
- e. Il y a très peu de lois contre la publicité incitant à la surconsommation.
- f. Combien d'objets électroniques inutilisés as-tu chez toi ?
- g. Trop peu de gens comprennent les conséquences de leurs choix d'achat.
- h. Nous gaspillons trop d'électricité chaque jour.
- i. Peu de pays respectent réellement les accords climatiques.
- j. Il y a trop de vêtements bon marché produits chaque année.

Document D - The busiest shopping day of the year?

<https://www.youtube.com/watch?v=7NkuxZaAOE4>

- 1. What do you think is the busiest shopping day of the year?
- 2. Watch the video and take notes of the key elements.
- 3. Recap orally about the document: intro + sum up

4. Why do you think it can be difficult to escape this shopping rush?
5. Groupwork: Describe and comment on the picture you've been given. Present it to the other groups.
6. Do you think Black Friday is still a thing? Do you think it is still the spending frenzy that it used to be? Develop your answer (150 words)

Toolbox:

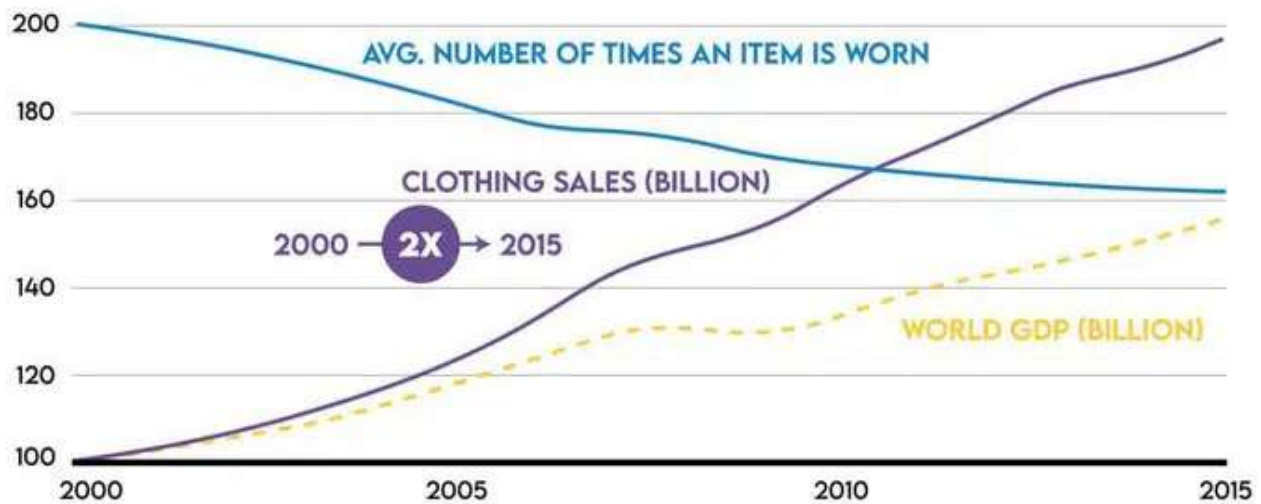
Gift shopping	<u>imp</u> ulse spending	spending for spending's sake
<u>P</u> urchasing power	to open your wallet	Cyber Monday
To look for a good deal	<u>infl</u> ation	the fear of missing out
To get the best deal	prices going up	to spiral out of control / 'spair.əl/
Online shopping	shoppers/ consumers	take a break out of social media
To escape the spending frenzy	75% off	Small Business Saturday
Outlets/ discounts	a big-box store (Walmart)	ads/adverts/advertisements
To hit the mall	in-store shopping	uk /əd'vɜː.tɪs.mənt/
Fake bargain websites / scams	the Christmas shopping season	us / ,æd.və'taɪz.mənt/

Document E - Fast fashion

<https://app.discoveryeducation.com/learn/videos/9e8ad6d3-745a-491f-aa5e-8f3d963be1f3/>

1. With your group, write a definition for “Fast Fashion”
2. Watch the video. Each pair focuses on a topic.
 - A. PAIR 1: UThrift: What is it? Where is it? Who created it and who can benefit from it?
 - B. PAIR 2: The problem of fast fashion: What impact does it have on the environment?
 - C. PAIR 3: How is UThrift successful? How can it make a difference in fighting fast fashion?
3. Share your findings with your group and write a short recap.
4. Using elements from the video and the following graphs and charts, show that fast fashion is a global issue.

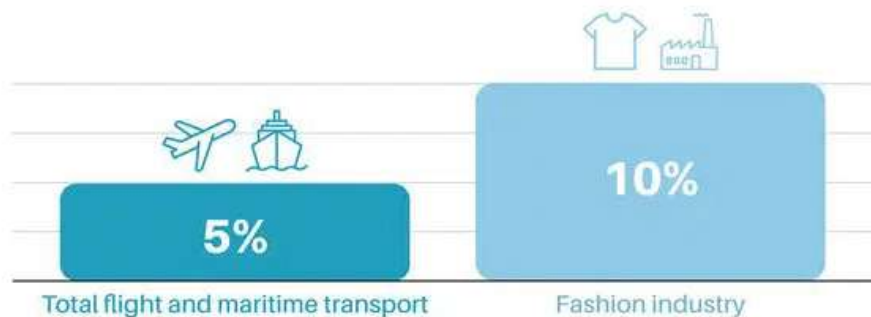
GROWTH OF CLOTHING SALES AND DECLINE IN CLOTHING UTILISATION SINCE 2000



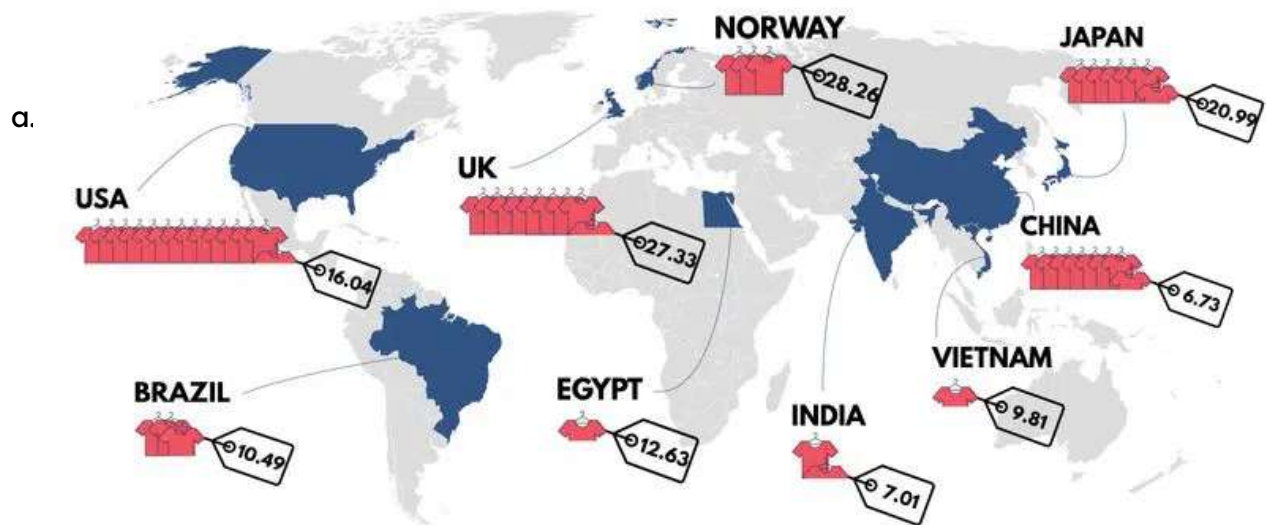
SOURCE: ELLEN MACARTHUR FOUNDATION
GRAPHIC BY: CRYSTAL FANG

EARTH.ORG

CO2 consumption in comparison



FAST FASHION PURCHASING HABITS AROUND THE WORLD



SOURCE: EUROMONITOR INTERNATIONAL
GRAPHIC BY: ADRIAN WONG



ITEMS PURCHASED PER PERSON
1 SHIRT = 4 ITEMS



AVERAGE PRICE PER ITEM (US\$)

EARTH.ORG

Useful phrases

a small fraction, a small number, a small minority

a large portion, a significant majority

nearly a fifth, almost 10%, in region of 40%, more than a half, over a quarter, around two thirds, more or less three quarters, exactly one in ten, approximately a third

Introducing the graph

The graph/table/pie chart/bar chart/diagram ...

- gives information about/on ...
- provides information about/on ...
- shows ...
- illustrates ...
- compares ...
- explains why ...
- describes ...
- draws the conclusion of (a survey) ...

Example: The pie charts provide information on the proportion of males and females working in agricultural sector.

Nouns	Verbs	Adverbs	Adjectives
A rise (of) An increase (of) A growth (of) A peak (of) A surge (of) Ex: a rise of prices A fall (in) A decrease (in) A decline (in) A dip (in) Ex: a fall in prices	To rise (rose) To increase To surge To grow (grew) To peak To rocket To soar To leap (leapt) To fall To decrease To decline To dip To dive To plunge To plummet	Sharply Suddenly Rapidly Abruptly Dramatically Significantly Considerable Markedly Wildly Ex: the prices rose sharply Slightly Gently Gradually Steadily Modestly Marginally	Sharp Sudden Rapid Abrupt Dramatic Steep Significant Considerable Marked Substantial Spectacular Slight Gentle Gradual Steady Consistent Modest marginal

5. Is fast fashion compatible with a sustainable future? Why and what are the alternatives?

Make a draft.

Phonetics: Les groupes de souffle

Observez ces deux exemples:

Alfred said his brother is stupid.

Alfred, said his brother, is stupid.

Nous voyons ici que la ponctuation a parfois beaucoup d'influence sur le sens du message. A l'oral, il existe également une ponctuation sonore.

Il s'agit des **groupes de souffle** et de l'**accent de phrase**.

Règles générales sur les groupes de souffle ou de sens:

- On accentue généralement les mots qui apportent l'information importante de la phrase. Ces mots sont très souvent en fin de phrase.
- Quand la phrase est plus longue, il peut y avoir plusieurs groupes de sens et c'est la fin de chaque groupe de sens qui est accentué.
- A la fin de chaque groupe de sens, le locuteur reprend sa respiration.
- Les groupes de sens et la ponctuation son liés.

Application:

=> Écoutez l'enregistrement et marquez les groupes de sens par des barres verticales.



groupes de souffle 1.mp3

“There are new concerns about the impact of so much trendy, inexpensive clothing on the climate it’s known as fast fashion but environmentalists say what it takes to make it may not be worth what it does to the planet. “

Règles générales sur l’accent de phrase:

- C’est la mise en relief du ou des mot(s) important(s) . La voix monte sur ses mots puis redescend.
- Selon le message que l’on veut transmettre, l’accent de phrase change.
- En français, cette mise en relief s’effectue par divers procédés.

Application:

=> Écoutez l’enregistrement et entourez le mot qui porte l’accent de phrase



[accent de phrase](#)

- It’s all free clothing for anyone who comes.
- There can be a lot of waste.
- The fashion industry is the second biggest consumer of water on the planet.
- I know that the fashion industry has, like, a very heavy toll on our environment.
- It pretty much started just from one girl being like “hey, I wanna do this”.

DOCUMENT E - Food Waste and Freeganism

<https://modernfarmer.com/2023/10/who-can-afford-free-food-the-limits-of-freeganism/>

Dumpster diving may sound like a way to save food and money. But for some, the risks are higher than for others.

#Food & Drink#Systems#Waste

by Samantha Maxwell · October 5, 2023

Every day, obscene quantities of recently baked croissants, non-expired milk, and still-fresh produce are discarded behind grocery stores, restaurants, and cafes worldwide. In 2021 alone, retailers had 5.12 million tons of surplus food, much of it ending up in landfills, while 10 percent of the world's population went to bed hungry. Humans produce 1.5 times the calories needed to feed everyone, yet inefficiencies and inequities in the food system mean that about one-third of all food goes to waste.

The modern freegan movement emerged in the late 1990s and early 2000s, alongside the Food Not Bombs movement, as a protest against waste and overconsumption. Documentaries like *The Gleaners and I* and *Dive!* showcased people reclaiming edible food from dumpsters. Dumpster diving is often technically illegal, and the movement has been largely white due to the increased risk of harassment faced by people of color. Black freegans have described fearing police attention far more than white participants.

Bénédicte Boisseron, a University of Michigan professor who researches Black freeganism, notes that dumpster diving can be either political or practical depending on motivation. Freeganism, she says, is rooted in anti-capitalist ideology, while some people dumpster dive simply to eat. Alex Barnard, author of *Freegans: Diving into the Wealth of Food Waste in America*, explains that the movement grew out of largely white anarchist subcultures tied to anti-globalization protests. People of color and other marginalized groups face additional risks, including food shaming and potential violence. Trans and poor individuals may find dumpster diving even less accessible due to safety concerns, stigma, or lack of time.

Ironically, poor people—who might benefit the most from free food—often face the greatest barriers. A study of urban dumpster divers in Montréal found that middle-class divers with flexible schedules had more success than low-income divers, who feared stigma and struggled to find time. Marginalized participants also had more difficulty building social networks that make freeganism safer and more sustainable.

The effectiveness of freeganism as a political ideology remains in question. Barnard notes that freegans have long been aware of the contradictions: in seeking to avoid capitalism, they rely on its waste. Early hopes of creating alternative economies where people could meet all their needs independently have not materialized. Boisseron suggests that to have a real impact on food equity, freeganism must scale up collectively. Paris's Le Freegan Pony restaurant, which serves meals made from unsellable market food in exchange for donations, is one example of a community-based model. However, most large-scale food recovery efforts are limited by health and safety concerns. Food banks, for example, cannot accept food from dumpsters because of

food safety risks and the need to preserve clients' dignity. Only about 19.5 percent of retail food waste ends up donated.

Recent years have seen the rise of food waste prevention apps such as Too Good to Go, which lets people purchase surplus food at a discount, as well as local "buy-nothing" groups. Some dumpster divers, like educator Theresa Kadish, have shifted to a practical approach, using recovered food to feed themselves and their immediate communities rather than treating the practice as political activism.

Freeganism has not significantly reduced food waste or food insecurity on a large scale, and it remains reliant on the same capitalist systems it seeks to critique. Yet for those who have the privilege and safety to participate, sharing a recovered meal with someone who lacks that privilege can be a small but meaningful step toward a more just and less wasteful food system.

1. Read each paragraph and highlight the words that you understand.
2. Choose 4 paragraphs and find a title for each of them.
3. Pick out 3 numbers and say what they correspond to.
4. What is a "diver"?
5. Pick out the different types of divers. Are there any differences between them?
6. What are the bases of freeganism?
7. What is freeganism accused of?
8. Give two examples from the text of actions to fight against food waste.
9. Find the words in the text corresponding to the definitions:
 - a. to get rid of especially as useless or unwanted
 - b. Someone who sells in small quantities directly to the ultimate consumer
 - c. to exhibit especially in an attractive or favorable aspect
 - d. something that is suitable or safe to eat
 - e. The fact of annoying someone persistently
 - f. To fight
 - g. A large trash receptacle

- h. To give
- i. Excessive / lavish

10. What's your take on freeganism? Would you become a diver?

Toolbox:

<u>l</u>ifestyle Dis<u>c</u>arded food To <u>m</u>inimize waste <u>E</u>dible food / ˈɛdəbəl/ Con<u>s</u>umer soci<u>e</u>ty /səˈsaɪti/ Sustai<u>n</u>able living <u>E</u>thical choices In my opinion, freeganism I think that <u>f</u>reeganism is...	To me, being a freegan means.... As far as I'm concerned, freeganism.... I believe freeganism is good/bad/necessary/extreme... I <u>s</u>upport freeganism because... Freeganism is not for everyone because... It seems dangerous/unhy<u>g</u>ienic / ˌʌn.haɪˈdʒiː.nɪk/ food-sharing events fight food waste <u>u</u>nsafe
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Curiosity didn't kill the cat 🐱 How do we call “dumpster-diving” in the UK?

DOCUMENT F - Gaspillage alimentaire : un Français jette encore 24 kg de nourriture comestible chaque année

Des États généraux du gaspillage alimentaire sont organisés ce jeudi 13 mars à l'Assemblée nationale. Car si une prise de conscience existe, d'importants efforts sont encore à réaliser par l'ensemble des acteurs de la chaîne alimentaire.

Ouest-France, Brice DUPONT. Publié le 09/03/2025 à 11h17

Les chiffres donnent le tournis : chaque année, un Français jette en moyenne 24 kg de nourriture encore comestible. L'équivalent d'un « repas par semaine par personne » a calculé l'application Too Good To Go, spécialisée dans la valorisation des invendus alimentaires.

Un non-sens économique et social, alors qu'environ un Français sur trois rencontre des difficultés pour se procurer une alimentation saine, lui permettant de s'offrir trois repas par jour, selon le Secours Populaire. Un non-sens écologique, aussi : Too Good To Go souligne qu'en gaspillant un repas par semaine, chaque Français est responsable de l'utilisation en vain de 1,3 km² de terres agricoles et de 390 litres d'eau, soit « plus de deux baignoires d'eau chaque semaine ».

Ce chiffre édifiant de 24 kg est calculé sur l'ensemble de la chaîne alimentaire, de la terre à l'assiette, en passant par l'usine d'agroalimentaire ou la grande distribution. « Ce sont vraiment tous les maillons qui sont concernés », pointe Laurence Gouthière, responsable des études sur le gaspillage alimentaire à l'Ademe, l'agence de la transition écologique.

La France pionnière

Avec la loi Garot en 2016, la France a été pionnière sur le plan législatif, en interdisant par exemple la destruction de nourriture consommable, obligeant les magasins de plus de 400 m² à établir une convention de dons des aliments au lieu de les détruire.

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La France pionnière

Avec la loi Garot en 2016, la France a été pionnière sur le plan législatif, en interdisant par exemple la destruction de nourriture consommable, obligeant les magasins de plus de 400 m² à établir une convention de dons des aliments au lieu de les détruire.

En 2020, loi Anti-Gaspillage pour une Économie Circulaire (AGEC) a ensuite fixé des objectifs de réduction de 50 % des pertes et gaspillages : en 2025 pour la distribution et la restauration collective, d'ici 2030 pour les producteurs, l'industrie agroalimentaire et les consommateurs.

Un palier à franchir

« On est sur une tendance positive, mais on n'atteindra sûrement pas ces objectifs, estime Laurence Gouthière. Quand on travaille avec un acteur, quel que soit le domaine, on arrive assez facilement à réduire de 20 % ou 30 % le gaspillage. En revanche, le palier suivant, pour passer à 50 %, est très compliqué. Pour y arriver, c'est un changement plus profond de pratiques

et de comportements qui est nécessaire : accepter des légumes qui ne sont pas tous parfaits, avoir moins de références dans les rayons des grandes surfaces, etc. »

Pour la spécialiste de l'Ademe, on est « au milieu du gué : la lutte contre le gaspillage est entrée dans les mœurs, le sujet fait consensus. La nourriture a une valeur, il n'y a pas une école qui n'ait pas fait de la sensibilisation, les supermarchés ont des mesures anti-gaspi... Mais il faut remonter le dossier en haut de la pile pour aller plus loin et toucher encore plus de monde, via de nouveaux messages ».

D'autant que lorsque des actions sont mises en place, elles ont tendance à fonctionner. En 2019, dans le cadre d'une opération pilotée par l'Ademe, 243 foyers avaient accepté d'évaluer leur gaspillage, puis de suivre des gestes « anti-gaspi ». Un an après, ils avaient réduit leur gaspillage de 59 %.

1. Traduisez les paragraphes 1 à 4 en français.

Document G - Single-use plastic waste on UK and Channel Island beaches 'up by 9.5% last year'

<https://www.theguardian.com/environment/2025/mar/19/single-use-plastic-waste-on-uk-and-channel-island-beaches-up-by-95-last-year>

Litter such as crisp packets and bottle tops are polluting the coast at the rate of nearly two items a sq metre, conservation charity report finds.

Single-use plastic waste increased on UK and Channel Island beaches last year with items such as crisp packets and bottle tops polluting the coast at the rate of almost two items a sq metre, according to data from beach cleanups.

The amount of plastic waste collected on beaches rose by 9.5% in 2024, compared with 2023, and more than three-quarters of a million pieces of waste were picked up by volunteers, according to evidence from the State of our Beaches report by the Marine Conservation Society.

The charity said nearly half (46%) of the plastic waste was from public sources – household litter washing its way into our seas via rivers, drainage and sewage outlets, or blown or dropped on to our coastline.

Lizzie Price, the beachwatch manager at the Marine Conservation Society, said: "Thanks to over 15,000 volunteers last year, the data from our beach cleans is clear: plastic pollution remains a huge problem for our marine environment.

“We urgently need more policies to reduce single-use plastics and ensure better waste management. Everyone has a role to play in protecting our oceans, and we urge the public to support stronger action against plastic waste, as well as cut down plastic from their everyday use.”

A global treaty on cutting plastic waste has yet to be completed after fossil fuel countries and industry lobbyists pushed back on cuts to global plastic production.

Talks are due to resume in Geneva this August, where there are hopes that more than 100 countries will succeed in signing a treaty that includes caps on production.

Among the most frequently recorded waste found on beaches last year were plastic caps and lids, which were collected from 88% of beaches, and plastic bottles and containers, which appeared on 71% of surveyed sites.

The Marine Conservation Society said it was hopeful that the much-delayed plastic bottle deposit return scheme (DRS), due to start in October 2027, would help reduce the number of discarded plastic bottles and related waste in the future. The DRS was first promised in 2018 but successive governments have delayed its implementation.

Last year more than 15,000 people took part in the beach cleanups across 92 miles of beaches in the UK and Channel Islands. The numbers of volunteers and hours were balanced out in order to calculate the percentage rise year on year.

One item which has decreased is plastic bags. Since the introduction of charges for carrier bags there has been an 88% decrease in them being found on beaches.

The charity said this showed how policy interventions could curb plastic waste and said consumers needed more options to buy items in refillable and reusable containers to tackle the scourge of plastic pollution.

Plastics endanger marine life through ingestion, entanglement and toxic contamination. Seabirds, seals and fish often mistake plastic for food, leading to internal injuries, starvation and even death.

Microplastics – tiny particles that come from broken-down plastic – are now present in the ocean and food chain, posing a long-term threat to wildlife and human health. Microplastics are now increasingly contaminating the human brain.

1. Read and highlight the words you understand
2. Split the article into 3 parts and find a title for each part.
3. Translate the parts that are highlighted into french.
4. Concentrate on documents E, F and G and answer the following question. (synthèse: intro + main arguments from the documents)

“How do individual behaviors, societal habits, and public policies interact to address the problem of waste, and what challenges remain in reducing environmental and social impacts?”

Thème grammatical:

Traduisez les paires de phrases suivantes. Dans l'une de ces phrases l'un des verbes sera à la forme dite « progressive » et l'autre non. Justifiez votre choix.

a) Regarde ! Le voilà soudain adorable avec elle : je me demande ce qu'il mijote.

b) Ne vous inquiétez pas ! C'est la première fois que je vous entends bien.

a) Avant tout, je vois Rome comme une ville antique.

b) Enfin, je vois Rome ! Tous mes vœux sont comblés !

a) Quel idiot ! Il pose toujours des questions stupides.

b) Quel élève ! Il pose des questions stupides, arrive en retard et ne rend pas ses devoirs.

a) Je sais que vous aimez mon appartement, mais je n'ai aucune intention de déménager.

b) Je ne sais pas comment m'y prendre, car je ne déménage pas souvent.

a) Je suis en nage : j'ai couru depuis la gare.

b) J'ai couru depuis la gare, monté l'escalier quatre à quatre, et suis presque arrivée à l'heure.

a) Paul a encore volé des pommes. Cela commence à bien faire !

b) Paul a volé des pommes ce matin, et j'attends notre voisin.

a) Que veux-tu ? Il vieillit !

b) Le plastique vieillit mal.

- a) Ils ont réparé le toit et nous n'avons plus de fuite.
- b) Ils réparent le toit depuis le début de la semaine et il y a trop de bruit pour travailler.

- a) Il a beaucoup plu cet hiver.
- b) Tiens, il a plu ! La table est mouillée.

- a) J'ai fait du repassage toute la matinée.
- b) J'ai repassé douze chemises ce matin !

Possible questions / essays:

- ☐ To what extent has consumerism shaped modern lifestyles and social values?
- ☐ Overconsumption - Are you ready to change your consumption habits? Why or why not?
- ☐ Does consumerism make people happier?
- ☐ Overconsumption and its effects on society and the environment. What are they? List them.
- ☐ Are you ready to support Buy Nothing Day?
- ☐ Are you ready to become an ethical consumer? Why? Why not?
- ☐ Are you pro-brand or anti-brand?
- ☐ Is consumerism a form of escapism? Key words: a feeling of guilt, powerlessness, to motivate people by fear, depression, depressed mood, loss of self-worth, ...
- ☐ Some people say that we are robbing future generations of their livelihood because of our excessive consumption today. Explain how.
- ☐ Why do we always need more stuff?
- ☐ Are the companies really selling and delivering the values they are promoting?
- ☐ How can we overcome our urge for overconsumption? Is CSR (corporate social responsibility) just another form of marketing strategy?

□ How have advertising campaigns evolved over the past years?

Thème littéraire:

Je me rappelais la première fois où je suis entrée dans un supermarché. C'était en 1960 dans la banlieue de Londres et il s'appelait simplement *Supermarket*. La mère de famille qui m'employait comme fille au pair m'y avait envoyée, munie d'une poussette de marché- ce qui me déplaisait - , avec une liste de denrées à acheter. Je n'ai pas le souvenir précis de mes pensées et de mes sensations. Je sais seulement que j'éprouvais une certaine appréhension à me rendre dans un endroit qui m'était étranger à la fois par son fonctionnement et par la langue que je maîtrisais mal. Très vite j'ai pris l'habitude d'y flâner en compagnie d'une fille française, au pair elle aussi. Nous étions séduites et excitées par la diversité des yaourts - en phase anorexique - et la multiplicité des confiseries - en phase boulimique - nous octroyant alors la liberté d'engloutir dans le magasin le contenu d'un paquet de Smarties sans passer à la caisse.

Annie Ernaux, *Regarde les lumières mon amour*, 2016

