

Understanding obesity in contemporary societies

=> *To what extent is obesity a personal responsibility, a social issue, or a political failure?*

A voir/lire au sujet de la santé et de la problématique de l'obésité :

Movies: *Super Size Me*, Morgan Spurlock (2004), *Fat, Sick and Nearly Dead*, Joe Cross (2010), *The Whale*, Darren Aronofsky (2022).

Documentaires: *Obésité, le mal du siècle ?*, Arte (2025), *Un monde obèse*, Arte (2020)

Books: *Fast Food Nation: The Dark Side of the All-American Meal*, Eric Schlosser (2001), *Fat Land: How Americans Became the Fattest People in the World*, Greg Critser (2003)

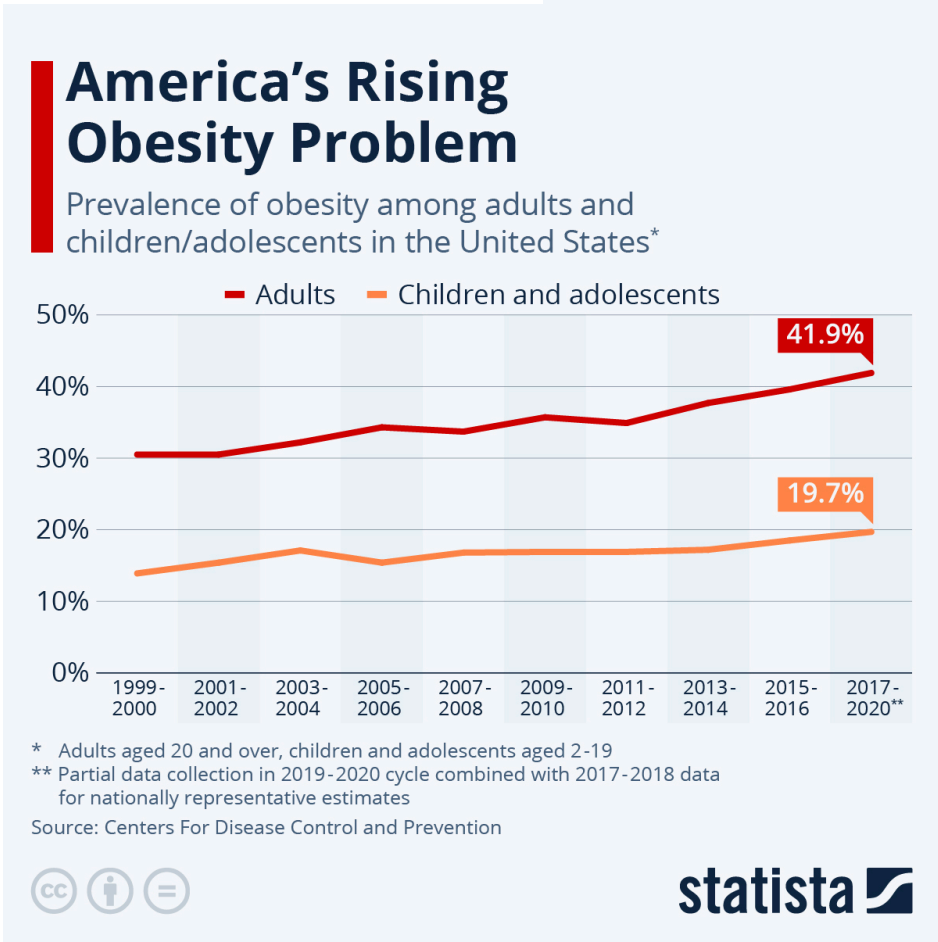
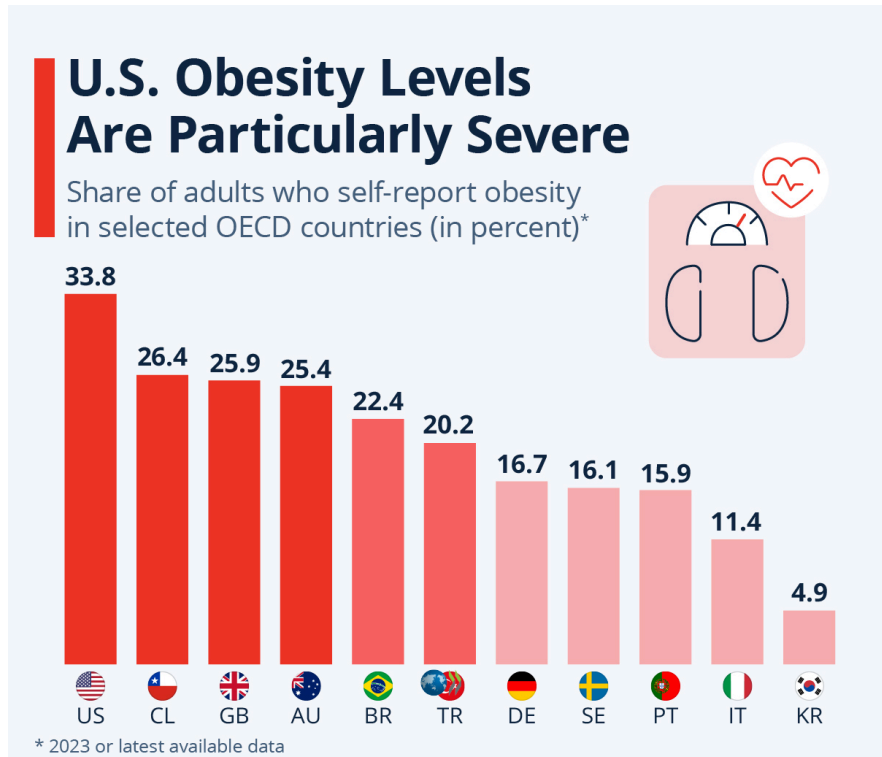


Dinner For One, Beryl Cook, 2018.

Part I – Understanding the Causes of Obesity

Document A - Obesity in the USA

- 1) Introduce briefly the documents on this page.
- 2) Comment on the graphs (use vocabulary p.2)
- 3) In your opinion, what are the consequences of these obesity levels?
- 4) In your opinion, what can the causes be?



statista

statista

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

Document B - Nation's obesity epidemic is growing at an alarming rate - CBS Philadelphia 2022
<https://www.youtube.com/watch?v=A8TpIAQhR4c>

1. Watch the video and fill in the grid

Cities + figures	Risks	Root causes	Solutions

2. Recap about the document using the tool box

Skyrocketed: Faire une montée en flèche
A major public health crisis: :Une crise majeure de santé publique
To increase the risk of: Augmenter le risque de
To take a toll on: Avoir des répercussions sur
To place a strain on: Mettre à rude épreuve
Lack of physical activity: Manque d'activité physique
The ubiquity of unhealthy food: omniprésence des aliments malsains
A strong correlation between: une forte corrélation entre
Low-income families: familles à faible revenu
Raise public awareness: sensibiliser le public
Implement policies: mettre en oeuvre des politiques
Tackle the epidemic: lutter contre l'épidémie
Food deserts: déserts alimentaires
What is particularly concerning is...: ce qui est particulièrement préoccupant,
 c'est ...

Curiosity didn't kill the cat 🐱 - Food Deserts

Limited access to healthy food in areas that are predominantly food deserts or food swamps may be associated with obesity. Food deserts occur in poor urban areas with limited or no access to healthful affordable food options. Low income families are more likely to not have access to transportation so tend to be negatively affected by food deserts (for example: Memphis, Tennessee - Jefferson County, Mississippi - Detroit, Michigan)

Document C - Scientists Don't Agree on What Causes Obesity, but They Know What Doesn't

Adapted from The New York Times, November 21, 2022

Scientists from around the world met recently at the Royal Society in London to discuss a difficult question: Why are obesity rates rising so quickly across the globe? Today, more than 40% of American adults have obesity, but experts still do not agree on one single cause. As one biologist explained, "There is no consensus at all."

However, the researchers did agree on one point: obesity is not a personal failure. No one argued that people suddenly became lazy in the 1980s, when obesity rates started to increase. They also agreed that human genes could not have changed so fast. In other words, obesity is not about weak willpower or bad personal choices. Scientists see it as a complex, chronic condition influenced by many factors in our environment.

During the meeting, the experts presented different theories. Several discussed ultraprocessed foods, which now represent more than half of calories eaten in the United States. One study showed that people eat more and gain more weight when they follow a diet rich in ultraprocessed foods, even if the nutrients are similar to a whole-food diet. But researchers still don't fully understand why these foods make people overeat.

Others focused on chemical substances in modern food, such as pesticides, plastics, and additives, which may interfere with the body's metabolism. Some scientists talked about macronutrients: too many fats and carbohydrates may push people to eat more to get enough protein. Others noted that some healthy traditional societies ate many carbohydrates, so the explanation cannot be that simple.

Another perspective linked obesity to food insecurity. Studies show that when food is uncertain, animals — and humans — may gain weight even while eating fewer calories.

The scientists also highlighted the rise of obesity among teenagers and young adults, especially girls and young women. This is worrying because early obesity increases the risk of health problems in adulthood and can affect future children.

Although experts have learned a lot about how the brain and genes influence appetite and weight, they still cannot identify one clear event that caused obesity to rise so fast since the 1980s.

After the conference, the author noticed a large gap between scientific knowledge and public beliefs. No scientist talked about miracle diets, detox plans, supplements, or other "quick fixes."

Instead, many argued that governments should change the environment – for example, limit junk food advertising to children or make cities easier to walk in. But these ideas are often criticized as “nanny state” policies.


The researchers agreed that as long as society blames individuals instead of addressing the environment, obesity rates will continue to rise.

1. What main question were the scientists trying to answer at the conference?
2. What do the researchers agree obesity is not caused by?
3. Why do scientists reject the idea of obesity as a personal failure?
4. Why can genetics not explain the rapid rise in obesity since the 1980s?
5. Give two possible explanations for obesity mentioned by scientists.
6. What difference does the author notice between scientific discussions and public debates?
7. Why are government regulations often criticized, according to the text?
8. **Mini- Debate: « Who is most responsible? Individuals or society? » use should/have to/must**

Language : MUST / SHOULD / HAVE TO

	Forme	Sens	Exemple
SHOULD	should + base verbale	un conseil, une recommandation, une obligation faible. ⚠ Should n'est pas obligatoire : c'est ce qu'on recommande.	People should eat more whole foods. → Les gens devraient manger plus d'aliments non transformés. Schools should offer healthier meals. → Les écoles devraient proposer des repas plus sains.
MUST	must + base verbale	une obligation forte, une nécessité, ou une règle vue comme essentielle par	We must reduce children's exposure to junk food advertising. → Nous devons absolument réduire l'exposition des enfants aux pubs pour la

		celui qui parle. ⚠ Must exprime souvent ce que le locuteur lui-même considère comme obligatoire.	malbouffe. Governments must act quickly. → Les gouvernements doivent impérativement agir.
HAVE TO	have to + base verbale	une obligation extérieure, imposée par une règle, une loi ou les circonstances. ⚠ C'est une obligation venue du dehors, pas de l'opinion du locuteur.	Food companies have to follow labeling rules. → Les entreprises doivent suivre les règles d'étiquetage (par loi). Doctors have to monitor patients with obesity. → Les médecins sont obligés de surveiller leurs patients (obligation professionnelle).

 Exercice : MUST / SHOULD / HAVE TO

Complète avec must, should ou have to selon le sens.

To fight rising obesity rates, governments _____ regulate junk food advertising aimed at children.

People _____ try to cook more fresh meals instead of buying ultraprocessed foods.

Doctors _____ warn patients about the long-term consequences of childhood obesity – it's part of their job.

Children with obesity _____ receive support, not shame.

If supermarkets want to sell certain products, they _____ follow national nutritional labeling laws.

Teenagers _____ be encouraged to do more physical activity, but it shouldn't feel like punishment.

Researchers say society _____ stop blaming individuals for a condition influenced by the environment.

Part II – Consequences and Challenges Linked to Obesity

Document D - Wales to clamp down on junk food meal deals to tackle obesity

Adapted from The Guardian June 2023

Clampdowns on unhealthy meal deals and supermarket temporary price reductions for foods high in fat, sugar or salt are to be introduced in Wales to help tackle the obesity crisis. With almost two-thirds of adults in Wales overweight or obese, the Labour-led government **announced** it would go further than England in framing laws designed to tackle the promotion of ultra-processed foods.

The government **said** it **intended** to match the UK government's plans to curb volume promotions such as buy one get one free in England. It also **revealed** proposals to tackle meal deals and temporary price reductions, arguing it **needed** to do more because of the scale of the crisis.

The Welsh deputy minister for mental health and wellbeing, Lynne Neagle, said: "Rising levels of obesity are creating the serious burden of preventable ill health in Wales. The situation is urgent and we have to act now".

"We're not banning meal deals but we want to shift the focus of meal deals towards healthier, more nutritionally balanced food. Lots of them come with large bags of crisps and the snacks are often high in fat and sugar. We want to make sure we can still have meal deals available at an affordable price but which are not so high in calories, fat and sugar."

Research from Public Health Wales **found** that three-quarters of lunchtime meal deals exceed the recommended level of calories and salt for lunch. The least healthy lunchtime options contain two-thirds of daily calorie intake, more than 120% of daily fat intake, 150% of sugar and 110% of salt. The majority of dinnertime meal combinations exceed average energy requirements. The researchers **concluded** that if someone **bought** an average meal deal for lunch five days a week, they **would** gain more than 3 kgs in a year. If they **bought** a high-calorie meal deal for lunch five days a week, they **could** gain 20 kgs in a year.

Neagle said the government would not ban temporary price reductions either but **added**: "Our aim is to rebalance our food environments so that the healthy choice becomes the easy choice." Last week, the UK government put off by two years its planned ban on buy one get one free junk food deals, citing the cost of living crisis. The Welsh government is planning to bring in its restrictions by 2025 and said it would press ahead even if the UK government **did not**.

She **denied** this **was** an example of the nanny state. "Tackling obesity is not just about personal responsibility. It's about the food environment in which we live, which is full of processed,

unhealthy food.” The Welsh government said over 60% of people in Wales aged 16 and over **were** overweight or obese.


1. What country is the document about?
2. What is the main problem? What is suggested to tackle it?
3. What is a “meal deal”?
4. Who is Lynne Neagle? What is her take on the matter?
5. In your opinion, is government regulation on food an example of the nanny state? (Write 200 words, **use the toolbox**)

Language:

1. Observez les mots en gras dans le texte.
2. Quelle est leur nature? Décrivez la forme employée.
3. Quelles différences constatez-vous?

:Observez les exemples et complétez le tableau

Form	Structure	Example
Affirmative		The government announced it would go further.
Negative		The government didn't ban meal deals /They were not overweight.
Interrogative		Did the government ban meal deals? / Was it legal?

 Remember: after “did” (or “didn’t”), the verb returns to its base form (no -ed, no irregular form).

Pronunciation of “-ED”


There are 3 possible sounds for regular verbs ending in -ed:

Sound Rule Examples (from the text)

/t/ after voiceless sounds (p, k, s, f, sh) asked, helped

/d/ after voiced sounds (v, b, g, l, m, n, r, vowels) announced, revealed

/ɪd/ after /t/ or /d/ wanted, decided

 Practice: Say aloud → “The government decided to act because research showed that meal deals exceeded limits.”

Exercise:

A. Fill in with the correct form of the verb in brackets:

The Labour-led government _____ (announce) new laws on meal deals.

Researchers _____ (find) that many lunches _____ (contain) too much fat and sugar.

The minister _____ (not/ban) meal deals completely.

_____ the UK government _____ (delay) its own plan?

Neagle _____ (say) the situation was urgent.

Base Form	Preterit (Past Simple)	Past Participle	French Translation
be	was / were	been	être
become	became	become	devenir
begin	began	begun	commencer
break	broke	broken	casser
bring	brought	brought	apporter
build	built	built	construire
buy	bought	bought	acheter
choose	chose	chosen	choisir
come	came	come	venir
do	did	done	faire
drink	drank	drunk	boire
drive	drove	driven	conduire
eat	ate	eaten	manger
fall	fell	fallen	tomber

feel	felt	felt	sentir / ressentir
find	found	found	trouver
get	got	got/gotten (US)	obtenir / recevoir
give	gave	given	donner
go	went	gone	aller
have	had	had	avoir
keep	kept	kept	garder
know	knew	known	savoir / connaître
leave	left	left	partir / laisser
make	made	made	faire / fabriquer
meet	met	met	rencontrer
put	put	put	mettre
read	read /rɛd/	read /rɛd/	lire
say	said	said	dire
see	saw	seen	voir
take	took	taken	prendre
think	thought	thought	penser
write	wrote	written	écrire

Curiosity didn't kill the cat 🐱 - The sugar tax

The UK's sugar tax, introduced in 2018, has been widely praised for reducing sugar consumption and tackling childhood obesity. However, critics denounce it as a "nanny state" policy, arguing that the government is overstepping its boundaries by interfering with personal choice. They believe individuals should be free to decide what they eat and drink without state intervention. Supporters counter that when poor dietary choices cost the NHS billions in obesity-related healthcare, government action is justified. This debate highlights the ongoing tension between personal liberty and public health responsibility in modern Britain.

Document E - Mexico bans junk food in schools to fight childhood obesity epidemic

AlJazeera, April 2025

<https://www.youtube.com/watch?v=JUH3JmD3qVo>

Document F - Junk food ad ban legislation progresses to curb childhood obesity

Adapted from Department of Health and Social Care, NHS England, 3 December 2024

Children will no longer be exposed to TV adverts for junk food products as new law set out today (3 December 2024) confirms the final details of advertising restrictions. Ads on television will only be allowed past the 9pm watershed from October 2025 as part of plans to curb childhood obesity.

Fulfilling a key manifesto commitment for this government and supporting the pledge to give every child the best and healthiest start in life, the advertising restrictions will also include a ban on paid online junk food adverts to reduce children's excessive exposure to many foods high in fat, sugar or salt and helping to address rising rates of obesity-related diseases such as diabetes and heart disease.

7.2 billion calories per year are expected to be removed from UK children's diets as a result of the measures, preventing an estimated 20,000 cases of childhood obesity.

Secretary of State for Health and Social Care, Wes Streeting, said:

"Obesity robs our kids of the best possible start in life, sets them up for a lifetime of health problems, and costs the NHS billions.

This government is taking action now to end the targeting of junk food ads at kids, across both TV and online. This is the first step to deliver a major shift in the focus of healthcare from sickness to prevention, and towards meeting our government's ambition to give every child a healthy, happy start to life.

NHS data shows a deeply concerning trend of rising childhood obesity. Almost one in 10 (9.2%) children are now living with obesity and, one in 5 (23.7%) children have tooth decay because of excess sugar consumption.

By taking preventative action to tackle the causes of childhood obesity, the government will begin fixing the foundations of good health to protect the health of the next generation. "

NHS National Medical Director Professor, Sir Stephen Powis, said:

"NHS figures show that one in 8 toddlers and primary school children are obese, and this is clearly a problem not only because we know that it could lead to young people having health issues later in life, but it's also storing up problems for a future NHS which already spends billions dealing with the issue. **We've always said the NHS can play its part in supporting people who are obese to reach a healthier weight, but we need to work with the rest of society to prevent people becoming overweight in the first place.**"

1. Watch the video:

- a. What is the issue in Mexico?
- b. What is this new law?
- c. Fill in the grid:

Food that used to be sold in schools	Food offered in schools now	What do these figures correspond to?
		4/10 => 56%=>

- d. What are the different challenges the government will have to face?
- e. Is the ban the only measure taken?

2. Read the article:

- a. Introduce the document (title, source, date, context, topic)
- b. Describe the measure.
- c. What are the expected results?
- d. Why is this measure necessary?

- e. Explain this quotation: “Obesity robs our kids of the best possible start in life, sets them up for a lifetime of health problems, and costs the NHS billions.”

- f. Find the words in the text to translate:
Freiner, l’engagement, empêcher

- g. Translate the passages in boldface.

- h. Focusing on both documents, show that obesity is a global and complex issue.

Curiosity didn’t kill the cat 🐱 - Big Food

“Big Food” refers to the powerful multinational corporations that dominate the global food industry, including giants like Coca-Cola, PepsiCo, Nestlé, and McDonald’s. These companies wield enormous political and economic influence, spending millions on lobbying efforts to resist regulation and shape food policy in their favor. Critics argue that Big Food deliberately engineers hyper-palatable products high in sugar, salt, and fat to maximize consumption and profits, contributing directly to the obesity epidemic.

Document F - Can RFK Jr make America's diet healthy again?

BBC - 13 February 2025

Leading up to the election, Kennedy - a former Democrat - offered several ideas for tackling chronic diseases under his slogan "Make America Healthy Again".

He has frequently advocated for eliminating ultra-processed foods - products altered to include added fats, starches and sugars, like frozen pizzas, crisps and sugary breakfast cereals, **that** are linked to health problems like cancer, cardiovascular disease and diabetes.

He has taken aim primarily at school lunches, telling Fox News: "We have a generation of kids **who** are swimming around in a toxic soup right now."

Several public health experts stand behind Kennedy's goal to tackle ultra-processed food, **which** they say the US eats at much higher rates than many other countries.

Food reforms, while long part of the public health conversation, could also simply be unrealistic both politically and bureaucratically, some experts said.

"It's a good deal more complicated than he lets on," said Dr Lurie. "These are real challenges, and you will encounter industry opposition at every turn."

For one, the FDA does not have authority over the catch-all of "ultra-processed foods", several former officials told the BBC.

Instead, they said, the process is more complicated. Both the US Department of Agriculture and the FDA regulate the food industry. The FDA does not make the rules - it carries out policies passed by Congress and works to limit unhealthy foods by enforcing limits and labelling on certain nutrients, like sodium and saturated fat.

Several food industry groups met with lawmakers before Kennedy's appointment this month to lobby against him, Politico reported last month.

Republican Senator Chuck Grassley, of Iowa, said that he planned to meet Kennedy before his confirmation hearing and "spend a lot of time educating him about agriculture".

Kennedy's position also puts him at odds with President Trump, a longtime lover of fast food **who** worked to roll back stricter health requirements for school lunches during his first term.

"You get some ideas that make a certain amount of sense, but they are exactly the kind to **which** this administration is hostile," Dr Lurie said.

In a statement to the BBC, the Food Industry Association, **which** represents food retailers, producers and manufacturers, like General Mills, said it looked forward to working with Trump’s team to “ensure food and drug policy continues to be grounded in science, to reduce regulatory complexity”.

The industry complaints about Kennedy’s agenda do not come as a surprise, said Jeff Hutt, a spokesperson for the Make America Healthy Again political action committee, **which** is urging Republican lawmakers to confirm Kennedy.

The goal of the health movement, Mr Hutt said, is “prioritising the wellness of America over corporate profits”.

“Even if the idea of banning ultra-processed food is not possible politically, it’s a conversation that we need to have,” he said.

1. What is “Make America Healthy Again”? Why is it important?
2. What are its targets?
3. What policies are suggested? What could hinder their implementation?

=> Speak for 2 minutes: What policies would you suggest to fight against obesity?

Language: Les pronoms relatifs

Pronom	WHO	WHOM	WHICH	THAT	WHERE	WHEN
Remplace	une <i>personne</i>	Personne (niveau plus soutenu, souvent à l’écrit)	une <i>chose</i> ou un <i>animal</i>	une personne ou une chose	un lieu	un moment (date, année, époque)
Exemple	The expert who spoke yesterday supports Kennedy.	The senator whom he met criticised his ideas.	The policy which he proposed is controversial .	The reforms that he suggested surprised many experts.	<i>The state where he campaigned has many health issues.</i>	2001 was the year when the FDA changed its policy.

EXERCICE À TROUS

Complétez avec who, which, that, where, when.

1. Kennedy, ___ used to be a Democrat, proposed major food reforms.
2. Many experts support the idea of reducing ultra-processed foods, ___ are linked to health problems.
3. He criticised school lunches, ___ he says are part of a “toxic soup”.
4. The FDA, ___ does not control all ultra-processed foods, can only enforce certain rules.
5. Industry groups, ___ met with lawmakers, lobbied strongly against Kennedy.
6. Trump, ___ loves fast food, rolled back health requirements during his first term.
7. The political system, ___ decisions must go through Congress, makes reforms difficult.

THÈME GRAMMATICAL

1. Kennedy, qui était autrefois démocrate, veut lutter contre les maladies chroniques.
2. Les aliments ultra-transformés, qui sont très consommés aux États-Unis, posent de vrais problèmes de santé.
3. Les experts que Kennedy a rencontrés pensent que ses idées sont parfois irréalistes.
4. L'administration Trump, qui est opposée à ce type de politique, préfère réduire les réglementations.
5. Les entreprises alimentaires, qui ont beaucoup de pouvoir, essaient d'influencer les lois.

Part III - How to Fight Obesity: Between Individual Choices and Public Policies

Document G - Better Health Campaign 2020

<https://www.youtube.com/watch?v=RqJ85c9M0d0>

1. Describe briefly the video. What is its aim?
2. Who made it? Can you imagine the reasons?
3. Do you think it is efficient to fight against the rise in obesity?

Mini-debate: Should governments interfere with people's diets?

Document G - MAHA's 'Make Our Children Healthy Again' guidance ignores real causes of poor childhood health, experts say

By Sandee LaMotte Sep 11, 2025 CNN

The average American's diet is nutritionally disastrous and hurting children's health, according to the Make America Healthy Again Commission's latest action plan released Tuesday by the White House.

Exposure to dangerous chemicals, overmedication, a lack of physical activity, poor sleep, too much screen time and stress are the other key drivers of the decline in children's health, according to the MAHA commission's latest report, "Make Our Children Healthy Again."

But does the new strategy report, spearheaded by US Health and Human Services Secretary Robert F. Kennedy Jr., truly address the changes needed to improve children's well-being? CNN asked leading nutrition researchers, food safety advocates, pediatricians and health policymakers for their thoughts.

Trump budget cuts will make MAHA effort difficult. Overall, experts CNN spoke with agree with the main MAHA diagnosis: American children are increasingly affected by chronic disease that is largely preventable.

"There is much in this report that is on target, especially the need to improve diet quality and increase physical activity while reducing screen time," said leading nutrition researcher Dr. Walter Willett, professor of epidemiology and nutrition at Harvard T.H. Chan School of Public Health and professor of medicine at Harvard Medical School.

“However, some of the programs that would support better nutrition for children may be cut by the administration, such as the fruit and vegetable component of WIC, which is the Special Supplemental Nutrition Program for Women, Infants, and Children,” Willett said.

“If we want to see healthier pregnancies and birth outcomes and more children having a healthy start in life, this benefit must be protected from any cuts,” the nonprofit National WIC Association stated in June when the 2026 budget was announced.

More examples include the administration’s “unprecedented cuts” to the Supplemental Nutrition Assistance Program, or SNAP — and similar cuts to Medicaid, said Dr. Susan Kressly, president of the American Academy of Pediatrics.

The SNAP program, which provides monthly benefits to help low-income individuals and families buy groceries, is the “most effective tool available to prevent hunger in America,” according to the Georgetown Center on Poverty and Inequality.

Medicaid provides free or low-cost health coverage to the elderly, people with disabilities and some low-income pregnant women, families and children. Cuts to Medicaid hurt children by limiting their access to critical check-ups and preventive care and creates financial instability for families, experts say.

Document H - UK government dropped health push after lobbying by ultra-processed food firms

Andrew Gregory , Sat 17 May 2025, The Guardian

Government legal guidance urging retailers in England to offer millions of consumers deals and discounts on minimally processed and nutritious food was dropped after a lobbying campaign by the world’s biggest ultra-processed food firms, the Guardian can reveal.

Ahead of new regulations banning junk food promotions from October, the Department of Health and Social Care issued advice to thousands of shops, supermarkets, online retailers and other businesses to help them comply with the law.

The guidance said: “The aim of this policy is to shift the balance of promotions towards healthier options – such as minimally processed and nutritious food.” This might include, for example, two-for-one deals, discounts or extra loyalty points on fruit, vegetables, whole grains, fresh meat and fish.

Promotions on minimally processed and nutritious food would be gamechanging, making it more affordable for families and improving the diets of millions.

But the healthy food push was dropped on 1 June 2023 after the Food and Drink Federation, which represents corporations including Nestlé, Mondelēz, Coca-Cola, Mars and Unilever repeatedly demanded the government ditch it.

Now the new regulations coming into force in England still limit the promotion of food and drink that is high in fat, salt or sugar (HFSS), but guidance issued to retailers no longer urges them to switch their deals to minimally processed and nutritious food.

Instead, it simply encourages promotions of “healthier options”. Experts say this is “flawed” advice because many ultra-processed foods still meet the definition of “healthier”, including some energy drinks, crisps, snacks, cereal bars, pizzas, burgers and ice-creams.

The U-turn, revealed for the first time, occurred under Rishi Sunak’s government, the Guardian found. The change remains in the current government’s guidance being issued to retailers ahead of the law change in October.

Questions on documents G and H

1. In documents G and H, what different healthcare policies are described?
2. According to documents G and H, what are the main obstacles to efficient healthcare policies?
3. Mini-debate: To what extent should obesity be treated as a political issue?

Document J - Le Nutri-score ne sera finalement pas obligatoire ni généralisé dans les 27 pays de l’Union européenne (thème journalistique type BCE)

Publié le vendredi 28 février 2025 à 5:00

Tout avait pourtant bien commencé. En mai 2020, dans le cadre de son ambitieux Pacte vert, la Commission européenne dévoile sa stratégie “Farm to fork”, “de la ferme à la fourchette”. Il est question de créer, à l’horizon fin 2022, un logo nutritionnel harmonisé et obligatoire sur le devant des emballages (Front-of-pack nutrition labelling, ou FOPNL, en anglais).

“Une campagne de lobbying très intense s’est mise en place contre le Nutri-score”, témoigne Emma Calvert. Avec en première ligne, l’Italie et sa puissante industrie agroalimentaire, comme l’ont raconté nos confrères de Mediapart. “L’Italie avait peur du Nutri-score, elle redoutait que ce soit ce label qui soit généralisé en Europe”, se souvient Suzy Sumner de Foodwatch.

Il faut dire que l’opposante numéro un au Nutri-score n’est autre que la Première ministre italienne Giorgia Meloni. Issue du parti d’extrême-droite Fratelli d’Italia, elle n’a eu de cesse de décrire le Nutri-score comme une “folie”, qui nuirait aux produits “made in Italy”.

Document K - Thème littéraire (145 mots) type ECRICOME

J'ai toujours eu un excellent appétit, en particulier pour le sucre. Certes, je dois reconnaître que j'ai connu de bien plus grands champions que moi pour la faim du ventre, à commencer par mon père. Mais pour ce qui est du sucré, je défie toute concurrence.

Comme il fallait le redouter, cette faim a entraîné les pires contagions: dès mon plus jeune âge, j'ai souffert de la pénible impression de ne recevoir jamais que la portion congrue. Quand la barre de chocolat avait disparu de ma main, quand le jeu s'arrêtait sans transe, quand l'histoire se terminait de si insuffisante manière, quand la toupie cessait de tourner, quand il n'y avait plus de page au livre qui pourtant me semblait commencer à peine, quelque chose en moi se révoltait. Quoi ! On m'avait bien eue ! Qui espérait-on duper?

Biographie de la faim, Amélie Nothomb (2004)

Document L - Version journalistique (type ECRICOME)

Over 50% of adults worldwide predicted to be obese or overweight by 2050

More than half of all adults and a third of children, teenagers and young adults around the world are predicted to be overweight or obese by 2050. The findings come in a new study of global data published in The Lancet journal, covering more than 200 countries. Researchers warn that obesity levels are predicted to accelerate rapidly during the remainder of this decade, particularly in lower-income countries. However, experts say that if governments take urgent action now, there is still time to prevent what they describe as a "profound tragedy".

By 2021, almost half the global adult population - a billion men and 1.11 billion women aged 25 or older - were overweight or obese. The proportion of both men and women living with these conditions has doubled since 1990. If trends continue, global rates of overweight and obese adults would rise to about 57.4% for men and 60.3% for women by 2050.

4 March 2025, BBC

Travailler la traduction avec l'IA

Étape 1- En classe

Vous travaillez en groupes de 4. Choisissez un texte à traduire (document J, K ou L). Traduisez le texte ensemble phrase par phrase en rédigeant chaque phrase traduite en sautant des lignes. Mettez-vous d'accord sur une traduction commune, évacuez les désaccords. Vous travaillez sans aucune aide extérieure.

Étape 2- En salle informatique

Répartissez toutes les phrases traduites équitablement entre chaque membre du groupe. Connectez-vous sur [Claude.ai](https://claude.ai) et entrez le prompt suivant:

"Je suis étudiant en ECT et je travaille sur ma traduction [français→anglais / anglais→français].

Voici le texte original : [Tapez votre partie du texte source]

Voici ma traduction : [Tapez votre partie de la traduction]

Peux-tu :

- 1. Identifier les erreurs (grammaire, vocabulaire, syntaxe)*
- 2. Expliquer pourquoi ce sont des erreurs*
- 3. Proposer des corrections avec explications*
- 4. Souligner ce qui est bien traduit"*

Observez les suggestions et explications, corrigez sur les lignes sautées de votre traduction et prenez en note les conseils généraux donnés sur votre feuille.

Étape 3- Retours en groupes

Partagez avec les corrections et conseils donnés phrase par phrase avec les autres membres de votre groupe.

TOOLBOX – Government Regulation, Freedom & the Nanny State

Government Intervention / Intervention de l'État

English	French
government regulation	réglementation gouvernementale
public health policy	politique de santé publique
state intervention	intervention de l'État
food standards / safety	normes alimentaires / sécurité alimentaire
consumer protection	protection du consommateur
public campaigns	campagnes publiques
sugar / fat tax	taxe sur le sucre / la graisse

Freedom vs Control / Liberté vs Contrôle

English	French
individual freedom	liberté individuelle
personal responsibility	responsabilité personnelle
freedom of choice	liberté de choix
to infringe on freedoms	empiéter sur les libertés
the nanny state	l'État nounou
state paternalism	paternalisme d'État
overregulation	excès de réglementation
government overreach	excès de pouvoir de l'État

Arguments For Regulation / Arguments en faveur de la régulation

English	French
to protect public health	protéger la santé publique
to reduce obesity / addiction	réduire l'obésité / la dépendance
to educate consumers	éduquer les consommateurs
to prevent misleading advertising	empêcher la publicité trompeuse
collective responsibility	responsabilité collective

Arguments Against Regulation / Arguments contre la régulation

English	French
interference in private life	ingérence dans la vie privée
excessive state control	contrôle excessif de l'État
lack of trust in citizens	manque de confiance envers les citoyens
restriction of choice	restriction du choix
infantilization of society	infantilisation de la société

Useful Essay Phrases / Expressions utiles

English	French translation
In my opinion, government regulation is justified when...	À mon avis, la régulation est justifiée lorsque...
However, one might argue that...	Cependant, on pourrait soutenir que...
It raises the question of where to draw the line between...	Cela soulève la question de la limite entre...
It can be seen as a form of protection rather than control.	Cela peut être vu comme une forme de protection plutôt que de contrôle.
Ultimately, it depends on how far the State goes.	En fin de compte, tout dépend du degré d'intervention de l'État.