

- ☀ Document 1 : 4 Dossiers : health issues
- ☀ Document 2 : video :Super Size me
- ☀ Document 3 : Jamie Oliver foundation+ Potato or tomato ?
- ☀ Document 4 : Jamie Oliver the Nuggets experience



Vocabulary

- ◆ Global : mondial
- ◆ Junk food : malbouffe
- ◆ Soft drinks : boissons gazeuses sucrées
- ◆ Fat: gras
- ◆ Overweight: en surpoids
- ◆ Obese: //
- ◆ Weight: poids
- ◆ Calories: //
- ◆ Rate: le taux
- ◆ A diet: un régime
- ◆ Heath : santé
- ◆ Healthy : sain/bon pour la santé.



Recap : global food :

The Mc Donald's corporation is the world's largest chain of hamburger fast food restaurants, with 68 million customers daily in 119 countries across 35 000 outlets.

The American company began in 1940 and later businessman Ray Kroc turned it into a world famous corporation. Today, their revenue is about \$28 billion and their profit about \$5.5 billion, so it is huge!

With Walmart, Mc Donald's is the second largest private employer in the world: they have 1.9 million employees.

The company is criticized because it increases its profits at the expense of the health of its customers and the social conditions of its workers.

Morgan Spurlock's 2004 documentary film Super Size Me said that Mc Donald's food was contributing to the epidemic of obesity in society.

Link with the notion :

On a global scale (=à l'échelle mondiale) Mc Donald's is also responsible for destroying traditional family cooking and culture, and altering (=modifier) dangerously people's healthy food habits. That is why economists call this global phenomenon 'Macdonaldisation'

Recap : files

- The obesity rate by income level show that the poorer you are, the fatter and least active you are.
- More and more children and adolescents are touched by obesity
- You need from 1200 and 1600 calories daily to be in good health. There are 812 calories in a basic Mac Donald's menu, 450 in a chocolate bar and more than 550 in a basic pizza.
- You need to jog for 34 minutes to burn 300 calories.
- The causes of obesity are various, but basically, it's a combination of inactivity (video games+TV), unbalanced diet, lack of sleep, age and smoking.
- The number of obese people has risen. The USA is the fattest country. One adult out of 2 or 3 is obese. The Fattest state is Mississippi.