

## LANGUE VIVANTE OBLIGATOIRE : ANGLAIS

Durée : 2 heures

**L'usage d'abaques, de tables, de calculatrice et de tout instrument électronique susceptible de permettre au candidat d'accéder à des données et de les traiter par les moyens autres que ceux fournis dans le sujet est interdit.**

Chaque candidat est responsable de la vérification de son sujet d'épreuve : pagination et impression de chaque page. Ce contrôle doit être fait en début d'épreuve. En cas de doute, le candidat doit alerter au plus tôt le surveillant qui vérifiera et, éventuellement, remplacera le sujet.

Ce sujet comporte la présente page de garde et un énoncé de 3 pages numérotées de 1 à 3.

Si, au cours de l'épreuve, un candidat repère ce qui lui semble être une erreur d'énoncé, il le signale sur sa copie et poursuit sa composition en expliquant les raisons des initiatives qu'il a été amené à prendre.

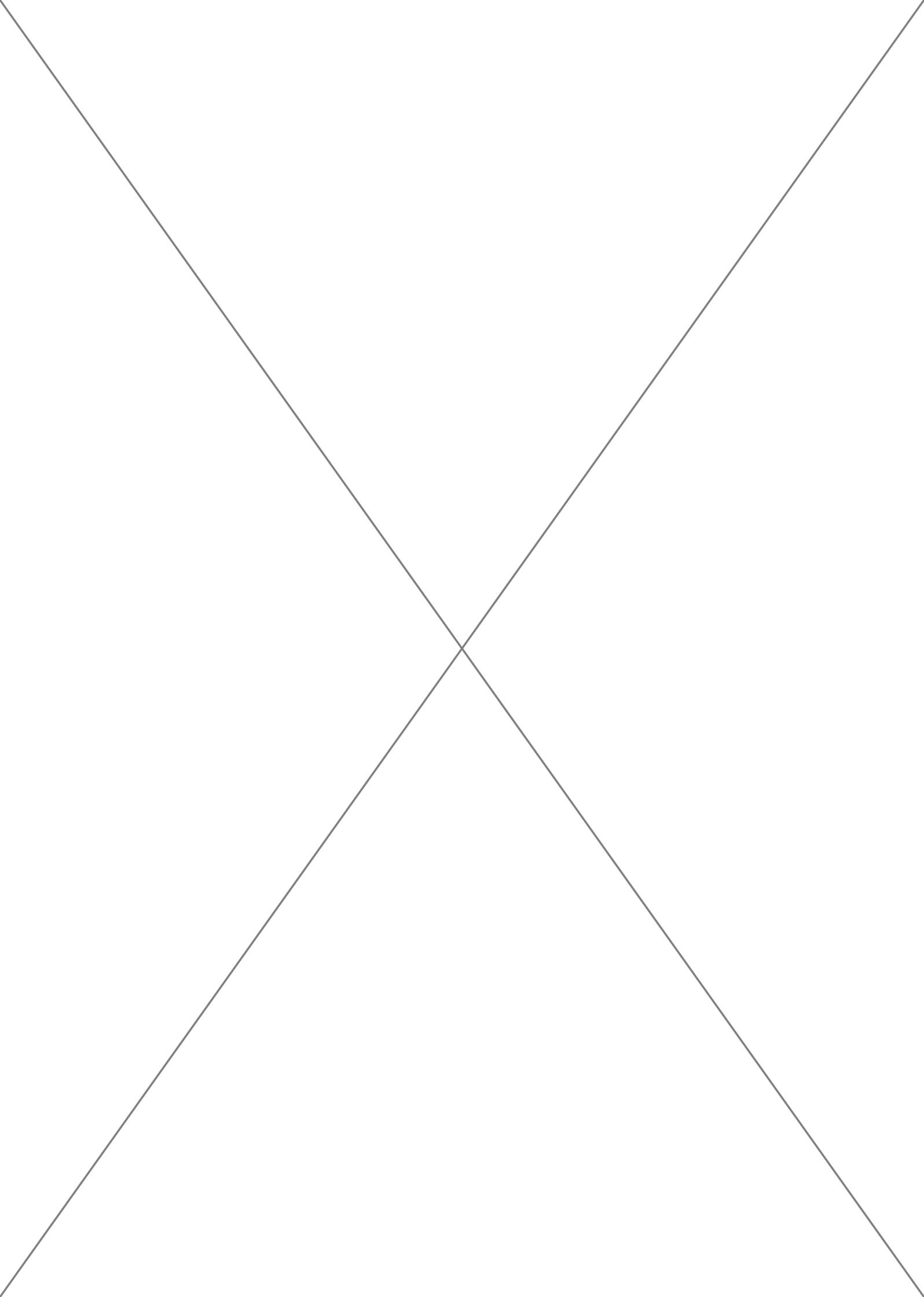
**L'épreuve comprend deux parties :**

### **I. Questionnaire à choix multiples (QCM) sur la compréhension de l'écrit : 10 points sur 20**

- Lisez le texte et répondez ensuite aux questions ;
- Choisissez parmi les quatre propositions de réponse (A, B, C ou D) celle qui vous paraît la mieux adaptée ;
- Il n'y a qu'une seule réponse possible pour chaque question ;
- **Reportez votre choix sur votre copie ;**
- Cette partie comporte 4 questions de compréhension, 3 questions de vocabulaire et 3 questions de grammaire.
- Barème :
  - Réponse juste : 3 points ;
  - Pas de réponse : 0 point ;
  - Réponse fautive ou réponses multiples : -1 point.

### **II. Question d'expression écrite : 10 points sur 20**

- Rédigez votre réponse en 180 à 200 mots.



## I. Compréhension de l'écrit et QCM

### Detoxification is a popular claim in wellness. But it's just another lie

Adrienne Matei, *The Guardian*, Wed 31 Jul 2024

That methods like cleanses, juice fasts, supplements and sauna sessions can detoxify the body is among the most misleading wellness claims. “Detox” practices might feel good, have a place in someone’s personal routine, lead to weight loss or create a placebo effect, but experts have repeatedly debunked claims that they meaningfully remove toxins from our bodies. In fact, in  
5 some cases, they may do the opposite by harming our built-in detoxification systems; nutritional supplements account for 20% of toxic liver damage in the US.

Aside from medical interventions prescribed for specific conditions, there’s almost nothing we can do to help our bodies detox more effectively. Instead, it’s good practice to stay hydrated, get adequate rest, exercise and maintain good nutrition with a balanced diet high in vitamin-rich  
10 plants, all of which support the function of our kidneys, liver and other organs.

Yet the idea of clearing out our bodies has captivated the public imagination for millennia. “We’ve been doing some version of detoxing since antiquity,” says Dr Christopher Labos, a cardiologist, epidemiologist and the author of 2023’s *Does Coffee Cause Cancer? And 8 More Myths about the Food We Eat*. Only with the development of modern medicine and germ theory have we realized  
15 “that much of that rationale of detoxing doesn’t actually hold true”, he says.

The current moment is no different. In fact, we may be talking about, believing in, and spending more money on detoxing than ever. Research estimates the global market for detox wellness products will rise from \$49bn in 2019 to \$80.4bn by 2030. In 2018 alone, Americans spent more than \$62m on detox teas. And with “detox” on the label, even basic products are sold at a premium.

20 Social media is a breeding ground for detox content. On TikTok, more than 132m posts use the hashtag #detox, detailing how to fill your belly button with castor oil or drink dangerous borax highballs. Influencers can earn income through affiliate links to dubious detox products on TikTok or Instagram. Users can grow their audience by sharing health “hacks” that span from pointless to harmful, broadcasting their beliefs that lemon water revolutionized their health or that most  
25 Americans have a stomach full of parasites.

Why are we so susceptible to detox claims? It doesn’t help that most detox hacks bear a sheen of logic, making them psychologically appealing even when spurious (I once bought liquid chlorophyll because it seemed correct that drinking pure green plant essence would bolster my health). Nor that mainstream medical institutions leave many people feeling dismissed, making them more  
30 receptive to unverified health advice.

Almost a decade ago in the *Guardian*, the German physician Edzard Ernst described commercial detox products, like prefab cleanses and tinctures, as a “criminal exploitation of the gullible”, claiming they promised “a simple remedy that frees us of our sins”.

“When most of us utter the word ‘detox’, it’s usually when we’re bleary-eyed and stumbling out  
35 of the wrong end of a heavy weekend,” the article stated, and it’s true that online searches for “detox” reliably surge in January, after weeks of holiday indulgence.

**QCM : UN SEUL CHOIX POSSIBLE PAR QUESTION.**

**RÉPONDEZ SUR LA COPIE, PAR EXEMPLE :**

« Question 11 : choix A » ou « Q11 : A », etc.

**VEILLEZ À CE QUE LES LETTRES INDIQUANT LES CHOIX SOIENT TRÈS LISIBLES.**

### **Questions de compréhension**

Pour chaque question, choisissez la réponse la plus adéquate en fonction du sens du texte.

- 1. Lines 1-6: To what extent do “detox” practices help reduce toxins in our bodies?**
  - A. They meaningfully remove toxins from our bodies.
  - B. They never have any effect, positive or negative.
  - C. They may have a negative effect in some cases.
  - D. They are only good for our livers.
  
- 2. Lines 11-19: At what point were “detox” products most used?**
  - A. In antiquity.
  - B. In 2018, with millions being spent on detox teas.
  - C. In 2019, and consumption will increase by 2030 if the word “detox” is mentioned on the label.
  - D. In 2019, and consumption will increase by 2030 as the wellness market is expected to continue thriving.
  
- 3. Lines 20-25: Why do influencers make money on TikTok?**
  - A. Because Americans have a stomach full of parasites.
  - B. Because they share their healthy practices.
  - C. Because they post affiliate links to questionable products.
  - D. Because they use the hashtag #detox.
  
- 4. Lines 26-36: Which of the following is not cited as a reason why people use “detox” products?**
  - A. They are described in a way that seems logical.
  - B. People feel bad after a weekend of partying.
  - C. People feel neglected by mainstream medical institutions.
  - D. There is some truth to the promise that they will free us from our sins.

### **Questions de vocabulaire**

Trouvez l'expression correspondante pour ces termes issus du texte.

- 5. In this context, “built-in” (line 5) means:**
  - A. That occurs naturally in a product.
  - B. That has been added to a product.
  - C. That has been added to our bodies.
  - D. That occurs naturally in our bodies.

6. **“Dubious” (line 22) means:**

- A. Convincing
- B. Criminal
- C. Doubtful
- D. Doubled

7. **“Susceptible” (line 26) means:**

- A. Likely to believe something
- B. Likely to take offense at something
- C. Likely to tell a lie
- D. Likely to need a “detox” product

### **Questions de grammaire**

Choisissez la proposition grammaticalement correcte.

8. **The ... way to “detox” is to drink water.**

- A. better
- B. good
- C. best
- D. rightest

9. **Modern medicine ... “detox” products may be harmful.**

- A. have shown
- B. has showed
- C. has show
- D. has shown

10. **The text is about the dangers of ...**

- A. the “detox” products.
- B. “detox” products.
- C. a “detox” products.
- D. too much “detox” products.

## **II. Question d’expression écrite**

Vous traiterez le sujet suivant en 180 à 200 mots et vous indiquerez à la fin de votre production le nombre exact de mots utilisés.

**Does our obsession with health do more harm than good?**

**FIN DU SUJET**