

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.

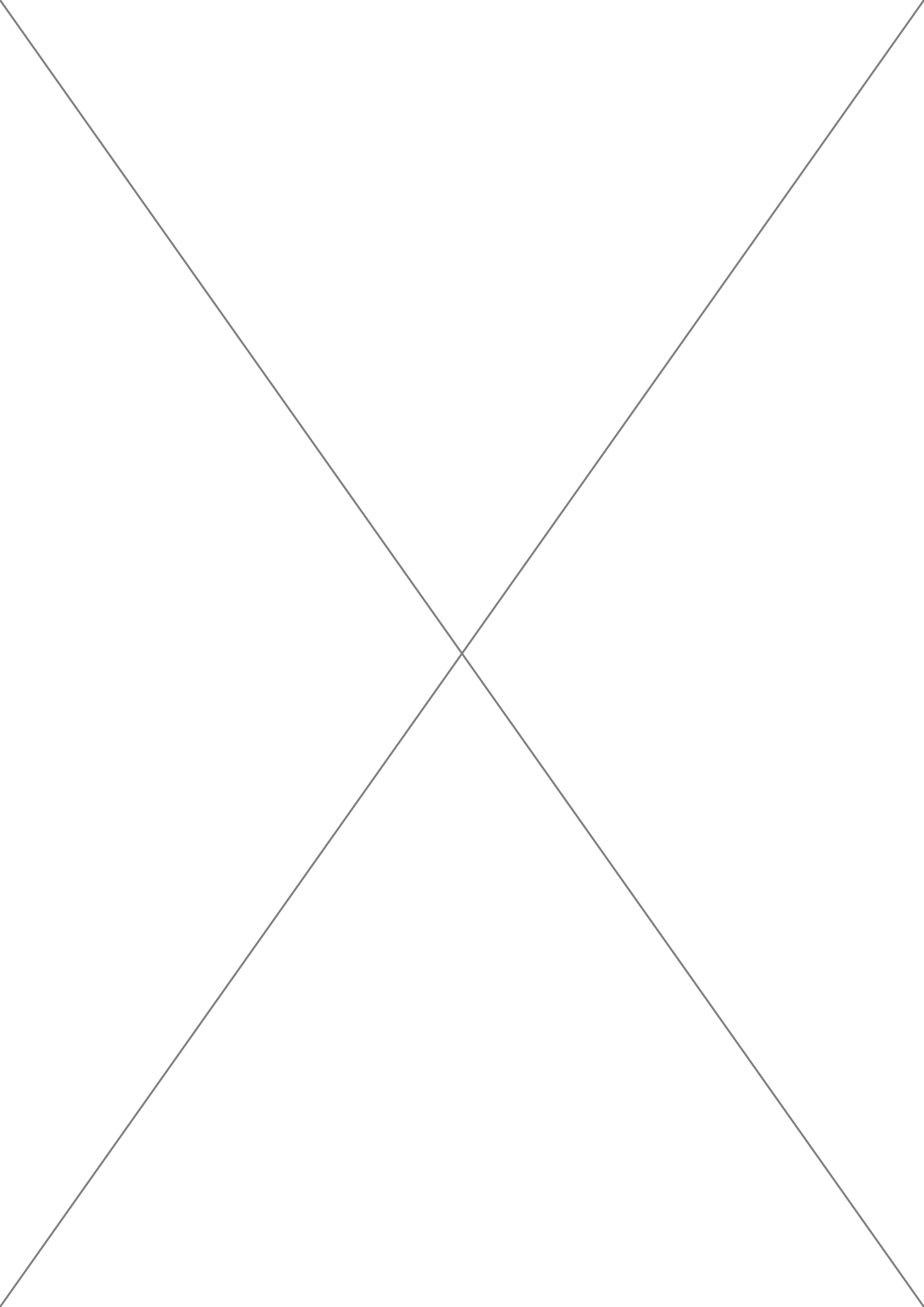
L'épreuve comprend deux parties :

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 fausse 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

'Planetary health diet' could save 40,000 deaths a day, landmark report finds

Damian Carrington, *The Guardian*, Fri 3 Oct 2025

Adoption of a plant-rich "planetary health diet" could prevent 40,000 early deaths a day across the world, according to a landmark report.

- The diet – which allows moderate meat consumption – and related measures would also slash the food-related emissions driving global heating by half by 2050. Today, a third of greenhouse gas emissions come from the global food system and taming the climate crisis is impossible without changing how the world eats, the researchers said. Food production is also the biggest cause of the destruction of wildlife and forests and the pollution of water. The planetary health diet (PHD) sets out how the world can simultaneously improve the health of people and the planet, and provide enough food for an expected global population of 9.6 billion people by 2050.
- 10 The diet is flexible, allowing it to be adapted to local tastes, and can include some animal products or be vegetarian or vegan. However, all versions advise eating more vegetables, fruits, nuts, legumes and whole grains than most people in the world currently eat. In many places, today's diets are unhealthy and unsustainable due to too much meat, milk and cheese, animal fats and sugar.
- 15 People in the US and Canada eat more than seven times the PHD's recommended amount of red meat, while it is five times more in Europe and Latin America, and four times more in China. However, in some regions where people's diets are heavily reliant on starchy foods, such as sub-Saharan Africa, a small increase in chicken, dairy and eggs would be beneficial to health, the report found.
- 20 Severe inequalities in the food system must also be ended to achieve healthy and sustainable diets, the researchers said. The wealthiest 30% of the world's population generates more than 70% of food-related environmental damage, it found. Furthermore, 2.8 billion people cannot afford a healthy diet and 1 billion are undernourished, despite enough food being produced globally. The food system is also failing the 1 billion people living with obesity, the report said.
- 25 The report recommends shifting taxes to make unhealthy food more costly and healthy food cheaper, regulating the advertising of unhealthy food and using warning labels, and the shifting of today's massive agricultural subsidies to healthier and more sustainable foods.
- 30 "What we put on our plates can save millions of lives, cut billions of tonnes of emissions, halt the loss of biodiversity, and create a fairer food system," said Prof Johan Rockström, who co-chaired the EAT-Lancet Commission that produced the report. "The evidence is undeniable: transforming food systems is not only possible, it's essential to securing a safe, just, and sustainable future for all."
- 35 "This is not a deprivation diet," said Prof Walter Willett of the Harvard TH Chan school of public health, and another commission co-chair. "This is something that could be delicious, aspirational and healthy. It also allows for cultural diversity and individual preferences, providing flexibility." The report, published in the *Lancet*, was produced by 70 leading experts from 35 countries and six continents. It builds on the 2019 report that introduced the PHD, but includes new evidence of the health benefits of the diet. [...]

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 1-9 : Why do food systems need to change, according to the article?**
 - A. Food production is the main cause of global warming, biodiversity loss, and water pollution
 - B. Almost 3 billion people are undernourished while one billion are obese
 - C. Food taxes are too high
 - D. The global food production is insufficient

- 2. Lines 1-9 : What is the main goal of the planetary health diet?**
 - A. To guarantee everyone can afford any type of food
 - B. To improve both human health and the planet's health
 - C. To reduce food production globally
 - D. To reduce global heating by half by 2025

- 3. Lines 10-19 : Which statement about the planetary health diet is true?**
 - A. It bans meat, milk and cheese consumption
 - B. It allows flexibility to suit local tastes and cultures
 - C. It requires everyone to follow a plant-based diet
 - D. It is only recommended in wealthy countries

- 4. Lines 20-32 : What change does the report suggest to make healthy food more accessible?**
 - A. Increase subsidies for sustainable trade
 - B. Mass-produce sustainable foods
 - C. Shift taxes to make healthy food less expensive and unhealthy food more expensive
 - D. Ban all advertising of food products

Questions de vocabulaire

- 5. Examples of *starchy foods* (line 17) eaten in Africa are:**
 - A. chocolate and candy bars
 - B. sorghum, teff, millet and rice
 - C. bananas and mangoes
 - D. leafy vegetables such as kale

- 6. A *label* (line 26) on a food product:**
 - A. means it is very good quality
 - B. shows the brand of the product
 - C. says the price of the product
 - D. gives information on nutrition and ingredients

7. **Agricultural *subsidies* (line 27) are:**

- A. money granted by the state
- B. farmers' debts
- C. overproduction of farm produce
- D. field harvests

Questions de grammaire

8. **Making suggestions: which structure is correct? This article...**

- A. recommends to make vegetables cheaper
- B. says we should eating more healthily
- C. suggests to eat less meat
- D. advises that farmers protect biodiversity

9. **Contrasting: which structure is correct?**

- A. In spite of the benefits, some people don't want to change what they eat.
- B. Despite of knowing it helps the planet, many people find it hard to follow the planetary health diet.
- C. The planetary health diet is good for the Earth; although, it can be hard for everyone to follow.
- D. However the planetary health diet involves eating less meat, people can still eat some animal products.

10. **Numbers: which structure is correct?**

- A. Nearly a billion of people don't have enough healthy food.
- B. Hundreds scientists worked together to create the guidelines for the planetary diet.
- C. Every year, millions of tons of food are wasted, which the planetary diet aims to reduce.
- D. Global adoption of the planetary health diet could prevent about 15 millions early deaths every year.

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.

What role do individual choices play versus government policies in improving human and planetary health?

Give examples.

FIN DU SUJET