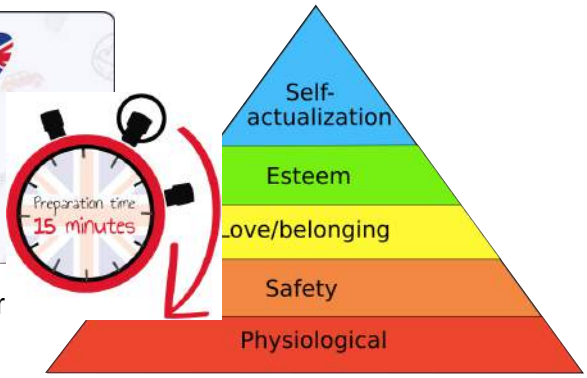
IT ALL STARTS WITH FOOD

EAE Learning objectives for this lesson

Learn new vocabulary. Discuss an issue. Comprehension practice. Learn new expressions for expressing an opinion and arguing a point. Learn how to structure an argument and practice expressing opinions and arguments in English.



Activity One - Questions and Answers - with your teacher or partner

1. Do you know what the diagram below represents?
2. What are the physiological needs referred to in this hierarchy of needs?
3. What's the difference between the way we relater to food here in France and the way people relate to food in the developing world?
4. Are you sensitive about food waste and do you try to avoid it?
5. What do you think we should do with unwanted food?
6. What do you know about sustainability and food?
7. What do you think the new consumer trends are in buying and eating food in France?

Activity Two - The food revolution.

My Plate, My Planet

Find definitions for these expressions (before the lesson).

To cross your lips .....

to bear a resemblance .....

a voice of protest .....

to pass up .....

the fringe .....

To awaken .....

collectively .....

depletion .....

to put pressure on .....

throughout .....

Read the article paying attention to your intonation and stress.

We can survive without many things but we cannot survive without food, the production of which has become a serious environmental concern. Rapidly growing world's population requires increased food production which is of the greatest causes of environmental degradation throughout the world.

But if you happen to eat like a typical 21st-century person living in the industrialised world, the food that crosses your lips probably bears about as much resemblance to its natural state as a chicken nugget does to a barnyard hen. And that difference has everything to do with the vast, complex, and often highly toxic industrial food system. Although for decades the only voices of protest were coming from the fringe, now there's a fully-fledged revolution going on, and all you have to do to join is pass up the chips and nuggets and eat a locally grown, organic carrot instead.

As we collectively awaken to the gravity of our ecological crises, more people are beginning to talk about the relationship between our diets and climate change. It turns out that our heavy consumption of animal-based foods is not only causing problems like diabetes, cancer and cardiovascular disease, but our meat and dairy-dominated diets are also putting tremendous pressure on our environmental systems through greenhouse emissions, fresh water depletion, and deforestation.

Sources: http://www.oprah.com/omagazine/The-Sustainable-Food-Movement-A-Delicious-Revolution http://www.myplatemyplanet.org/ http://www.landroots.org.uk/

Activity Three - Food Facts. Read the facts and give your opinion on each one as well as the paragraph about industrial agriculture.

Expressions for giving your opinion.

To my mind	***Clearly***	***It seems clear that***
In my opinion	***Obviously***	***It's obvious that***
In my view	***Ultimately***	

1. The global temperature on an average has increased by 0.6 to 1 degree Celsius till the 20th century.
2. Around 15% of the carbon released in the environment is due to deforestation and change in use of land.
3. Global food productions will need to increase by 60% by 2050 to feed a growing population.
4. Agriculture accounts for 70 per cent of all water taken from aquifers, streams, rivers and lakes.
5. The meat industry is estimated to be responsible for about 9 percent of total carbon dioxide emissions which are a result of emissions of various gases from the farms as well as from the microbial activities after application of animal waste as fertilisers.
6. The use of pesticides, artificial fertilisers and other chemicals seriously pollutes the environment and threatens wildlife species.
7. Approximately 80% of all antibiotics used in the United States are fed to farm animals for non therapeutic purposes.
8. In 1950, the average dairy cow produced almost 5,300 pounds of milk a year. Today, the typical cow today produces just under 20,000 pounds.
9. 9 Billion people will inhabit the world by 2050.
10. The highest rates of yield for agricultural crops in the world have been achieved achieved by using the best GM plants the best fertilisers and the best fungicides.

Before industrial agriculture and CAFOs, before processed foods, McDonald's and TV dinners - people ate real food. This real food consisted of whole fruits and vegetables eaten in season or preserved in the summer months for a long cold winter. Real food came from animals that grazed on pasture and were allowed to live out their natural instincts by scratching, pecking, birthing and wandering as they wanted.

But now industrial agriculture has taken over our food supply. In an attempt to feed more people in a easier and more productive way, food has become food "products" full of chemicals not real food. This denatured food contributes to diseases that are shortening the human lifespan for the first time ever. Obesity, cancer, heart disease, high blood pressure and diabetes are at an all time high, and most of these diseases are controllable by the food we consume.

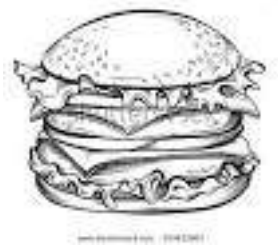
http://www.sustainabletable.org/

Extra Studies: Check out the real time statistics on this page http://www.worldometers.info/ - What do you notice about the food facts and the environmental facts you find there?

Activity Four - **Constructing an argument** in English

If you want to **argue a point** it's a good idea to structure your argument clearly. Here is a structure:

1. Briefly put forward a well-considered point of view.
2. Provide support for this view with proof points.
3. Create a balance by referring to other viewpoints
4. Counter these with more proof for your view.
5. Conclude by repeating your argument.



- **Now argue the point either for industrial agriculture or against it.**

Activity Five - match the word to the correct definition:

harmless	capable of causing harm
harmfull	noun damage or injury verb to cause damage or injury
a bad rap	to live through something
harm	to watch for something - to be vigilant
spooky	without the power or the desire to do harm
to experience	frightening
to keep an eye out	really good
awesome	an unjustified condemnation

Activity Six ***Watch the video*** and answer the questions:
https://www.youtube.com/watch?v=ZNvcFP92dlI - What's really in our food Life Noggin.



1. What can be spooky to think about?
2. What should you talk to your doctor about?
3. Where does carmine come from?
4. Where is gluten used and why?
5. What's it called when you are allergic to gluten?
6. Why are people talking about antifreeze?
7. Is it safe?
8. What else comes from insects?
9. What is carregeenen?
10. What did you think of this video? Did you learn anything new from it?

Activity Seven - **Role Plays**

- You work for a food manufacturer and you have just invented a new type of low fat, low calorie cake which you say is delicious. It's full of additives and preservatives. You present it to the food purchaser of a large supermarket chain. You try to present the good points and minimise the bad points. You are an agressive sales person. Invent a name for your product.

- You are a farmer and you have brought out a new range of home made gluten free entirely natural cakes. They are delicious and contain no added ingredients. All the eggs and milk come from your own farms. They are also sugar free. However they don't last long on the shelves. You are a hippy. You present them to the food purchaser of a large supermarket chain. Invent a name for your product.

Activity Eight - Additives - **Guess what's in these foods…**

