Listening comprehension **The diet that helps fight climate change**

**1) Match the following words or expressions with their definitions**

|  |  |
| --- | --- |
| sucker | the amount of something that you eat or drink |
| conflicted | one of several substances, such as sugar or starch, that provide the body with energy |
| per capita | boats |
| cereal crops | powerful |
| ships | birds, such as chickens, that are bred for their eggs and meat |
| livestock | a gullible or easily deceived person |
| poultry | cattle |
| intake | grains |
| potent | for each person |
| carbs (short for carbohydrates) | unable to [decide](https://www.collinsdictionary.com/dictionary/english/decide) between opposing feelings or views |

**2) Match the following words with their translation**

|  |  |
| --- | --- |
| ribeye steak | se sentir impuissant |
| medium rare | réduire |
| to crunch the numbers | une portion |
| it is as good as it gets | énormément de |
| lamb | une entrecôte |
| it doesn’t do much of a dent | c’est ce qu’on peut faire de mieux |
| to cut back (on) something | faire des calculs |
| to feel helpless | l’agneau |
| loads of | ça n’a pas beaucoup d’effet |
| a serving | à point (cuisson de la viande)/ rare : saignant/ well done : bien cuit |

**3) Underline the stressed syllable in the following words :**

sugar, medium, conflicted, produce, climate, emissions, impact, ruminant, methane, carbon

dioxide, eliminate, sustainable, actually, vegetarian, percent, intake

**4) Watch the video and answer the following questions :**

1) Why is M. Sanjayan a total sucker when it comes to food?

2) Why does he say that what we put on our plates matters a lot?

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3) Do the personal decisions we are making regarding our food (especially when eat beef) have a big impact?

4) How does beef compare with chicken, fish and veggies in terms of greenhouse emissions?

5) Complete the blanks :

Livestock -------------------------- ------------ a little over 14 percent of global greenhouse gas emissions. If that sort of seems low to you, consider it’s about ------------------------------ to transportation. We’re talking all the cars, trucks, planes, trains and ------------------------- on the planet combined!

6) Why can we say ruminant animals contribute to global warming?

7) Why is raising livestock not environmentally-friendly?

8) What is said about meat consumption in the US?

9) What does M. Sanjayan say about veganism?

10) What diet does he advocate? Why?

11) Why can we say reducing our consumption of meat would be like killing two birds with one stone (faire d’une pierre deux coups)?

12) Complete the blanks :

Eliminating like 90 percent of your meat -------------------- is more important than eliminating all of your meat. We don’t all have to be -----------------------. We don’t all even have to be vegetarian. If we can just reduce our meat intake, every little bit -----------------------. And if you can bring it down a lot, you can help the climate a lot. If we all just ----------------------- to a Mediterranean diet, it could ------------------------ solve 15 percent of global warming pollution by 2050.

**5) Discussion**

**Work in pairs and weigh the pro’s and con’s of going vegeterian**

|  |  |
| --- | --- |
| Aguments in favor of becoming vegetarian | Arguments against |

Write a text of about 15 lines weighing the pros and cons of adopting a vegetarian diet. Make sure you use the following link words : actually, what’s more, however, even if, although, finally.