

“A diet designed to save us, and the planet”, *The Financial Times*, August 18, 2020

(<https://www.ft.com/video/278da3c8-c74d-4948-a8c0-06dd134ec22d?playlist-name=latest&playlist-offset=14>)

Watch the video and fill in the gaps (the words are given at the bottom of the page).

So we've got these two _____ coming together. On the one hand, we all need to eat more **healthily**, and on the other side, we need to eat more **sustainably**, because food production exerts an enormous **toll** on the planet. Global food production accounts for 30 per cent of _____ gas emissions and 40 per cent of land use.

So last year, a **bunch** of scientists sat down and tried to work out what a sustainable, healthy **diet** looked like. The key thing to _____ though, is a healthy diet isn't exactly the same as a sustainable diet. It's not just the foods _____ that might be the problem. It can be the way they're produced.

So, for example, **when it comes to fish**, around 60 per cent of the world's fish stocks are either fully fished or **overfished**. The top line on this diet, less _____, less **dairy**, fewer potatoes, and a lot more plants. To be a true **convert** however, you need to pretty much give up chicken and fish, and move into nuts, seeds, and legumes.

So what would this diet look like on a _____? Well, around 1/2 the plate would be filled with fruit, **veg**, and nuts, and the other 1/2 would have things like whole grains, plant proteins, like beans and lentils, some **starchy** veg, a very small amount of meat and _____, and some plant oils, maybe some added sugars.

This diet allows for around 2,500 calories a day. If you were following the diet, you could have one **boiled egg** a week. Just one _____ of milk a day covers all your dairy **requirements**. **Globally**, the diet means that we need to halve our consumption of red meat and sugar, and _____ our **intake** of veg, fruit, **pulses**, and nuts. The typical North American would need to eat 84 per cent less red meat and six times more beans and lentils, and that is a tough ask.

So it's not just about the food we eat and the way it is produced, it's also about the way we **behave**. We might want to look at packaging, for example. Plastic has a _____, but it's lighter than glass, and therefore for transport, it could have a lower **carbon footprint**.

And also the volumes of things. So if you compare, for example, concentrated orange juice to fresh orange juice. Concentrated, because it's lower volume, you don't have the transport costs and the environmental footprint of that. Food **waste** is another _____. Around a third of the food that's produced globally gets **thrown away**.

Buying locally and **buying seasonally** can also make a _____. We know that by 2050 we might have 10 billion _____ to feed. If we're going to eat sustainably in the years to come, in the decades to come, we're going to have to change the way we eat.

Healthily=sainement (health= la santé)

Sustainable=durable; (sustainable development=développement durable)

Toll=tribut (aussi péage)

Groupe (aussi botte ; a bunch of flowers)

Régime (alimentaire)

When it comes to= en ce qui concerne

To fish = pêcher /

overfished= ici, surexploité

Dairy= produit laitier

Convert= un(e) converti(e)

Veg= vegetables (légumes)

Starch=amidon ;

starchy=riche en amidon

Starchy veg= légumes

féculeux

Boiled egg= œuf à la coque

Requirements=besoins

Globally=Mondialement (pas généralement !)

Intake=consommation,

apport, admission

Pulses=légumineuses

Behave=se comporter

Carbon footprint=empreinte

carbone

Waste=déchet, gaspillage

To throw away= jeter (throw, thrown, throw)

Buying seasonally=acheter de façon saisonnière

Answers: factors; greenhouse; remember; themselves; meat; plate; dairy; glass; double; bad name; challenge; difference; mouths