

WHAT'S YOUR DIET'S CARBON FOOTPRINT ?



DOMAINE 1 :
Comprendre, s'exprimer en
utilisant une langue étrangère.

Lire et comprendre
l'écrit

Trouver des renseignements spécifiques dans
des documents informatifs simples. A2

By Nassos Stylianou, Clara Guibourg and Helen Briggs

BBC News

Avoiding meat and dairy products is one of the biggest ways to reduce your environmental impact, according to recent scientific studies.

Food production is responsible for a quarter of all greenhouse gas emissions, contributing to global warming, according to a University of Oxford study. However, the researchers found that the environmental impact of different foods varies hugely.

Their findings showed that meat and other animal products are responsible for more than half of food-related greenhouse gas emissions, despite providing only a fifth of the calories we eat and drink.

Of all the products analysed in the study, beef and lamb were found to have by far the most damaging effect on the environment.

The findings echo recommendations on how individuals can lessen climate change by the Intergovernmental Panel on Climate Change (IPCC).

When it comes to our diets, the IPCC says we need to buy less meat, milk, cheese and butter - but also eat more locally sourced seasonal food, and throw less of it away.

The IPCC also recommends that we insulate homes, take trains and buses instead of planes, and use video conferencing instead of business travel.

Cutting meat and dairy products from your diet could reduce an individual's carbon footprint from food by two-thirds, according to the Oxford study, published in the journal Science.

"Changing your diet can make a big difference to your personal environmental footprint, from saving water to reducing pollution and the loss of forests," study researcher Joseph Poore told BBC News.

"It reduces the amount of land required to produce your food by about 75% - that's a huge reduction, particularly if you scale that up globally," Poore explained.

Knowing how and where your food is produced is also important, as the same food can have huge differences in environmental impact.

For example, beef cattle raised on deforested land is responsible for 12 times more greenhouse gas emissions than cows reared on natural pastures.

Meat and dairy are not the only foods where the choices you make can make a big difference.

Chocolate and coffee originating from deforested rainforest produce relatively high greenhouse gases.

Even the most climate-friendly meat options still produce more greenhouse gases than vegetarian protein sources, like beans or nuts.

1) Quelle est la nature et la source du document ?

Il s'agit d'un d'article de presse provenant de BBC News.

2) A quel degré la production alimentaire participe-t-elle à l'effet de serre ?

Elle est responsable pour ¼ de toutes les émissions de gaz à effet de serre.

3) Que préconise l'IPCC concernant nos régimes alimentaires ?

Nous devrions acheter moins de viande, de lait, de fromage et de beurre mais également manger plus de produits saisonniers produits localement et moins jeter de nourriture.

4) Que recommande également l'IPCC ?

D'isoler nos foyers, de prendre le train et le bus au lieu de l'avion, et de faire plus de vidéo conférences plutôt que des voyages d'affaires.

5) A quel degré pouvons-nous réduire notre empreinte carbone en diminuant notre consommation de viande et de produits laitiers ?

Nous pouvons réduire notre empreinte carbone de 2/3.

6) Pourquoi est-ce important de savoir comment et où notre nourriture est produite ?

Le bétail élevé sur des terrains déboisés par l'homme produit 12 fois plus de gaz à effet de serre que des vaches élevées sur des pâturages naturels.