

BACCALAURÉAT PROFESSIONNEL

ÉPREUVE ORALE SPÉCIFIQUE – ANGLAIS

PRÉVENTION SANTÉ ENVIRONNEMENT

**SECTION EUROPÉENNE
DURÉE DE L'ÉPREUVE : 20 minutes**

La calculatrice et le dictionnaire ne sont pas autorisés.

BALANCED DIET

Situation

You are on a 10-month work placement in Scotland and you share a flat.
You are tired of eating junk food and you want your flatmates to adopt a better balanced diet.

Tasks

You are expected to :

- explain to your flatmates how to have balanced meals
- describe the benefits for their health

A Healthy Plate

A FIBER-FILLED DIET RICH IN WHOLE GRAINS, VEGETABLES, AND FRUITS.

HALF VEGETABLES & FRUITS

CHOOSE A VARIETY OF COLORS. DARK GREEN, YELLOW, ORANGE, AND RED ARE THE BEST CHOICES.



DRINK WATER

AVOID THE SUGARY DRINKS. WATER IS BEST AT QUENCHING YOUR THIRST. CALCIUM IS IMPORTANT, BUT THERE ARE BETTER SOURCES THAN MILK.



ONE FOURTH WHOLE GRAINS

EAT WHOLE (BROWN) GRAINS AND TRY TO AVOID REFINED (WHITE) GRAINS.

ONE FOURTH PROTEIN

FISH, POULTRY, NUTS, AND BEANS ARE IDEAL SOURCES OF PROTEIN.