

Séquence pédagogique 4ème « Let's move! »

Compréhension écrite : Exemples d'exploitation d'articles

Article n°1: 5 ways to get your 5 a day!

I. ANTICIPATION: The Eatwell plate

1. Look at the following plate created by the famous TV chef Jamie Oliver and describe it.



It shows the different types of food that make up our diet and the proportions we should eat them in to have a well-balanced and healthy diet.

- a. Explain what we should eat each day to be healthy:

In order to be healthy, we ...

So as to have a well-balanced diet, we ...

- b. Compare the proportions:

.....

.....

Séquence pédagogique 4ème « Let's move! »

Compréhension écrite : Exemples d'exploitation d'articles

II. READING:

2. Read the article and list the food items from the document:

FRUIT	VEGETABLES Or	DAIRY PRODUCTS	MEALS

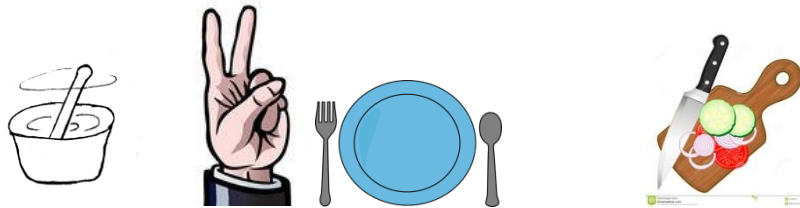
3. List the verbs from the document:

.....

.....

.....

4. Find the verbs corresponding to these pictures:



5. Answer the following questions: what should we do to eat 5 fruit and vegetables a day?

.....

.....

6. Now, get ready to advise your classmates how to eat 5 fruit and vegetables a day:

.....

.....

.....

.....

.....

.....

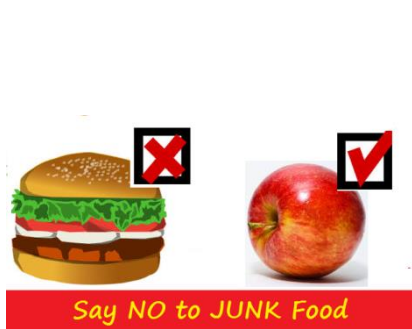
Séquence pédagogique 4ème « Let's move! »

Compréhension écrite : Exemples d'exploitation d'articles

Article n°2: Junk food to be banned in schools

I. ANTICIPATION: What is junk food?

1. Look at these two pictures and give a definition and examples for “junk food”. Then, explain what we should eat to stay healthy:



.....

.....

.....

.....

.....

.....

2. Who are they? Do you know Jamie Oliver?

Imagine what the text will be about:



Chef Jamie Oliver launched a campaign to improve school meals

.....

.....

.....

.....

.....

.....

Séquence pédagogique 4ème « Let's move! »

Compréhension écrite : Exemples d'exploitation d'articles

II. READING:

3. Read the article and underline the proper names and the transparent words.

Junk food to be banned in schools

Food that is bad for you is going to be banned from schools in less than a year, the government will announce.

The Education Secretary Ruth Kelly will say that from September 2006 foods high in salt, fat and sugar will be banned.

And it's not just meals cooked in schools that will have to be healthier, as machines that sell snacks won't have chocolate, crisps or fizzy drinks in.

Instead the machines will stock things like milk, water and fruit to try and make kids eat more healthy food.

Ms. Kelly will make the speech at the Labour Party Conference in Brighton, and will tell people there: "I am absolutely clear that the scandal of junk food served every day in school canteens must end.

"So today I can announce that we will ban poor quality processed bangers and burgers being served in schools from next September."

Making school meals more healthy has been in the news since chef Jamie Oliver's high-profile TV show and campaign.

Since then the government set up something called the School Meals Review Panel that looked into the food pupils eat in school, and more details about what it recommends will be announced next week.

The government has already promised to spend an extra £280m on improving the meals, with each meal costing a bit more to make.

http://news.bbc.co.uk/cbbcnews/hi/newsid_4290000/newsid_4291200/4291254.stm

4. Can you identify the following elements?

WHO?	WHERE?	WHEN?	WHAT?	WHY?	HOW?

Séquence pédagogique 4ème « Let's move! »

Compréhension écrite : Exemples d'exploitation d'articles

5. List some snacks and drinks that will be banned from vending machines:



Snacks and drinks before 2006	Snacks and drinks after 2006

6. Now, in your own words, explain what the government intends to do to improve school meals:

.....

.....

.....

.....

Séquence pédagogique 4ème « Let's move! »

Compréhension écrite : Exemples d'exploitation d'articles

Article n°3: Five reasons girls should play sports

I. ANTICIPATION: What is junk food?

1. Look at this picture and give at least three reasons why we should practice sports?



1.
2.
3.
4.
5.

II. READING:

2. Read the following article and highlight the transparent words:

1. You might think that athletics will take up all your study time. But research shows that girls who play sports do better in school than those who don't. Exercise improves learning, memory, and concentration, which can give active girls an advantage in the classroom.
2. Sport teaches valuable life skills. When you working with coaches, trainers, and teammates to win games and achieve goals, you're learning how to be successful. Those skills will serve you well at work and in family life.
3. In addition to being fit and maintaining a healthy weight, girls who play sports are also less likely to smoke. And later in life, girls who exercise are less likely to get breast cancer or osteoporosis.
4. . Girls who play sports feel better about themselves. Why? It builds confidence when you know you can practice, improve, and achieve your goals. Sports are also a feel-good activity because they help girls get in shape, maintain a healthy weight, and make new friends.
5. Playing sports can lessen stress and help you feel a little happier. How? The brain chemicals released during exercise improve a person's mood. Friends are another mood-lifter. And being on a team creates tight bonds between friends. It's good to know your teammates will support you — both on and off the field!

Reviewed by: [Sarah R. Gibson, MD](#)

Date reviewed: June 2014

<https://kidshealth.org/en/kids/5-sports.html?ref=search>

Compréhension écrite : Exemples d'exploitation d'articles

Paragraph 1	Paragraph 2	Paragraph 3	Paragraph 4	Paragraph 5
Words related to school...	Words related to teamwork...	Words related to health...	Words related to feelings...	Words related to friendship...

<i>Sports are good for a girl's health.</i>	Nº.....
<i>Exercise cuts the pressure.</i>	Nº.....
<i>Girls who play sports do better in school.</i>	Nº.....
<i>Girls who play sports learn teamwork and goal-setting skills.</i>	Nº.....
<i>Playing sports boosts self-confidence</i>	Nº.....

[illegible]