

Une sélection de 8 pages pour découvrir le magazine *Vocablé*

# VOCABLE



La presse internationale en **V.O.** pour progresser en anglais

## A CITY BREAK IN CHICAGO

**SOCIETY**  
**BREXIT: READY OR NOT?**

THE GUARDIAN

**INNOVATION**  
**HOW CLOTHES BECAME WATERPROOF**

THE ECONOMIST

**SCIENCE**  
**WHALE INTELLIGENCE**

THE INDEPENDENT

Progresser  
en anglais,  
allemand ou  
espagnol

en lisant  
le meilleur de la presse  
internationale  
en V.O.



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PHOTO DE UNE : © ISTOCK



(HUSEIN ANWAR/SIPA)

## Rebel Rooster

A couple who filed a complaint against a rooster they accused of disturbing the peace during their holidays on the French island of Oléron have lost their case. After a two-year ordeal, the court decided that four-year-old Maurice the rooster had done no wrong and was free to crow. Maurice has come to exemplify a growing trend of town – country litigation, with city dwellers complaining about everything from church bells to croaking frogs, much to the dismay of mayors in rural areas.

**rooster** coq / **to file a complaint** déposer une plainte, porter plainte / **to disturb the peace** troubler l'ordre public / **holiday** vacances, congés / **case action** en justice, affaire / **ordeal** épreuve, calvaire / **to crow, crowed ou crew, crowed** chanter (pour un coq) / **to exemplify** représenter, incarner, illustrer / **trend** tendance, évolution / **litigation** litige, procès / **city dweller** citadin / **church bell** cloche d'église / **to croak** coasser / **frog** grenouille / **dismay** consternation, désarroi / **mayor** maire.



(SIPA)

## Stiff upper drink

While there may be some exclusive places to indulge in a nightcap, it was recently revealed that Buckingham Palace used to have a private bar in it for royal staff. However, the Queen is said to have shut it down after people started getting too drunk, according to her former press secretary, Dickie Arbiter.

**stiff upper drink** jeu de mots inspiré de l'expression **stiff upper lip** (retenue, attitude guindée) pour marquer le contraste entre ce lieu huppé censé être modéré et les alcools forts (**stiff**) qui y sont consommés / **exclusive** très fermé, select / **to indulge** se laisser tenter (par), se faire plaisir (avec) / **nightcap** dernier verre (avant d'aller se coucher) / **to shut, shut, shut down** fermer (définitivement) / **drunk** ivre / **former** ancien, ex- / **press secretary** attaché de presse.

## Grand angle

### L'actualité en images



(REX / SIPA)

## MEET THE ROYALS

### Sur les pas du couple royal

On the 16th of October 2019, Prince William and Catherine Duchess of Cambridge visited a settlement of the Kalash people, in Chitral, in Northwestern Pakistan, to learn more about their unique culture and heritage. This was one of the many stops made by the couple during a marathon five-day trip. Other highlights included a game of cricket at the National Cricket Academy in Lahore and a visit to Badshahi Mosque. William and Kate also rode in a rickshaw to meet with the country's Prime Minister, Imran Khan. This was the Royal family's first visit to Pakistan in 13 years.

**settlement** campement, village / **heritage** patrimoine (historique) / **trip** voyage, séjour / **highlight** temps fort / **game** ici, match / **to ride, rode, ridden** circuler / **rickshaw** pousse-pousse.



THE GUARDIAN | SAM WOLLASTON

# MEET THE BREXIT STOCKPILERS

## Ces Britanniques qui font du stock à l'approche du Brexit

Certains Britanniques, craignant un Brexit sans accord et une pénurie alimentaire subséquente, n'ont pas attendu pour commencer à faire des provisions de nourriture et de produits de première nécessité. Rencontre avec ces nouveaux « survivalistes ».

Jo Elgarf doesn't look like you would imagine a prepper to look. She's not a libertarian, camouflaged and armed to the eyeballs, crawling around the woods in Montana, skinning a squirrel for breakfast and fuelling up for the apocalypse. She lives with her husband and three young children in a sleepy suburb of south-west London. Elgarf is happy to call herself a prepper, though; Everyone wants to be ready for a no-deal Brexit.

### Larder mentality

2. The stockpiling is not too extreme in Elgarf's case; it just means the kitchen cupboards are stuffed full of pasta, sauces, rice, tins, milk powder and washing powder. There are a few things she wouldn't normally get – such as tinned vegetables – which can go to a food bank if they're not needed. Otherwise, it's just a bit more of the usual. Elgarf reckons they have got enough to last the family from a month to six weeks.

1. **preper** (de **prepping**, diminutif informel de **to prepare**) ici, survivaliste (pers. qui se prépare à une catastrophe) / **libertarian** libéral (favorable à une législation minimale et à des libertés individuelles fortes) / **to be armed to the eyeballs** être armé jusqu'aux dents (eyeball globe oculaire) / **to crawl** ramper / **to skin** écorcher / **squirrel** écureuil / **to fuel up for sth** (fam.) faire le plein (ici, de provisions) en prévision de qqch / **no-deal Brexit** sortie du Royaume-Uni de l'UE sans accord de retrait.

2. **larder mentality** propension à stocker des denrées par peur de manquer (**larder** = garde-manger) // **stockpiling** constitution de réserves / **cupboard** placard / **to be stuffed full** (fam.) être plein à craquer / **tin** boîte de conserve / **washing powder** lessive en poudre / **food bank** banque alimentaire / **to reckon** estimer / **to last** permettre [à la famille] de tenir.

### Medicines

3. It's not just about food for Elgarf and her family. Many of the people have concerns about medicines, Elgarf says. "We need to know for certain they have got a proper plan in place for anybody who depends on meds." She has heard rumours that the most critical medicines may have to be collected from central hubs, which would be stocked on the basis of lists provided by GPs. It's clearly something she has given thought to.

### Supply chains

4. In Cambridge, Diane says she is also stockpiling, though she doesn't want to go into too much detail. "The point about supply chains," she explains, "is that the things you buy in the supermarket today were on the road last night. Supermarkets now don't have warehouses full of stuff. If we have a no deal and the delays go up even by 12 hours, then things will stop being put on the shelves. They will run out." Coyle knows that she can't get by without a

3. **medicine** médicament(s) // **concern** inquiétude / **meds** = **medicines** / **to collect** aller chercher, récupérer / **central hub** centre, dépôt / **GP** = **general practitioner** médecin généraliste / **to give, gave, given (sth)** **thought** réfléchir à.

4. **supply chain** chaîne logistique / **point** ici, idée / **warehouse** entrepôt / **delay** ici, délai, (temps d')attente / **shelf (plur. shelves)** étagère, rayon(nage) / **to run, ran,**

cuppa and doesn't want to run out of teabags or coffee because she didn't get any in before a no-deal exit. "It's things that matter to me, that we import, and it's a bit of insurance."

### The best prepped

5. For the Manns, it's not just about stockpiling food and a bit of medicine. They are probably the best prepped of the preppers I speak to. They were planning to put solar panels on the roof anyway, but with the threat of no deal they have done it sooner, and they are trying to set up a system that stores energy on a big battery. They have a 1,100-litre water collection tank in the garden. And they're hoping not to be needing those vitamin tablets because they will have their own fresh veg. They're no experts, but they have got vegetable patches in the garden, and they're giving it a go, trying to grow overwintering varieties from seed.

6. Mann and family also have some mature fruit trees and bushes, and are trying to learn what to do with them. "We're planning, actually, to create a few little Brexit boxes for friends and family, who we know can't manage to prepare for themselves, so they've got something at least," says Mann. Brexit boxes! Isn't that lovely? Who says it's all about hatred, division and polarisation? And could this be the beginning of what may, one day, be known as Brexit spirit? ●

**run out** ici, être en rupture de stock / **cuppa** (fam.) tasse de thé / **insurance** assurance.

5. **solar panel** panneau solaire / **threat** menace / **to store** emmagasiner, stocker / **tank** réservoir, citerne / **veg** = **vegetables** / **vegetable patch** carré potager / **to give, gave, given sth a go** tester qqch, se lancer / **seed** graine.

6. **bush** arbuste / **hatred** haine.



(ISTOCK)



The emblematic Chicago Theatre. (AMELIE ARA)



## Efficace

Identifiez immédiatement le niveau de difficulté des articles et mesurez vos progrès au fil des semaines !

THE NEW YORK TIMES ELAINE GLUSAC



Millennium Park. (ISTOCK)



Subway train in the Loop (ISTOCK)

# 36 HOURS IN CHICAGO

## Escale à Chicago

Bordée par l'immense lac Michigan, Chicago ne manque pas de charme. La troisième plus grande ville des États-Unis a longtemps été boudée par les touristes... jusqu'à l'élection de Barack Obama à la présidence des États-Unis en 2008 ! Véritable melting-pot ethnique et culturel, elle fourmille de musées, de théâtres et de bars branchés...

Chicago's 77 neighborhoods offer myriad reasons to stray from the beaten path. But lately the Loop, as the downtown district is called for the elevated train tracks that encircle it, is fighting for your attention.

### First Drafts

2. Two new cultural stars have concentrated the appeal of the Loop district. The former Chicago Architecture Foundation moved to a prominent riverfront location last August and, having added an intriguing museum with models of famous buildings worldwide, renamed itself the Chicago Architecture Center. It is the start of the center's famous riverboat architectural tours, now launching from across the street. Out of river season, join one of the downtown walking tours

1. **neighborhood (US) = neighbourhood (GB)** quartier; ici, secteur communautaire / **to stray from the beaten path** sortir des sentiers battus / **the Loop** l des 77 secteurs communautaires de Chicago (**loop** boucle) / **downtown** (du) centre-ville / **district** quartier / **train track** voie ferrée.

2. **draft** ébauche; ici, premiers pas (pour rendre attractif le Loop) / **appeal** attrait, charme, intérêt / **former** ancien, ex- / **prominent** de choix / **location** emplacement / **intriguing** fascinant / **tour** visite guidée

that tell the story of Chicago's design evolution. Nearby, the interactive exhibits of the American Writers Museum, including manual typewriters where patrons are encouraged to add to crowdsourced stories, bring the art of storytelling to life.

### View Points

3. Then continue north to the Chicago River to stroll on the 3-year-old Chicago Riverwalk, a 1.25-mile-long, water-level promenade. In fair weather, the kayak launches, picnic lawns and cafes bustle, but even in the offseason the walkway offers good perspectives on the surrounding landmark high-rises.

/ **exhibit** objet exposé, pièce d'exposition / **typewriter** machine à écrire / **patron** client; ici, visiteur / **crowdsourced** participatif; ici, raconté/écrit par les visiteurs.

3. **to stroll** déambuler, flâner / **fair weather** beau temps, temps clair / **launch** ici, aire de départ (**to launch** ici, mettre à l'eau, lever l'ancre) / **lawn** pelouse / **to bustle** bourdonner (d'activité), fourmiller (de monde) / **offseason** basse saison / **surrounding** environnant / **landmark** ici, célèbre / **high-rise** gratte-ciel.

### SUR LE BOUT DE LA LANGUE

#### The "Loop" §1

**loop** boucle, circuit fermé, ce qui donne les expressions :

**keep me in the loop** tiens-moi au courant / **to loop the loop** (aviation) faire un looping, fermer la boucle

#### Tiny Houses

4. Five major theaters in Chicago, including Steppenwolf and Goodman theaters, claim Tony Awards. But it is the city's small, often storefront-based theaters — more than 200 of them exist — that form the backbone of the rich theater community.

#### Toddlin' Town

5. In a town where nightclubs and bars stay open an extra hour on Saturday nights, there is

4. **tiny** (tout) petit, minuscule / **to claim** ici, se targuer (d'avoir) / **Tony Awards** récompenses théâtrales américaines / **backbone** colonne vertébrale; ici, clé de voûte, pilier.

5. **to toddle** tituber (ici, réf. à la vie nocturne de la ville et à la chanson Chicago (**That Toddlin' Town**) rendue célèbre par Frank





# 4 Chicagoan experiences



## Do an Obama pilgrimage

Chicago is the city of the Obamas. Former U.S. president, Barack Obama, and former First Lady, Michelle Obama, still own a house there, which you can take a peak at in the South neighbourhood of Kenwood. In this area, you will also find Barack Obama's hair salon, Hyde Park Hair Salon, where you can see his regular chair, autographed, on prominent display.

**OUR TIP:** At Dorchester Avenue and 53rd Street, take a look at the historical plaque that marks the spot where Barack and Michelle Obama first kissed in 1989.

**pilgrimage** pèlerinage / **former** ancien / **still** encore / **to own** posséder / **to take, took, taken a peak at** ici, voir / **area** ici, quartier / **hair** ici, de coiffure / **regular** habituel / **on prominent display** (mis) en évidence / **to take, took, taken a look at** regarder / **spot** endroit.

## Take a walk in Andersonville

One of Chicago's 77 neighbourhoods, Andersonville is the city's Swedish enclave. It saw the arrival of numerous Swedish immigrants in 1871, after buildings with wood were forbidden within the City of Chicago following the Great Chicago Fire. They started to build wooden houses along Clark Street, and soon businesses blossomed.

**OUR TIP:** Don't forget to stop for a drink at Simon's Tavern, Andersonville's oldest establishment, open since 1934.

**to take, took, taken a walk** se promener / **neighbourhood** quartier / **Swedish** suédois / **to see, saw, seen** ici, connaître (fig.) / **fire** incendie / **to blossom** se développer



## Indulge yourself with some food

Chicago is a city of choice for gourmets, boasting 22 Michelin starred restaurants. But its foodie reputation is also based on some classic specialities such as the Italian beef sandwich (created by Italian immigrants in the 1920s or 1930s, during the Great Depression), the Chicago-style hot dog (the all-beef frankfurter was introduced by Jewish immigrants from Germany, also during the Great Depression) and of course the famous deep-dish pizza, reportedly invented in Chicago in 1943.



**OUR TIP:** For a traditional Chicago-style hot dog, head to one of Millennium Park's street vendors.

**to indulge oneself** se faire plaisir/laisser tenter/régaler / **to boast** se targuer d'avoir; ici, compter / **foodie** gourmet / **such as** tel(les) que / **Jewish** juif / **deep-dish** à pâte épaisse / **reportedly**

## Spend an afternoon in Millennium Park

Open in 2004, Millennium Park includes several major pieces of public art. Anish Kapoor's Cloud Gate, aka "The Bean," a stainless steel sculpture that reflects the clouds, has become the emblem of the city, and a favourite spot for selfie-takers. If you want to cool down, head to Jaume Plensa's playful Crown Fountain.



**to spend, spent, spent** passer (temps) / **to include** comprendre, présenter, exposer / **several** plusieurs / **major** important, connu / **piece of art** œuvre d'art / **aka** = also known as également connu sous le nom de / **stainless steel** acier inoxydable / **to cool down** se rafraîchir / **playful** ici, ludique, interactif.

a nightcap for every mood. In bohemian Wicker Park, the intimate Up Room atop the Robey hotel channels a midcentury lounge with Chicago accents, including drinks inspired by the Great Fire of 1871, such as Holy Cow milk punch.

## Lakefront Tour

6. Eighteen miles of paved pathway edges Lake Michigan, the Great Lake that moderates much of Chicago's weather. Biking is the best way to appreciate the city's sparkling outdoor asset. Rent a hybrid, town cruiser or road bike from Bike and Roll Chicago at Millennium Park or Navy Pier and head southbound for a traffic-free cruise and stellar skyline views on your return back north. Winter occasionally disrupts this plan, in which case head to Maggie Daley Park next to Millennium Park to skate on the meandering ice ribbon that simulates a frozen prairie path amid surrounding high-rises.

Sinatra) / **nightcap** dernier verre (avant d'aller se coucher) / **mood** humeur; ici, goût / **atop** au sommet de / **to channel** ici, comprendre, inclure, avoir / **lounge** bar / **holy cow** (litt. vache sacrée) expr. de surprise faisant réf. à la théorie selon laquelle le grand incendie de Chicago aurait été provoqué par une vache.

6. **pathway** chemin, sentier / **to edge** border / **sparkling** étincelant / **asset** atout; ici, ressource importante / inestimable / **cruiser** ici, vélo / **to head** se diriger (vers) / **southbound** vers le sud / **cruise** croisière; ici, promenade / **stellar** extraordinaire / **skyline** ligne d'horizon, profil des immeubles se découpant sur le ciel / **to disrupt** perturber / **to skate** patiner / **meandering** sinueux / **ribbon** ruban / **to simulate** simuler; ici, donner l'impression de / **amid** au milieu de.

## Utile

Enrichissez votre vocabulaire grâce au lexique qui traduit les mots difficiles de chaque article !



THE ECONOMIST | JOSIE DELAP

# HOW CLOTHES BECAME WATERPROOF

**Comment les vêtements sont-ils devenus imperméables?**

Rien ne se perd, tout se transforme. Dans le cas de la Grande Bretagne, l'aversion pour la pluie a abouti à l'invention de matières révolutionnaires.

**O**nce upon a time, your choice was to stay at home or get wet. You'd get drenched if you ventured into a downpour. Then, in your poorly ventilated home, your clothes would remain damp and eventually rot.

## From tradition to innovation

**2.** To protect themselves from the elements, Inuits traditionally used seal and whale intestines, which were both waterproof and breathable. Fur is surprisingly water-repellent too. The structure helps water to run off it and natural oils prevent it from soaking through.



### proof" §2

Le suffixe "proof" = quelque chose qui protège d'une nuisance potentielle.

Dans cet article on trouve **waterproof** (imperméable) et **"windproof"** (coupe-vent) mais il y a également :

**weatherproof** étanche, imperméable

**bulletproof** blindé, par-balles

**fireproof** ignifuge

**soundproof** insonorisé

**1. once upon a time** il était une fois; ici, à une époque, par le passé / **to get, got, got wet** être mouillé / **to get, got, got drenched** être trempé / **to venture** s'aventurer; ici, sortir / **into** ici, sous / **downpour** averse, pluie torrentielle / **poorly** ici, mal / **to ventilate** aérer / **to remain** rester / **damp** humide / **eventually** finalement, tôt ou tard / **to rot** pourrir, se décomposer.

**2. the elements** les intempéries / **seal** (de) phoque / **whale** (de) baleine / **both** à la fois (et) / **breathable** respirant / **fur** fourrure / **surprisingly** étonnamment / **water-repellent** hydrophobe, imperméable / **to run, ran, run off** ici, s'écouler / **to prevent** from (+ ger.) empêcher de / **to soak through** ici, être trempé.

**3.** Britons, who live under unpredictable, often drizzly, dismal skies, have been particularly dogged in their efforts to keep dry. In 1823 Charles Macintosh bound two pieces of fabric together with rubber dissolved in naphtha, which is a by-product of tar.

**4.** In the late 19th century Burberry, another British firm, turned to gabardine for its now-famous trench coat, which was first designed for soldiers during the first world war. The fabric is so tightly woven that it repels water – up to a point – but still allows some ventilation. Since it is often made of cotton, the material also looks more fetching than the fisherman style of oily macs. The famous rain gear was put to the test as Audrey Hepburn and George Peppard kissed in torrential rain in "Breakfast at Tiffany's" in 1961. But even Burberry admits their coats are not entirely waterproof.

**3. unpredictable** imprévisible / **drizzly** bruineux / **dismal** ici, gris / **dogged** tenace, persévérant / **effort** initiative, tentative / **to keep, kept, kept dry** rester au sec, ne pas être mouillé / **to bind, bound, bound** assembler / **piece** morceau / **rubber** caoutchouc / **to dissolve** dissoudre / **by-product** produit dérivé / **tar** goudron.

**4. in the late...** à la fin de... / **to turn to** se tourner vers; ici, commencer à utiliser / **trench coat** (litt. manteau de tranchée) imperméable / **to design** concevoir, imaginer; ici, fabriquer / **so** ici, si / **tightly** serré / **to weave, wove, woven** tisser / **still** encore, quand même / **to allow** permettre, rendre possible / **since** ici, étant donné que / **to look** avoir l'air / **fetching** attirant / **fisherman** pêcheur / **oily** ciré / **gear** équipement; ici, vêtement (imperméable) / **to put, put, put to the test** mettre à l'épreuve, tester / **even** même.



Gene Kelly and Debbie Reynolds in *Singin' in the Rain* (Ronald Grant / Mary Evans/SIPA)

## Juggling fashion and function

**5.** Fantastic plastic was an alternative. Mary Quant's rainbow-bright glistening raincoats were among the first garments to be made from polyvinyl chloride, or PVC; her "Wet Look" collection launched in 1963. Thin and totally impermeable, they seemed like the ideal marriage of fashion and function, but rain seeped in through the seams and wearing plastic for long stretches turned out to be rather sweaty.

**6.** The invention of Gore-Tex in 1976 was revolutionary. Waterproof, windproof and breathable, it is essentially Teflon, a polymer stretched whisper-thin and layered with other fabrics to keep wearers dry. The Gore family's firm has sold millions of coats made of the stuff, and in recent years other companies have emulated their technology. Now we can all go out singing in the rain. ●

**5. rainbow-bright** aux couleurs de l'arc-en-ciel/vives / **glistening** ciré / **to be among(st)** compter parmi / **garment** vêtement / **to launch** ici, être lancé/commercialisé / **thin** fin / **to seem like** sembler être / **marriage** alliance, compromis / **function** ici, côté pratique / **seam** couture / **to wear, wore, worn** porter (vêtement) / **stretch** ici, durée, période / **to turn out to be** s'avérer/se révéler être / **rather** plutôt / **sweaty** qui fait transpirer.

**6. windproof** coupe-vent / **to stretch** étirer / **whisper-thin** ultra-fin / **to be layered with** être recouvert de/pris en sandwich entre (layer couche) / **the stuff** le "truc", ici, Gore-Tex / **to emulate** copier, s'inspirer de.

THE INDEPENDENT | ASHLEY COATES

# WHALE INTELLIGENCE

## L'intelligence des baleines

Les baleines et les dauphins ne comptent pas seulement parmi les animaux les plus spectaculaires de nos océans. Ces cétacés sont dotés d'une intelligence rare et de comportements sociaux extrêmement développés, à tel point que leur étude présente un véritable défi pour les scientifiques...

The divers and scientists lucky enough to spend time among the world's whales often find themselves wondering what is going on in the oversized brains of the sea's largest inhabitants. We know they have the biggest brains in the animal kingdom, with a sperm whale's weighing more than five times that of an average human brain. But what are they doing with all that apparent brain power?

### Saving lives

2. It was a question that came to the mind of American scientist and conservationist Nan Hauser during a very close encounter with a humpback whale off the coast of the Cook Islands in 2017. Humpbacks, a species of filter-feeding whale that can weigh as much as 40 tons, usually leave scientists and other divers alone but on this occasion, a male humpback whale took an active interest in the scientist, deliberately and persistently pushing her with his pectoral fin for about 10 minutes.

3. "I was prepared to lose my life," Hauser later told. "I thought he was going to hit me and break my bones." It was only when Hauser spotted the tail of a tiger shark that she realised what the

whale was doing. Tiger sharks are one of the few species of shark that do attack humans, and are known to be a menace to whales as well. For whatever reason, the whale appeared to have wanted to save Hauser and was manoeuvring her out of the way of the shark. The encounter was recorded on an underwater camera, and later became a viral video.

4. This was not the only example of humpback whales interfering to save the lives of other species. These whales have been seen putting themselves between oceanic predators, typically killer whales, and other marine life, including the calves of other whales, seals and sunfish. Dolphins (part of the same family that includes the large baleen whales) have been known to help save drowning humans. What motivates a whale to save a human or a sunfish is unknown. It could be a form of altruism, or the result of protective instincts towards a calf, or the protection of a wider group.

**"Whales have a very, very complicated brain"**

### Complicated brain

5. "Whales have a very, very complicated brain," Lori Marino, a renowned neuroscientist and expert in animal behaviour and intelligence, says. "That is something we only discovered when we started to use imaging techniques." Marino's work with dolphins has included the publication of conclusive evidence that

bottlenose dolphins can recognise themselves in a mirror, putting themselves in the company of only a few animals, including ourselves, a few of the great apes, Asian elephants and magpies.

6. One hallmark of a whale's intelligence is its ability to communicate and navigate underwater. A dolphin's world view is necessarily more acoustic than our own, with echolocation (sonar) providing a 3D map of their surroundings that is incorporated into a visual image of their surroundings. "We might hear a sound and remember a sound but the way their brain works is echolocation mixing with the visual image, producing something like a hologram," Marino says.

7. How smart is a whale? We don't know. But the question itself seems to miss the point. "I don't think we fully understand how intelligent they are or the ways in which they are intelligent," Marino concludes. ●

1. **diver** plongeur (avec bouteille) / **to wonder** se demander, s'interroger / **oversized** immense / **brain** cerveau / **large** grand / **inhabitant** habitant / **kingdom** royaume; ici, monde (animal) / **sperm whale** cachalot / **average** moyen, ordinaire.

2. **mind** esprit / **conservationist** écologiste / **encounter** rencontre; ici, face-à-face / **humpback whale** baleine à bosse, jubarte / **off the coast** au large / **species (inv.)** espèce(s) / **filter-feeding** litt. qui se nourrit en filtrant l'eau; filtreur / **alone** ici, tranquille / **fin** nageoire.

3. **bone** os / **to spot** apercevoir / **tail** queue / **tiger shark**

requin-tigre / **to appear** ici, sembler / **to record** enregistrer.

4. **calf** petit; ici, baleineau / **seal** phoque / **sunfish** poisson-lune, môle / **baleen whale** baleine à fanons / **to drown** (se) noyer / **wide** ici, grand.

5. **renowned** renommé / **behaviour** comportement / **conclusive** concluant, probant / **evidence (inv.)**

preuve(s) / **bottlenose dolphin** dauphin souffleur, à gros nez, tursiops / **ape** (grand) singe / **magpie** pie.

6. **hallmark** caractéristique, signe, preuve / **ability** capacité / **own** propre, personnel (ici, ... la nôtre...) / **to provide** fournir; ici, assurer / **surroundings** environnement / **to mix** se mélanger.

4. **smart** intelligent / **to miss the point** être à côté de la plaque (fam.), passer à côté de l'essentiel.

**36 pages**

Vocabulaire vous offre une grande variété de sujets.



# PRATIC'ABLE

Vocabulaire, expressions et astuces pour parler comme un anglophone...

AUGUSTIN HABRAN

## Le régime alimentaire

L'écologie, le bien-être animal, le mieux manger font partie intégrante des débats actuels de nos sociétés. Voici quelques mots et expressions qui vous permettront de faire les « bons choix » alimentaires dans la langue de Shakespeare.



(ISTOCK)

### Expressions à retenir

**You are what you eat!** Nous sommes ce que nous mangeons !

**I've put on a lot of weight.** J'ai pris beaucoup de poids.

**He's going on a diet.** Il se met au régime.

**I am trying to watch my figure.** J'essaie de garder la ligne.

**I have decided to become vegan.** J'ai décidé de devenir végétarien(e).

**I have cut down on meat recently.** J'ai réduit ma consommation de viande ces derniers temps.

### Bon à savoir

Des études récentes (2018) montrent que 7% des Britanniques sont végétariens et que 1,16% sont végétariens contre 5 % de végétariens en France, et 0,25% de végétariens.

Le Royaume-Uni, réputé pour être à la pointe des évolutions de société, s'est très vite adapté à l'apparition de nouvelles tendances alimentaires. Dans tous les supermarchés et restaurants britanniques vous trouverez des options végétariennes et véganes, indiquées de manière évidente... et c'est le cas depuis bien longtemps.

La loi britannique pourrait bientôt protéger le végétarisme comme toute religion et garantir aux végétariens certains droits spécifiques face à la discrimination.

### Vocabulaire clé

**anorexia** anorexie

**balanced** équilibré

**big, fat** gros

**bulimia** boulimie

**calorie** calorie

**canned food** nourriture en boîte de conserve

**carbohydrate, carb** glucide

**dairy food** produits laitiers

**diet** régime

**environmentally friendly** écologique, bon pour l'environnement

**fibre (GB), fiber (US)** fibre

**flexitarian** flexitarien

**food** alimentation

**frozen food** nourriture surgelée

**gluten-free** sans gluten

**grease** graisse

**healthy, wholesome** sain(e)

**hunger** faim

**BMI (Body Mass Index)** IMC (Indice de Masse Corporel)

**lipid** lipide

**malnutrition** malnutrition

**meal** repas

**meat** viande

**nutritionist** nutritionniste

**nutritious** nutritive, nourrissant

**obesity** obésité

**organic** biologique

**overweight** en surpoids

**processed food** nourriture industrielle

**raw** cru

**skinny** maigre

**starch, starchy food** féculent

**starvation** famine, manque de nourriture

**thin** mince

**unbalanced** déséquilibré

**vegan** végétarien

**vegetarian, veggie** végétarien

### Testez-vous !

Reliez chacun des régimes alimentaires suivants à sa définition :

1) vegetarian

4) pescetarian

2) flexitarian

5) omnivorous

3) vegan

a) Diet in which both animal and plant matter are the main food source.

b) Diet that focuses on healthy plant proteins and other whole, minimally processed plant-based foods but encourages meat and animal products in moderation.

c) Diet that includes fish but not other meats.

d) Diet which excludes meat.

e) Practice of abstaining from the use of animal products.

SOLUTIONS : 1-d ; 2-b ; 3-e ; 4-c ; 5-a.

**VOCABLE**

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