



F É D É R A T I O N
W A L L O N I E - B R U X E L L E S

**Jury de l'enseignement secondaire supérieur, technique
de qualification**

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Langue moderne I : anglais
(Matière obligatoire – 1^{er} cycle 2017-2018)

Articles servant de base à l'évaluation de la compétence orale

NB : les quatre articles doivent être lus et préparés. L'un d'entre eux sera tiré au sort lors de l'examen oral.

- 1- Preserve both your health and the planet**
- 2- Smarter and happier shopping**
- 3- Hobbies are good for you!**
- 4- The best new technologies (probably) in 2017**

1-Preserve both your health and the planet

by Jennifer Mielke April 17, 2015, mindbodygreen.com

When it comes to making healthy choices or living a sustainable lifestyle, it's easy to get caught up in the idea that you'll have to change everything in your life to make a real difference. Unfortunately, that kind of thinking can leave you feeling so discouraged you don't even want to start making any changes at all, even small ones.

That's why it is advisable to aim for small changes. Here are four possibilities.

Stop buying processed foods.

Processed foods are loaded with sugar and other undesirable ingredients. Even packaged foods that are marketed as "healthy," with words like "natural" on the label, can include strange things in their ingredient list -- so make sure to read labels closely!

Moreover, these foods are often packaged in plastic that isn't readily recyclable, and can contain endocrine disrupters. The same goes for bottled beverages, so it's great to cut those out too.

Buy local produce from small farms, and grow your own!

It's a good idea for both you and the planet to eat food that hasn't been shipped across the country, let alone around the world. Supporting local farms means you're eating more fresh food, and that less fossil fuels were required to transport the food to your doorstep.

Furthermore, small farms are much more likely to support biodiversity and traditional farming practices than their giant agribiz counterparts. Of course, the best choice of all is if you can grow some of your own food too.

Clean up your cleaning supplies.

While there are a LOT of nasties in common cleaning supplies, the good news is that there's actually no need to expose yourself or your environment to these harsh cleaners. A few common ingredients like a good, eco-friendly dish soap will clean your home from top to bottom without a drop of toxic chemicals. But remember that not all eco-friendly products are equally good for you/the planet.

Walk, bike or carpool whenever possible.

The environmental impact of reducing the miles you rack up in your car is pretty obvious, as are the health benefits of more walking and cycling in your life, but if you have to drive to work, don't discount the benefits of carpooling! Finally, your budget will get a break because you'll be spending less in gas and wear and tear on your vehicle.

2- Smarter and happier shopping

February 21st, 2013 Sue Armbrecht, midwestone.com

Shopping is something we all do. No matter what you're shopping for, it's important to make right decisions. Here are five great techniques that will help you shop smart, and feel better about your purchases.

Coupons

Coupons are one of the best ways to save money on things you're purchasing. Keep in mind you can get coupons in more places than just newspapers or in your mail. A great place to look for coupons is online - there are literally hundreds of thousands of coupons you can download and print.

Match prices

Many stores offer to match their competitor's prices. So if you see a great deal at one store, but prefer to shop at another, chances are you can get the lower price. Simply take the newspaper ad, online ad or direct mail piece that lists the price into the store you want to purchase from, and ask them to match the price. You'll save money!

Read reviews

Another key to keeping shopping enjoyable is to make sure you buy a great product that meets your expectations. If you're considering buying a product you don't know much about and haven't bought before, the best way is to type the name of the product in an online search engine (Google and Bing) followed by the word "reviews." You'll get a variety of reviews and ratings, and it will help you better

understand the product, how well it's liked, and if it's a good product to buy.

Shop "out of season"

Shopping out of season is one of the most effective techniques to get the best deal : you'll get great prices that are often the lowest possible. Examples: Buying a snow blower in the middle of summer. Basically, it means buying things during the time of year when most people don't buy them.

Watch for low interest rates

When you're thinking about buying a large item that needs financing (cars, furniture), the smart thing to do is watch for low promotional interest rates - especially interest free loans! Many car companies, department stores and furniture stores promote really low rates from time-to-time. The lower the rate you get, the more you save - and the more you enjoy your purchase!

3- Hobbies are Good for You !

From lifehack.com

Having a hobby is a great way to relieve stress, a creative outlet and a way to meet new people. But if you don't have a regular leisure activity that you enjoy, it can be difficult to decide which one will be enjoyable for you.

Finding a Hobby that Fits

The truth is you may not easily hit the perfect activity , but you can have a lot of fun trying out new things and exploring what's out there. Do some web research, visit the library, don't be afraid to try new things.

For a lot of people these days it seems like their only leisure activities are watching television and catching up on Facebook. That's a shame, because hobbies—from rock climbing to collecting —can have real benefits. They allow you to do something that's just for you, that can help you forget your daily problems, unwind after a hard day and give you a lot of pleasure.

Look to Your Past

Are there things you enjoyed as a kid that you might still enjoy as an adult? Maybe you had an awesome record collection, loved to sew clothes for your dolls or were always out on your bike. Those are all

things you could pick up again as an adult that would make great hobbies.

If something from your past doesn't immediately jump out at you, it might be useful to hit the crafts store, the sporting goods store or the nearest music emporium or book store. Browse around and see what captures your attention.

Start Small

If you're adding a new thing into your life, you have to take time and focus away from something else. The good news is that most of us have a lot of time we're not using well, either because we're spending a lot of time online or watching TV or just wasting time we could be spending on our hobbies.

See if you can carve out half an hour or so every day or every other day to explore your interest. If there's a way to start small, such as going to play pool at a bar before investing in your own table or buying a craft kit instead of a ton of supplies, that would be best in case you find that hobby isn't for you after all.

4- The best new technologies (probably) in 2017

Newstatesman.com, December 30th, 2016

Google's modular phone

Project « Ara » is Google's attempt to stop us all buying a new iPhone every six months. The modular phone will allow users to slot in and out different parts of the device (such as cameras and speakers), meaning when phone technology improves you can simply swap in a new module rather than buy a whole new phone. The Ara phone has been delayed before, but Google hope it will be on the market in 2017.

Virtual touch

Electrovibration technology is seen as the way forward in allowing us to really "touch" the stuff on our touch screens. The tech will hopefully allow us to feel different textures, which could potentially help amputees and the blind, whilst also improving everything from gaming to online shopping.

Instant charging

The technology to improve batteries has been around for a while, with StoreDot unveiling their prototype fast-charging battery way back in 2014. Whilst battery life has been threatened by ever-slimming phones, there's no reason that instantly-chargeable batteries shouldn't be on the market soon. Get the hint, yeah, Apple?

Fully waterproof iphones

Though the iPhone 7 is partially waterproof (and for that we sacrificed our beloved headphone jack), fully waterproof iPhones are not yet widely available. With both the technology and the consumer demand available, 2017 will hopefully become the year that you can start keeping your phone in your back pocket again. (Bonus: Samsung also might release a phone you can fold.)

The e-shower

Speaking of water, the Hamwell's e-shower could potentially help reduce the world's water crisis. The shower will recycle the water you're using in real time, meaning you use a much smaller amount, and is commercially available next year. The water is caught in a tray, filtered with UV light, and then poured back over your head. Trust us, your great grandchildren will thank you.

Fake news detectors

With "fake news" being the hottest two words of the moment, it seems unlikely that the furor around the stuff won't lead to practical solutions. Facebook are already said to be developing solutions, whilst various organisations are attempting to make real-time fact-checking shorter. Could we live in a future where it's impossible for politicians to lie? Well, no, but at least we'll get better at telling when they're doing it.