

Proposition de synthèse DS n°1 TSI 2

The consumption of ultra-processed food and people's health.

More and more people tend to consume ready-made food for a lot of different reasons but this habit may not be without consequences. Indeed, in February 2018, a study tended to prove that there was a link between the consumption of ultra-processed food and cancer. The four documents deal with this issue. The three articles were published in February 2018 but they do not draw the same conclusions. Jamie Ducharme from Time evokes the study published in the BMJ and the article by Sarah Boseley from the Guardian develops the idea that ultra-processed food can have serious consequences on health. On the contrary, Marie-Ann Ha, in the conversation.com, criticizes this study and its hasty conclusions. Finally, the cartoon published in 2017 in the Daily Observer leads the readers to question what they eat. One can wonder what the risks of consuming ultra-processed food really are. Are they dangerous? Can reliable conclusions be drawn about the link with cancer?

Sarah Boseley and Jamie Ducharme seem to share the same opinion : ultra-processed food is high in sugar, salt, fat and additives and the consumption of these products can lead to obesity, poor health and even cancer, even if it has not been proved yet. These products have low nutritional qualities which can lead to a lack of vitamins and minerals found in natural food. That kind of products is attractive, being cheap and easy to find. They are often packed in material which also contains additives. The bad effects are not scientifically proved but, as the cartoon shows, people must be careful about what they put on their plates. The lack of transparency is a real problem.

However, Marie-Ann Ha criticizes the journalists who wrote about the BMJ report in an alarmist way without putting things into perspective. She thinks the report has many flaws. Indeed, according to her, people do not eat the same kind of food all their lives and the report makes no distinction between poor or rich people. The categories of food which could be considered as ultra-processed food is not very clear and she thinks that a single study can not be totally trustworthy. This is also the conclusion of the Time article, saying that people should not panic. Sarah Boseley mentions that some companies are changing the way they prepare ultra-processed food and she insists on the fact that educating children on food is very important for the health of future generations.

424 words.