

	<p>DOCUMENT 1</p> <p>Processed food linked to cancer ? Uncritical media coverage ignores problems with study</p> <p>The conversation.com</p> <p>February 2018</p> <p>Marie-Ann Ha</p>	<p>DOCUMENT 2</p> <p>« Ultra-processed » products now half of all UK family food purchases</p> <p>The Guardian</p> <p>February 2018</p> <p>Sarah Boseley</p>	<p>DOCUMENT 3</p> <p>Ultra-processed Food linked to cancer, study says</p> <p>Time</p> <p>February 2018</p> <p>Jamie Ducharme</p>	<p>DOCUMENT 4</p> <p>Do you know what you eat ?</p> <p>The Daily Observer</p> <p>January 2017</p>
Main idea	<p>Criticism of the study published in The BMJ which was reported in numerous media with no criticism but problems with the study</p>	<p>Industrially-made food lead to obesity or poor health</p>	<p>The research published in BMJ and its conclusions : untra-processed foods are high in fat, saturated sugar, fat and salt. There is a link with cancer.</p>	<p>A cartoon which shows a plate with a plate cover on which there is a skull and croosbones indicating that it is poisonous</p>
Idea 1	<p>People don't eat the same way throughout their lives.</p>	<p>Ultra-processed food are made in factories with industrial ingredients and additives and half of the food consumed by UK families even though big companies say they are changing the way they prepare these products.</p>	<p>We cannot conclude that there is a link but the correlation is striking.</p>	<p>Expresses the idea that we don't know exactly what we eat</p>
Idea 2	<p>People were considered the same even when they did not have the same amount of money to spend on food. It only concluded that poorer people had more risk of cancer</p>	<p>Real food has been replaced by ultra-processed food which have low nutritional quality and high in calories</p>	<p>Drinks, sugary products, fats and sauces were associated with a heightened cancer risk</p>	<p>The composition of the food we buy is mysterious and potentially dangerous</p>
Idea 3	<p>Ultra processed food was not explained and it is difficult to</p>	<p>Deep concern because there seems to be a link between that</p>	<p>Poor nutritinal quality of these products</p>	<p>People should be more careful because they could die</p>

	know what to put in this category. Flaws in the classification.	kind of food and obesity and poor health (Professor Monteiro)		
Idea 4	The cautious response of nutritionists was kept to the end of the articles.	That kind of food is attractive but produced with cheap ingredients and additives People don't absorb vitamins and minerals etc.	Food additives and materials in processed food packaging	
Idea 5	One single study can't be considered trustworthy. Not clear. It is misleading and too simplified	They can lead to bad effects which are not known.	It will take time to check the hypotheses so people should not panic	
Idea 6		This food is addictive, cheap and easily got.		
Idea 7		Education is essential : children must taste real food		

## Proposition de synthèse

### 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 leads the readers to question what they eat. One can wonder what the risks of consuming ultra-processed food really are and if reliable conclusions can be drawn.

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 are 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 in their plates. There is no transparency and this is a real problem.

However, Marie-Ann Ha criticizes the journalists who wrote about the BMJ report without any criticism. 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 one 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 the article insists on the fact that educating children on food is very important for the health of future generations.

401 words.