

Correctif

Porridge – a perfect breakfast¹

Porridge. It doesn't have a very tasty name, does it? It doesn't have a very tasty reputation either. I'm here to try and convince you that porridge isn't **boring and tasteless**, that it can be a **delicious, convenient and very healthy** way to start the day.

Porridge is a type of food served for breakfast. It is usually a type of grain, like maize or oat, mixed with either milk or water, and often heated up. It has a **gooey** texture – **thicker than liquid, but not solid**. This porridge base is very **easy to digest, so it's a very good option for people who are ill, and it provides long-lasting energy for the day**.

Porridge preparation – the amount of ingredients and cooking time – depends on what you choose to use as your porridge base. If I'm cooking for myself, **I put a very big handful** of 'rolled' **oats** in a saucepan, **add a little bit of** water and about 200ml of milk, and let the mixture boil. I **stir** the porridge constantly, and it takes about five minutes to cook.

Once it's cooked, the fun part is adding the flavours. **Porridge alone doesn't have a very strong flavour**. Although some people think this makes porridge boring, I think this is what makes porridge exciting! It is like a blank piece of paper – **you can add almost anything you want to the porridge base**. **Seeds, nuts and dried fruits are very healthy options** to add and can give you energy for the day. But if you don't like these, or you're allergic, then **syrops and chocolate are also very tasty options**. (Just don't add too much!)

One of the best things about porridge? You can make it almost anywhere in the world. Either oats or maize or both are '**staple foods**' for many people across the world. You can usually buy big bags of either, then add local ingredients to make your porridge interesting – whatever is cheap and convenient to find, wherever you are. I am currently in Mexico, and I love to heat my oats up with milk, then mix in chia and pumpkin seeds and cacao nibs, and I put a layer of sugar over the top to make my porridge sweeter.

Porridge? Hopefully it sounds a lot tastier now!

1. Lisez le texte puis répondez aux questions en français. Soyez précis.

- a. **Qu'est-ce ce que le Porridge ?** un plat qu'on mange au déjeuner à base de graines (maïs ou avoine) on le mélange à de l'eau ou à du lait et on peut le faire réchauffer.
- b. **Quels sont les 3 adjectifs qu'emploie l'auteur pour qualifier le porridge ?** délicieux, pratique et sain
- c. **Donnez 3 avantages nutritifs du Porridge :** il est facile à digérer, il convient aux personnes malades, il donne de l'énergie pour toute la journée.
- d. **Donnez 1 inconvénient gustatif et au moins 3 solutions que propose l'auteur pour y remédier.** Le Porridge, seul, n'a pas beaucoup de goût. Il propose d'ajouter des graines, des noix, des fruits secs, du sirop ou chocolat pour lui donner plus de saveur.

¹ <https://le.arnenglishteens.britishcouncil.org/magazine/life-around-world/porridge-perfect-breakfast>

- e. En terme de consommation, qu'est ce qui est intéressant avec le porridge ? Il est possible de le préparer partout dans le monde ; le maïs comme l'avoine sont des ingrédients de base.

Exercice de vocabulaire.

1. Trouvez les opposés de ces deux termes

Exciting >< boring

Tasteful >< tasteless

2. Retrouvez ces expressions culinaires en anglais dans le texte.

- a. Je mets une très grosse poignée de ... **I put a very big handful**
- b. Ajoutez un peu d'eau... **add a little bit of water**
- c. Je remue le porridge constamment... **I stir the porridge constantly**
- d. Une fois que c'est cuit... **Once it's cooked...**
- e. Des aliment de base : **staple foods**

- f. L'auteur donne l'explication de l'adjectif « gooey » quelle est cette explication recopiez-la et traduisez-la en français.

→ thicker than liquid, but not solid

→ plus épais que liquide, mais pas solide. = gluant