

**Bijlage HAVO**  
**2012**

tijdvak 2

**Engels**

Tekstboekje

### Two's a family, three's a crowd

No more than two children – if you want to save the planet. That's the stern message to British couples from doctors John Guillebaud and Pip Hayes, writing in last week's British Medical Journal. "Population and family planning seem taboo words," said the doctors. But, in fact, we should view offspring as high-performance cars: gas-guzzling and just as damaging to   1  . Every baby born in Britain, they warned, produces 160 times more greenhouse-gas emissions than one baby born in Ethiopia.

*The Sunday Times, 2008*

# NOSE-PICKING

In 2001, Chittaranjan Andrade and B.S. Srihari of the National Institute of Mental Health and Neurosciences in Bangalore, India, won an IgNobel prize for their research into nose-picking. They reported that almost the entire sample of 200 adolescents from four Bangalore schools admitted they engaged in the habit, at an average of four times a day. However, only nine pupils – 4.5 per cent – owned up to eating their nasal debris. Given the social stigma attached to eating bogeys (also known as boogers), this figure is probably an underestimate. But even if numbers are lower than experience suggests, this still begs the question of why anybody should choose to eat their own snot.

“There isn’t any significant nutritional content in nasal mucus,” says Andrade. Moreover, he and Srihari found nothing to distinguish the bogey-eaters from the others, and they neglected to ask them why they did it. It is possible that eating nasal detritus might help build a healthy immune response – after all, researchers investigating the hygiene hypothesis have built a large body of evidence indicating that lack of exposure to infectious material can increase one's susceptibility to allergic diseases.

Unfortunately, it seems the only research on the matter dates back to 1966, when Sidney Tarachow of the State University of New York found that people who ate their bogeys found them “tasty”.

*New Scientist, 2009*

DAVE McMANUS

# Sick of the Big Six? Move custom

- 1 It never ceases to amaze me how much apparent power the music and film industries have over the Internet Service Providers who provide us with our access to the Internet.
- 2 For a long time now some of these ISPs have been handing over records of supposed 'illegal file-sharers', many of whom are actually innocent parents or grandparents whose offspring have knowingly or otherwise shared a music folder when installing perfectly legal software. Now the media are full of reports of 'Britain cracks down on illegal downloading' and 'UK to monitor internet activity'. Britain's six biggest ISPs have signed up to a plan and agreed to send out hundreds of thousands of letters to any of their customers they consider to be 'prolific downloaders'. This means that if your ISP is any one of the Big Six — BT, Orange, Virgin Media, Tiscali, BSkyB or Carphone Warehouse — your online activity is being monitored all the time. Everywhere you go and everything you do is being collected and filtered.
- 3 This makes my blood boil. Just why is it that bodies like the British Phonographic Industry and the Motion Picture Association of America can call the shots? They have become so paranoid that they are losing revenue from 'illegal file-sharing' that they are now putting enormous pressure on governments who, frankly, should not allow themselves to be so easily intimidated.
- 4 Cars can be used as getaway vehicles so should we tag them all and monitor what each of them is doing? Colour laser printers have been used to produce forged bank notes that are barely indistinguishable from the real thing so let's put a chip in printers and have them report on everything that everyone is printing.
- 5 Of course, all Internet activity is registered on a web server's log files but to filter those logs and send out warning letters if you go somewhere that some corporation doesn't want you to is completely different and opens the door to censorship.
- 6 My recommendation to customers of the Big Six is to move your custom elsewhere. Not only will you not be tracked but you'll likely get a better service.

*The Oxford Times, 2008*

# How Tube announcer lost her platform

Murad Ahmed

- 1 She is the voice heard by millions of Tube travellers each day, warning them to “mind the gap”. But now a gap has opened in the career of Emma Clarke after she criticised the Underground system and spoofed her own announcements on the internet. Tube bosses have said that they will not provide the voiceover artist with any more work. A Transport for London (TfL) spokesman said: “London Underground is sorry to have to announce that further contracts for Ms Clarke are experiencing severe delays.”
- 2 Ms Clarke, 36, criticised the system in a newspaper interview after she produced spoof announcements on her website. She apparently said that while living in Highgate, North London, she used to take the Tube every day, but had refused to use it any longer because it was “dreadful”. Speaking to *The Times*, she said that the comments had been taken out of context. “I did not say that the Northern Line was dreadful. I said it’s a challenging line. What I did say was dreadful was the thought of being in a Tube train listening to my own voice.”
- 3 In one spoof announcement she said: “Here we are crammed again into a sweaty Tube carriage . . . If you are female, smile at the bloke next to you and make his day. He’s probably not had sex for months.” The joke was not quite lost on the Tube bosses. London Underground said that it was the criticism of the Tube system, rather than the spoof announcements, that sealed Ms Clarke’s fate. They have said that they will not provide the voiceover artist with any more work. The Transport for London spokesman said: “Some of the spoof announcements are very funny. 10 Emma is a bit silly to go round slagging off her employer’s services. Obviously, if we employ somebody to represent or promote the network, paid for at the expense of the taxpayer, one of the things we do require is that they refrain from publicly attacking the services they are employed to promote. That’s a pretty clear line.”
- 4 Ms Clarke, who had worked for London Underground since 1999, said that even though she had tried to contact TfL to clear up her comments, she had not had a response. She found out that she had been dropped by the network through the press. Commuters will continue to hear Ms Clarke telling them to “mind the gap”, though, as the recorded announcements were still “fit for purpose”. But for future announcements, a replacement is being sought. A TfL spokesman said: “London’s a big city, and we’re confident we’ll be able to find an alternative ‘voice of the Tube’.” Ms Clarke said she was “very disappointed” and upset at the reaction of TfL, but still harboured hope that the row with the network could be resolved.

*www.timesonline.co.uk, 2007*

# Monkeys behaving badly

**Michael Bywater reviews *Macchiavellian Intelligence: How Rhesus Macaques and Humans Have Conquered the World* by Dario Maestriperi**

- 1 Primate books are good for us. They remind us that we're primates, too. And the embarrassing primate books are best. *Macchiavellian Intelligence* is an excellently embarrassing primate book, and just the thing to make us blush and shuffle our feet.
- 2 Some primates are fine. We can be proud of our kinship with the sociable mountain gorillas. Chimpanzees are affable, on a good day; the gibbon cheers us up with his Great Morning Call; even the baboon, despite that purple bottom business, can inspire us: diligent and skilful, the baboon can be a hard worker, an expert shepherd. Bonobos – our nearest relatives, along with the chimpanzees – have much to offer, despite not being quite as impressive as was once thought. They have fashionably pleasant habits like compassion, altruism and vegetarianism.
- 3 But most of these primates are under threat or confined to small areas of the planet. If we want to see large-scale primate success, the most obvious example for us is the notorious rhesus macaque. Described by Dario Maestriperi as being the sort of thing we think of when someone says "monkey", the macaque manages to flourish just about anywhere it finds itself, or wherever we put it.
- 4 And it does so by being nasty. Rhesus macaques are despotic and nepotistic<sup>1)</sup>. They are, in short, sods. The males hang around sullenly, get into fights, emigrate to other groups, get into more fights and lead lives of violence and aggression which, as Maestriperi explains, is because they want raw power. Power gets you everything. It's worth the price.
- 5 The life of male macaques seems a hell of uncertainty and violence, much like the life of a prisoner. When we wonder why, with all else stripped away, men in prison don't make the best of it by being pleasant to each other, the parallels, as Maestriperi points out, are illuminating: it's about fighting – literally – for whatever power remains to be had.
- 6 There are military parallels, too. Maestriperi writes about his experience when joining the Italian Air Force: "I had been turned into a rhesus macaque who had just transferred into a new group," but goes on to note: "Soldiers who are highly motivated to protect their own selfish interests and those of their buddies... make perfect war machines. So a despotic and nepotistic organisation makes an army a perfect war machine..." Rhesus macaque groups seem to be structured and to function according to the same rules.

- 7 Perhaps, as he suggests, both the macaques and we "have a history of violence as a species and it comes back to haunt us all the time". But if that underlies our success, then aggression and violence, despotism and nepotism aren't abnormalities, to be corrected by the calming influence of democracy, but instead are here to stay, whether in the American political system, or in a bunch of monkeys behaving badly.

*www.telegraph.co.uk, 2007*

noot 1 nepotistic: vorm van machtsmisbruik door familie en vrienden voor te trekken

# Online junk-food ads ‘targeting children’

Adapted from an article by Jerome Taylor

- 1 Children are continuing to be targeted by junk food companies advertising their products over the internet or through “viral” promotions, despite a ban on television adverts promoting unhealthy food to the under-16s. Companies that manufacture products high in salt, fat and sugar are still using tried and tested tactics to promote less healthy foods to children whilst simultaneously exploring “backdoor” advertising routes to circumnavigate the regulators, according to a report by the consumer group ‘Which?’.
- 2 Adverts depicting “unhealthy foods” are not allowed on TV during shows aimed at children under 16 on account of concerns about the growing number of obese children in Britain. Campaigners are concerned that companies, apart from using traditional techniques to target a younger age group – such as cartoon characters, film tie-ins and celebrity endorsements – have become increasingly savvy at finding ways to target children through other means.
- 3 The researchers at ‘Which?’ singled out a campaign for the soft drink Fanta which sent a free branded<sup>1)</sup> mobile phone game to anyone entering its “Want It, Win It” competition. Although the competition was aimed at children over 16, younger children could still access the website by lying about their age. Other companies using non-television-based advertising techniques include Cadbury, which publicised its chocolate Creme Eggs on the social networking website Bebo, and McDonald’s which continues to



have a “Kid Zone” on its website with a variety of games alongside adverts for the restaurant’s Happy Meals products. The report also noted that only Kentucky Fried Chicken had stopped giving out free toys with its children’s meals.

- 4 Sue Davies, chief policy adviser at ‘Which?’, said: “We’re not against treats and we’re not against marketing, but we are against irresponsible company practices. You just have to walk around any supermarket to see the wealth of cartoon characters persuading children to pick the less healthy option. Tackling the obesity problem demands action to make healthy choices easier. It’s time all food companies started to focus their creative and persuasive marketing techniques on selling healthier foods to children.”
- 5 Although Britain has some of the toughest laws regulating when and how companies can advertise their products to children, branded websites are free to run games and promotions appealing to children, as they are classified as editorial content. Moreover, many health campaigners said the Government should have

banned all junk food adverts before the 9pm watershed<sup>2)</sup> because an estimated 18 out of the 20 shows most popular with children are not covered by the ban as they are classified as adult shows.

6 A spokesman for the Department of Health said: “If we do not see significant progress in the nature of food promotion, then we will look at how we can make faster progress.”

*The Independent, 2008*

noot 1 a branded product: a product that has a well-known manufacturer's logo on it

noot 2 the 9pm watershed: before 9pm programmes unsuitable for children are not to be shown on TV

## Can you trust a leader who cries?

Based on an article by Olivia Lang

### American dream

Celebrating the Republican – and his own – victory, the incoming speaker of the US House of Representatives John Boehner's voice choked with emotion. "I spent my whole life chasing the American dream. I put myself through school ... working every rotten job there was and every night shift I could find," he sobbed, "later running a small business. And when I saw how out of touch Washington had become with the core values of this great nation, I 25." A loyal crowd cheered and chanted as Mr Boehner, chin wobbling and welling up again, finished his speech.



### Pre-programmed

For the audience, it was probably not the first time they had seen a few tears escape down the face of a political figure. Most modern-day US presidents or candidates have succumbed to their emotions on occasion. Former presidents George Bush – both junior and senior, Bill and Hillary Clinton, even Barack Obama, have all been caught weeping at some point. The list goes on. Bob Hawke, the popular former Australian prime minister, became famous for crying during his time in office. Despite his tough-guy image, he cried while talking about his daughter's drug addiction, and his infidelity in marriage. 26 former British Prime Minister Margaret Thatcher – known as the Iron Lady – welled up when she left Downing Street in 1990. But why do they do it?

Most psychologists agree that it is now seen as far more acceptable to cry in public than it was several decades ago. Moreover, says Judi James, a behavioural expert, many politicians believe it will increase their support by making people warm to them, which – at a basic level – it does. "Crying has a profound effect on someone. It's something that babies do to get nurture and attention and love, and we are almost pre-programmed to have an empathetic response to crying," she says.

### Tearful

But, she continues, then the intellectual part of your brain kicks in and, for many of us, that includes suspiciousness – especially if the person is perceived to want something. For the British, she believes former Prime Minister Tony Blair began a new trend in politics, when he blinked back tears after the death of Princess Diana. "Because we were all tearful over Diana's death, it was seen as 27. But the act soon lost its effect as the British began to get more wary of Mr Blair's sentimental displays. He would begin to do the 'blinking back the tears' as a political gesture, and that was when people began to doubt it. It began to look rather contrived," she said. "In the past, countries have been mesmerised by charismatic leaders. But, at least in Britain's case, things have changed, as we are used to programmes like the X-factor where everyone cries to get our votes. As a nation we have become emotionally dulled," she says.

Lucy Beresford, a psychotherapist, says the problem is that while what we are looking for in a politician has evolved over time, there is still an inherent contradiction in our requirements. "The thing is we want our politicians to be very strong figures and therefore we don't like the sense that they will fall apart," she says. "But at the same time we want our politicians to be 28."

### **Faking it**

In Mr Boehner's case, Lucy Beresford believes the crying was genuine because it was congruent with his words — he was 29. And when it appears less real, that is probably because it *is*, she says, because as humans we tend to pick up intuitively whether it rings true or not. "We can tell when politicians are faking it. We don't necessarily know how we tell but we pick up signals such as facial twitches or hand gestures to the face," she says.

Judi James says that the most obvious difference is that politicians may shed a tear, but their 30. "Genuine tears make us desperate to hide our faces. The whole of the lower face crumples. This is where people go wrong," she says.

No politician wants to be caught out pretending, but shedding real tears can also 31. When Spanish foreign minister Miguel Angel Moratinos cried after losing his post, it prompted the media to comment that he "he had no guts even when leaving". And when Hillary Clinton cried during her presidential campaign, the event was seized on by critics as "proof that she was not tough enough" to make it in the top job.

But, undoubtedly, at the right time and in the right place, tears can soften our hearts and make often distant-looking politicians appear real. As a famous French novelist once said: "The secret of success is 32. Once you can fake that, you've got it made."

*www.bbc.co.uk, 2010*

### Cockerels in the dock

- 1 A farmer has been served with a noise abatement notice after a new neighbour complained that his four prize bantam cockerels disturbed his sleep.
- 2 Paul Howarth, 52, who has farmed at Battlers Green Farm in Radlett, Hertfordshire, for 20 years, faces a £5,000 fine if the birds are not silenced within three days.
- 3 Battlers Green has been alive with the rural sound of livestock, including chickens and cockerels, since medieval times, but the neighbour, believed to be a former city dweller, has made “a number of complaints” about their crowing, Mr Howarth said. He added: “It’s impossible to stop them from making noise. I find it surprising that someone who does not like animal noises buys a house next to a farm.”
- 4 A spokeswoman for Hertsmere council said the problem was that the birds crowed all night and not just at dawn. She added that Mr Howarth could move them overnight.
- 5 Meanwhile, at Sturminster Newton, in Dorset, officials from North Dorset District Council have set up sound-monitoring equipment, costing £5,500, at a countryside allotment to check that a rooster does not crow too loudly. It follows complaints from a neighbour.



*The Times, 2009*

### Like a fish out of water

Adapted from an article by Lee Randall

- 1 DON'T you hate special interest groups who go overboard trying to prove their point? The first example that springs to mind are those irrepressible goof-balls at PETA<sup>1)</sup>. Their latest prank is a sublimely stupid campaign to encourage children to stop eating fish. (Yes, that's correct: Stop. Eating. Fish. Why, a great many mothers would be thrilled if they'd start.)
- 2 The campaign is based on the brainwave (you can almost see a light bulb struggling to glow, can't you?) that almost everyone loves kittens. And you'd never kill, grill and eat a cute, cuddly mew-box, would you? PETA thought: Given that we hold these truths to be self-evident, why not rename fish "sea kittens", and, while we're at it, turn them into cute cartoon critters? That's sure to get little ones cooing with delight while we indoctrinate them to drive their parents crazy by insisting, "I'll never eat fish fingers again!"
- 3 Yes there's a problem with overfishing, and yes they're living creatures. But why don't we talk childhood obesity statistics? Or review the numerous health benefits – including maintaining a healthy weight – associated with a diet rich in fish? Let's not ignore how good fish tastes, or forget that some of the larger varieties are happy enough to eat us when the opportunity presents itself.
- 4 Then again, based on PETA's assumption that living creatures are too cute to eat, we could solve that vexing problem by rebranding surfers. Shall we call them Fibreglass-Fastened Lambs? (Take that, you big, ugly Great White Shark. Not so appetising now, are they?)
- 5 I'm thinking of throwing my weight behind PETA's campaign by renaming other "misunderstood" things to render them cute and cuddly. From here on in I'll be calling the credit crunch Timmy, because I've always thought it a very sweet name evoking fond memories of that vulnerable blond kid from Lassie.
- 6 Once I retrain myself to call rodents Mizzie-Wizzies I'm sure to stop leaping onto chairs when they appear and start whipping out a welcoming cheese board instead. (Though chair-hopping is good for the muscles. This presents me with a dilemma.) Large credit card bills shall go by the name Chubby Cubbies, and the four-figure sum that dropped off the last statement from my US retirement account – bad Timmy! – shall hereafter be known as Bambi.
- 7 I don't know about you but I feel better already.

*www.news.scotsman.com, 2009*

noot 1 PETA = People for the Ethical Treatment of Animals, an international animal rights organisation



## I'll fight for the right to get in the ring



Hattie Garlick

(1) It was all going so well, right up until the moment she punched me. I had been training in a professional boxing gym for months, next to women who practised law or nursing by day, but battered each other every evening, taking real fights when they could. I was floating like a butterfly, stinging like a bee. Then they put me in the ring. I heard the bell, I smelt the sweat, I felt the tight padded leather connect with my cheekbone and I felt ... nothing. My natural aggression failed me. I couldn't hit another woman, but I'll fight tooth and nail for another woman's right to do it.

(2) The decision to include women's boxing in the 2012 Olympics is obviously right. Every argument against it is knocked cold under the feeblest attack. The veteran promoter Frank Warren fears it is dangerous. But it is nonsense to suggest that it is more dangerous for women than men. Mr Warren worries for

25 unborn babies put at risk if women fight without realising they are with child. But what are we saying? That women cannot be responsible for their own fertility? We gave them that, along with the Pill, in 1961.

30 (3) Gymnastics has its hazards, dressage can be treacherous. Amateur boxing carries the same risk of head injury as ice-skating. No one asked Jayne Torvill to hang up her skates to protect her pretty face. Why? Because it is not safety that the critics worry about. It is what happens to their own idea of women if they have to acknowledge that some want to beat another woman until she can't get up from the floor. And what would it say about them if they enjoyed watching it? It is too late to ask. We have been enjoying male boxing since the Olympic Games of 688 BC. If it is too brutal, ban it. If not, treat men and women the same way. It is too late to wrap femininity in scented tissue paper.

40 (4) The last argument standing, as the bell sounds for the final round, is that there are not enough participants for an international standard of competition. But more than 500,000 women are licensed to box. The only way to raise that number is to legitimise them fully.

50 (5) I will cheer at the Olympics, even if I am watching through my fingers. Equality must rule, though it is not always photogenic. But it is always bigger and more important than the ugliness of battered faces.

*The Times, 2009*



Lees bij de volgende teksten steeds eerst de vraag voordat je de tekst zelf raadpleegt.

## Tekst 11

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The following text is from a forum on [thegreenguide.com](http://thegreenguide.com)

JUST ASK

**Do you have a question for the Green Guide? Just Ask us anything, really! From plastic recycling to non-toxic mold fighters - we'll give you the straight story.**

### **Question**

*As a poor college student I'm doing my best to live a green lifestyle. I bought a drying rack and recycle through the city program. Shopping seems to be tricky, though. I have a very limited budget and I was wondering if you could provide some tips for green products that offer the most bang for the buck. I'm specifically looking for cheap/green products dealing with laundry, food and clothing and would be happy to support a green cause. Thanks! It's hard being green (and young).*

**Cassie W. Chicago**

### **Answer**

*Green cooking*

You're right that being green can sometimes seem to mean buying costly alternatives. But the best solution for living cheaply and helping the environment is to follow your grandmother's wise advice to waste not, want not.

One of the easiest places to do this is the kitchen. Cooking instead of buying take-out not only saves money, but it keeps non-recyclable foam containers out of landfills. Businesses located in close proximity to a college campus are notorious for hiking up prices, but a short drive or bike ride away can score you less expensive, better quality produce. The farmer's market near a school may even carry a wider selection of unprocessed munchies like nuts and dried fruit. Before you rush off to the market, though, plan ahead in order to avoid overbuying.

Americans throw away 96 billion pounds of food every year, or about a pound per person per day. Plan some recipes in advance, and if you happen to cook more than you'll eat in one meal, *LeftOverChef.com* has great ideas to give new life to last night's chicken, including a search tool that allows you to find recipes using only the ingredients you already have in your kitchen.

*Green washing*

Your laundry room can be optimized for lean, green success just as easily. If you bought a drying rack, you've already found a good way to cut back on

energy costs. *Drugstore.com* offers decently priced laundry detergents from *Seventh Generation*, *Ecover* and *Earth Friendly Products*. Buy in bulk to save more and use less detergent than the manufacturer recommends. Try to find a front-loading washing machine. They're more energy and water efficient and they wring more water out of your clothes than top-loaders, which means the clothes will dry faster on your rack.

### *Green clothing*

Solving your eco-friendly clothing misery is a little bit more difficult, but even there, being green means saving money. Avoid buying new whenever possible, and instead, shop at vintage and second-hand stores. Many offer the same clothes carried in retail stores at a fraction of the price. You can also organize clothing swaps with your friends, and get gently worn clothes for free, and donate whatever's leftover to charity to ensure that no clothes go to waste. If you do want to buy new, however, the guys at *Factory Green* more than understand your need for a decently priced green wardrobe, which is why they created a site that sells stylish organic cotton T-shirts, hoodies and accessories, many for \$30. They get an extra green thumbs-up, too, for donating a portion of their sales to activities related to the *United Nation's Water for Life Decade*. Also keep your eye on *H&M*, which has a limited but growing supply of organic cotton clothes for men and women, and *Wal-Mart*, which sells simple organic cotton T-shirts, tanks and pyjama pants for less than \$10.

[www.thegreenguide.com](http://www.thegreenguide.com)

## Do their *derrières* look big?

By John Lichfield in Paris

1 The typical French woman is slim and thinks that she is fat. The typical British woman is plump but is convinced that she is thin.

2 A French survey has registered great differences in the average weight of men and women in different European countries. The survey also finds that attitudes to weight – especially women’s attitudes – vary enormously from one country to another. French women are the thinnest in the EU but worry about their weight more than women in any other country. Britain has, on average, the most comfortably sized women in the EU but British women are also, on the whole, comfortable with their size (second only to the Danes). In other words, slim actress Audrey Tautou thinks she looks like tubby singer Susan Boyle and Susan Boyle thinks that she looks like Audrey Tautou.

3 The author of the study, Thibaut de Saint Pol, says that his research suggests that average national weight is not just a question of diet or exercise or genetics. It is strongly influenced by cultural differences and national attitudes to what constitutes an acceptably slender, or attractive, or – in the case of men – powerful body. In some social groups, in some countries, such as Greece, he points out, male fatness is still regarded as a symbol of power or strength. French women are thin partly because they come under intense pressure from French men, but also from other French women, to stay thin. “What people consider to be the ideal weight in France is lower than in other countries,” Mr Saint Pol said. “If a French person who feels fat were to go to the United States, he or she probably wouldn't feel fat any more.”



Audrey Tautou, actress



Susan Boyle, singer

4 Mr Saint Pol’s study is published in *Populations et Société*, the newsletter of the French demographic institute. The weight comparisons are based on adult body-mass index (BMI). To discover your BMI, you divide your weight in kilograms by your height in metres squared. A BMI below 18.5 is dangerously “underweight”. The range 18.5 to 25 is ideal. Between 25 and 30 is “overweight”. Above 30 is “obese”. French women tip the scales at 23.2, the slimmest in the EU. British women have, on average, a BMI of 26.2, just into the “overweight” range.

5 The survey suggests, unsurprisingly, that men across the EU are less concerned with their weight than women. Only French and Dutch men are, on average, within the ideal

weight band. All the rest are overweight, with British men tipping the scales as the third plumpest, behind the Greeks and Finns.

- 6 A worldwide bestseller by Mireille Guiliano in 2004 was entitled *French Women Don't Get Fat*. The writer argues in her book that French women are slender not because they eat less but because they eat better and because they live busy, active lives. French women have tended, traditionally, to drink less and not to eat fast foods.
- 7 All of this is changing, however. Guiliano has herself admitted that her description of French womanhood is true mostly of the urban or suburban middle classes and above. A visit to any rural supermarket in France will reveal outsize male and female figures to rival those in Britain or the US. French surveys also suggest that binge-drinking and fast-food eating are rising sharply, among both young men and women. Either cultural attitudes to body weight are shifting in France or the burden of guilt is rising.

*www.independent.co.uk, 2009*