



## 10 Minutes For The Planet Green-up with some DIY - Part 3©

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Retrouvez la traduction de certains mots à droite du texte

Les syllabes accentuées sont en gras et soulignées\*

Hello everyone and welcome to this week's **episode** of Ten minutes for the Planet. This is the third episode in the **Green-Up** Your **Lifestyle D-I-Y series**.

Today we'll learn how and why to make your own **breakfast cereals**.

In 2016, a study was **released** **regarding** the **level** of **pesticides** found in many best-selling **conventional** and **organic** breakfast cereals found in French **supermarkets**. **According** to the **report**, a number of **different** types of pesticides were found in each of the conventional cereals, as well as in some of the organic cereals, though in smaller **quantities**. What this means, is that those traces will end up in your body as **obviously** you can't wash them from your cereal before you eat it.

In addition to being **slightly** toxic, these same cereals, **including** the organic ones, are usually **saturated** in **sugar** and quite expensive too. The next time you go **grocery shopping** or sit down to eat your morning bowl, take the time to have a look at the **ingredients** list.

**Despite** pesticides, sugars, and cost, cereals remain the first choice for many when it comes to **everyday** breakfasts – children **especially gravitate** to cereals as they are **appealing** and **addictive**, but also because they are **branded** to parents as healthy morning food. With few on supermarket **shelves** meeting our **criteria**, the best solution is to make your own.

Making your own breakfast cereal is **extremely** cheap and easy – the best part being that you can **design** your own **favourite**. All you need is a few ingredients, with a **preference** for those that are **certified** organic. First: you

**to green up** (vb.) rendre qch plus respectueux de l'environnement

**D-I-Y** (abr.) bricolage

**to release** (vb.) sortir, publier

**organic** (adj.) bio(logique)

**obviously** (adv.) de toute évidence

**slightly** (adv.) quelque peu

**grocery shopping** (n.) courses

**everyday** (adj.) de tous les jours

**togravitate** (vb.) être attiré

**appealing** (adj.) attirant

**to brand** (vb.) étiqueter, désigner

**shelf (ves)** (n.) rayon, étagère

**to design** (vb.) créer, concevoir

will need some simple **raw** cereal **flakes** – the cheapest and most **neutral** in terms of taste are **oat** flakes, so they're good as a base, and can be mixed with other kinds of flakes such as **millet**, **buckwheat**, **chestnut**, rice, etc. Secondly: some **liquid sweetener**, such as **honey** or **maple syrup**. Thirdly: an oil, such as **coconut** or **rapeseed oil**. And lastly, but most **importantly**: your own selection of **toppings**. You can be **inventive** here, using anything from **chocolate chips**, to all kinds of nuts and **seeds**, or dried fruit – just **pick** your favourites to **enhance** your cereal mix. My **personal** favourite is oat and chestnut flakes, with coconut oil and a **dash** of honey, **sprinkled** with dark chocolate chips and linseeds. Another classic is white chocolate with **macadamia** nuts and **cranberries**.

To make your cereal mix, simply **grab** a large **oven dish** and sprinkle some oil in the bottom. **Cover** with a few hundred grams of cereal flakes, while adding and **spreading** the sweetener and oil. You can widely **vary** the quantities of sweetener and oil, from a few teaspoons of each, for more **sober**, **muesli**-type cereal, to a couple of cups, for a more **crunchy**, granola-type cereal. Add your nuts if you want them to roast. Then place the dish in the oven and cook it slowly at 100°C for a few hours, or more quickly, at 200°C for half an hour – but be careful not to forget the **mixture** and let it burn. Mix the cereals every now and then with a wooden **spatula** so that they cook homogeneously.

Leave the mixture to **cool** before adding your toppings. You can also keep it **plain** and add different toppings every morning. If you store your cereal in an **air-tight container**, preferably glass or **stainless-steel**, it can last for weeks.

Goodbye everyone and see you next week for a new episode of Ten Minutes for the Planet.

**raw**(adj.) (à l'état) brut  
**flake** (n.) flocon  
**oat** (n.) d'avoine  
**buckwheat** (n.) sarrasin, blé noir  
**chestnut** (n.) châtaigne  
**sweetener** (n.) édulcorant  
**maplesyrup** (n.) sirop d'érable  
**rapeseedoil** (n.) huile de colza  
**topping** (n.) garniture  
**chocolate chips** (n.) pépites de chocolat  
**seed** (n.) graine  
**topick** (vb.) choisir  
**toenhance** (vb.) améliorer  
**dash** (n.) petite quantité  
**tosprinkle** (vb.) saupoudrer  
**cranberry** (n.) canneberge  
**tograb** (vb.) prendre, saisir  
**ovendish** (n.) plat qui passe au four  
**tospread (spread-spread)** (vb.) étaler, répandre  
**crunchy** (adj.) croustillant  
**to cool** (vb.) refroidir  
**plain** (adj.) pur, nature  
**air-tight** (adj.) hermétique  
**stainlesssteel** (n.) inox

### \* Aide à la prononciation

En anglais, beaucoup d'adverbes se terminent en **-ly**. Le suffixe adverbial n'est pas accentué. La syllabe accentuée est celle de l'adjectif que l'on trouve avant le suffixe adverbial :  
**especial** + **ly** = **especially** / **extreme** + **ly** = **extremely** / **important** + **ly** = **importantly**