

BACCALAURÉAT PROFESSIONNEL

ÉPREUVE ORALE SPÉCIFIQUE – ANGLAIS

PRÉVENTION SANTÉ ENVIRONNEMENT

**SECTION EUROPÉENNE
DURÉE DE L'ÉPREUVE : 20 minutes**

La calculatrice et le dictionnaire ne sont pas autorisés.

FOOD SHOPPING

Situation

You are on a 10-month work placement in Scotland and you share a flat.
You welcome a new flatmate and explain to him/her how to do food shopping for the first time.

Tasks

You are expected to :

- explain how to organise his food shopping
- give him/her tips to save money



How to Shop Smarter at the GROCERY STORE

DON'T LEAVE THE HOUSE



Hungry

Only shop while on a full stomach. This way, you won't buy to satisfy your lingering hunger pangs.

Check
YOUR PANTRY AND FRIDGE BEFORE YOU LEAVE

Make sure you know exactly what you have in the house before you head to the store.



DON'T BUY INTO EVERY

Bargain

Product discounts always look tempting – but you aren't saving anything if the item is one you never use.

SALE

DO STICK TO YOUR

List

SHOPPING LIST



Only shop with a detailed list in hand – and stick to it! You'll spend much less that way.

DON'T GRAB THE BIGGEST

Cart

Keep your cart or basket as small as possible. You'll be less tempted to throw another impulse purchase inside.



DO SHOP WITH A
Budget
IN MIND

Determine how much you want to spend before you set out. This way, you'll be motivated to keep your costs down.



DON'T FORGET YOUR
Coupons

Before you head out, check your circulars, or coupon apps like Couponcabin and Flipp, for in-store discounts on regular items.



DO SHOP THE
Seasons

Cooking with seasonal produce is a lot cheaper than buying whatever suits your mood.



BROUGHT TO YOU BY YOUR CREDIT UNION

