



RÉGION ACADÉMIQUE
NOUVELLE-AQUITAINE

MINISTÈRE
DE L'ÉDUCATION NATIONALE
ET DE LA JEUNESSE

MINISTÈRE
DE L'ENSEIGNEMENT SUPÉRIEUR,
DE LA RECHERCHE
ET DE L'INNOVATION



SESSION 2026

BACCALAURÉAT PROFESSIONNEL ÉPREUVE ORALE SPÉCIFIQUE « SECTION EUROPÉENNE »

SPÉCIALITÉ Cuisine

LANGUE : ANGLAIS

SUJET N°1

Durée de l'épreuve : 40 minutes

- Préparation	- 20 minutes
- Présentation de la situation	- 10 minutes
- Entretien sur les activités et travaux effectués dans la discipline non linguistique	- 10 minutes

SITUATION

You have been working as a chef at Hodson Bay Hotel for 2 years now.

The food and beverage manager wants to follow new trends in order to modernise his offer and attract new customers.



You found 2 articles about plant-based food in which you believe.

You must convince your manager that you should propose a plant-based menu in the gourmet restaurant. Explain why it is interesting on many levels.

DOCUMENTS

- **DOCUMENT 1 : The Rise of Plant-Based Menus in Modern Kitchens**
- **DOCUMENT 2 : French three-Michelin-star restaurant Arpège ditches meat and dairy for plant-based menu**



<https://lecordobleusunway.com.my/our-courses/plant-based-culinary/>

In modern kitchens, plant-based menus are becoming more and more common. Many restaurants now create dishes where vegetables, grains, and legumes are the main ingredients. These menus are not only for vegetarians but for all customers.

This trend is linked to health and lifestyle changes. People want lighter meals that are good for their bodies. Plant-based dishes are often seen as healthier because they contain less fat and more natural products.

For chefs, plant-based cooking is a new creative challenge. Vegetables are no longer side dishes; they are at the centre of the plate. Chefs use techniques such as roasting, grilling, or seasoning to improve flavours and textures.

This type of cooking also allows chefs to show their skills and creativity while respecting modern food expectations.



<https://aacefoods.com/sustainable-cooking-with-aace-foods/>

Plant-based menus also respond to environmental concerns. Producing less meat helps reduce pollution and food waste. For this reason, many restaurants include plant-based options to be more responsible and sustainable.

Today, offering plant-based dishes is a sign of a modern and professional kitchen.

Sources :

<https://www.hotelierindia.com/operations/the-rise-of-plant-based-menus-in-luxury-hotels-how-kitchens-are-adapting>

<https://blog.ordering.co/top-plant-based-menu-trends-to-watch-in-2025>

DOCUMENT 2 : French three-Michelin-star restaurant Arpège ditches meat and dairy for plant-based menu



Chef Alain Passard's Arpège, which has held three Michelin stars since 1996, has switched to an almost entirely vegan menu.

After two vegan restaurants earned Michelin stars this year, a long-standing fixture on the food guide has become the latest to embrace plants. Parisian eatery **Arpège**, a three-Michelin-star outpost by Chef *Alain Passard*, has eliminated meat, dairy, fish and eggs from its menu. The only animal product at the 39-year-old restaurant is honey sourced from its own beehives.

Arpège has long been noted for catering to vegan and vegetarian diets, but moving away from most animal products in a country whose culinary and gastronomic traditions are built on meat and dairy is a seismic shift.

New menu features tomato mosaic, flamed aubergine and more

Passard has been an advocate for more sustainable dining for decades – his restaurant hasn't served red meat since 2001, when he said he would focus more on vegetables grown in his own gardens. This latest move, which has been a year in the making, builds on that.

The chef said the switch to plant-forward dining was driven by his love for nature, and noted that using seasonal vegetables would reduce the eatery's environmental impact.

Michelin guide director embraces plant-based shift

Arpège's shift to plants coincides with a fall in meat consumption in France, where per capita intake declined by 6% between 2003 and 2023. Retail sales of plant-based food, meanwhile, grew by 9% in 2024 to reach €537M, making it the third-largest market for these products in Europe.

DOCUMENT 2 : French three-Michelin-star restaurant Arpège ditches meat and dairy for plant-based menu (continued)

The idea that vegan haute cuisine is implausible is changing quickly. *Humm* has been a vocal advocate of the shift, with **Eleven Madison Park** retaining its three stars the year after it got rid of meat. Asked whether he's worried about losing his stars, *Passard* said he has "never thought about that".

"We're going to have to deliver. If we can maintain this level of quality, then I'm extremely confident," he stated.

There are now seven (nearly 100%) vegan restaurants with Michelin stars. Two – **Plates** in London and **Légume** in Seoul – received their first star this year. They joined the likes of **Eleven Madison Park** (three stars), Dutch establishment **De Nieuwe Winkel** (two stars), Germany's **Seven Swans**, Switzerland's **KLE** (both one star). **Arpège** is the latest on this list.

source: www.greenqueen.com.hk



Ratatouille Bigouden by Alain Passard