Practice 1

The Growing Popularity of Organic Food

At the supermarket these days, there is often a section or aisle that sells just organic products. There are also many new stores opening up that specialize just in organic fruits and vegetables. Organic food is becoming more and more popular these days due to concerns about the safety of conventionally grown food. Organically grown produce, though, is often more expensive to buy. Consumers need to understand why something is labeled 'organic' in order to make the best choices when purchasing food for themselves and their families.

Several factors contribute to this higher price. Though there are some small differences, government agencies across the world agree on what qualifies a product as organic: such products must be grown without chemical fertilizers or pesticides. Also, livestock, such as cows, pigs, and chickens, must not be injected with artificial growth hormones or antibiotics. These standards result in food that is generally healthier and tastier. Without harsh pesticides and chemical fertilizers, crop plants produce more antioxidants and other beneficial nutrients. The farmer, their families, and their communities also benefit from a cleaner and safer environment. Fertilizer runoff is a major environmental problem and affects places far away from farms. Their mass production also contributes to global warming. Organic production techniques encourage environmental stewardship for the Earth and long-term agricultural sustainability.

Those standards ensure a safe and nutritious supply of food from organic farms. However, organic farming reduces crop yields per farm while increasing the labor required. As a result, organic food is generally more expensive. The price difference may be offset slightly in the future, as consumers ask for more organically grown produce and more suppliers jump into the market to fill that demand. Many people, though, are willing to pay that extra cost for organic food, given the health and environmental benefits.

(300 words)

organic food: thực phẩm hữu cơ
concern (n): điều lo ngại
conventionally (adv): thông thường, theo tục lệ
produce (n): nông sản, rau quả, sản phẩm
label (v): gắn nhãn mác
agency (n): cơ quan
qualify (v): làm cho đủ tiêu chuẩn
fertilizer (n): phân bón
pesticide (n): thuốc trừ sâu
inject (v): tiêm
artificial growth hormone: hóc môn tăng trưởng nhân tạo
antibiotics (n): thuốc kháng sinh
antioxidant (n): chất chống oxi hóa
runoff (n): sự chảy thoát, dòng chảy, sự rò
mass production: sản xuất hàng loạt
stewardship (n): trách nhiệm quản lý
yield (n): sản lượng
offset (v): bù lại, đền lại

LIVEWORKSHEETS

Task 5 A (Answering)

Answer the following questions.

Questions 1–5

Choose the correct letter, **A**, **B**, **C**, or **D**.

Write your answers in boxes 1–5 on your answer sheet.

1 What is one disadvantage of organic food?

A No one knows their effect on people's health and the environment.
B They often cost more than conventionally grown foods.
C Organic foods aren't readily available.
D They don't taste as good as other types of food.

2 Which of the following is a criterion for certification of organic food?

A It must have a minimum standard for taste and appearance.
B No artificial substances can be used in growing the food.
C Organic food must be grown in special areas.
D They must be sold at a special price in supermarkets.

3 Who would most likely determine if something is considered organic?

A An individual farmer raising corn
B A consumer advocacy group
C Scientists doing agricultural research
D The Ministry of Agriculture

4 What is one problem with conventional farming?

A Manufacturing fertilizer increases greenhouse gases in the atmosphere.
B The surplus of food grown is too large.
C The market for crops becomes imbalanced.
D Farmers can't get enough supplies.

5 What is one benefit of growing organic food?

A There is more stability in food prices.
B People are able to eat more.
C Those who grow the food are healthier.
D The food supply is predictable.

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