READING

Prepare to read

Task 1. Understanding words – Match words with definitions.

agricultural *adj.*	a person who buys something
contaminate *verb*	facts that prove something is true
better safe than sorry *idiom*	to survive (of a company or person in business)
ingredients *noun*	to make something a carrier of disease or dirty
consumer *noun*	good for your health (of food and drinks only)
pesticide *noun*	related to farming
evidence *noun*	the different foods, spices, etc used to make a meal or a dish
nutritious *adj*	grown naturally without the use of pesticides
handle *verb*	being careful is better than taking risks
organic *adj*	to touch, hold or move with the hands/ solve a problem.
stay in business *idiom*	the amount or number of products ready to be sold
supply *noun*	a chemical that stops insects from destroying crops

While reading

Organic and Non-organic Foods

Organic food is very popular these days. It can also be very **expensive**. Some **organic** food costs twice as much as non-organic food. Parents of young children, and even some pet owners, will pay high prices for organic food if they think it's healthier. But many others think organic food is just a **waste of money**.

There is one main difference between organic and non-organic food. Organic farms do not use **agricultural** chemicals such as **pesticides** that stop insects from damaging crops. In many countries foods that claim to be organic must have special **labels** that guarantee they're grown organically.

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Some people think organic also means "locally grown", and originally this was true. But over time organic farming has become big business, with many organic foods now being grown by large agricultural companies that sell their products far from where they're grown. **Processed** food made with organic **ingredients** has also become more popular. At first, only small companies **produced** these products. But as **demand** overtook **supply**, big food companies that had been selling non-organic products for many years also began selling organic products. Small organic food companies found it difficult to compete with these big companies, and many didn't **stay in business** much longer.

Is organic food safer and more nutritious? This is an important part of the **debate**. Many farmers and **consumers** believe it is. They think agricultural chemicals can cause serious illnesses like cancer, but there isn't much **evidence** proving this is true. However recent studies have shown that eating organically-grown **produce** reduces your chances of developing heart disease. Many doctors think it's more important to stop dangerous bacteria from **contaminating** foods. These bacteria can contaminate both organic and non-organic fruit and vegetables, and doctors recommend washing produce carefully before eating it. Meat, fish and chicken can also become contaminated, so washing your hands before **handling** these foods is also very important. Many doctors also believe we should reduce the amount of sugar in our diets, and there is a lot of evidence to support this idea. They recommend carefully checking the list of ingredients on processed food and drinks for all the words that really mean sugar, like glucose, sucrose and fructose. And they remind us that the aim of most big food companies is to make lots of money, even if they damage our health while doing so. This means processed foods that are called "organic" can also be very unhealthy if they contain lots of sugar.

Most people agree that naturally grown food tastes better. Is tastier food worth the extra money? That's a matter of opinion. Whether organic food is healthier or not is still not clear, so more research is needed. However, consumers of organic food often say "**better safe than sorry**" when it comes to what we eat.

Task 2. Choose the correct answer.

1. What is the main difference between organic and non-organic food?

use of pesticides | size of the company | location of the farm

2. Which is usually more expensive?

pet food | organic food | non-organic food

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3. Many small organic food companies found it difficult to _____ .

waste money	stay in business	find cheap pesticides

4. Recent studies show that eating organic produce can _____ your chances of having heart disease.

develop	increase	reduce

5. Dangerous bacteria can contaminate

organic food only	non-organic food only	organic and non-organic food

6. All processed foods should have a label listing the product's

Ingredients	pesticides	organics

7. Many doctors now believe eating too much _____ food is bad for our health.

Fresh	sweet	organic

8. Processed organic foods can also be unhealthy if they contain lots of

nutritious ingredients	organic produce	glucose

9. The aim of most big food companies is to make the healthiest _____ they can.

Profits	products	customers

10. Most people agree that naturally grown food tastes _____

Safer	better	worse

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