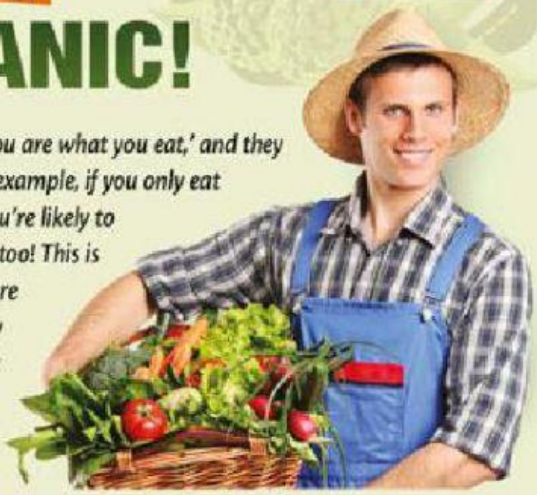
Organic food

Read the text.

Save the ENVIRONMENT and eat ORGANIC!

VIDEO



Some people say 'you are what you eat,' and they might be right. For example, if you only eat unhealthy foods, you're likely to become unhealthy, too! This is why many people are replacing unhealthy snacks with organic foods in an effort to take better care of themselves.

TYPES OF ORGANIC FOOD

We've all seen organic food and drinks at the farmer's market or our local supermarket. There's organic fruit, vegetables, juices, dairy products, grains and cereals, legumes, meat and even chocolate! You can tell which products are organic by looking for the different organic labels on the packaging. Some foods, such as fresh produce or meat are certified 100% organic and other foodstuffs, for example bread, may not be totally organic, but might contain some organic ingredients.

PRODUCING ORGANIC FOOD

So, what is organic food? Well, organic food is different to regular food because it is produced without the use of any synthetic substances. Farmers have to follow lots of strict rules in order to produce it. Let's find out what some of those rules are ...

- No genetically modified organisms (GMOs) – These are plants or animals that are artificially changed to grow faster or be resistant to disease.
- No chemical pesticides – Some farmers use biological pesticides. This means using larger insects or birds to eat the pests that damage the crops. One example is using ladybirds to eat the aphids that damage crops. It's natural and much safer for the environment.
- No synthetic fertilisers – Farmers can only use organic compost made from food and animal waste as a fertiliser. This means that synthetic fertiliser doesn't build up in the environment, causing harm to other plants and wildlife.
- Focus on animal welfare – Organic farming promotes animal welfare. In fact, the animals can only have organic feed and they must have good living conditions.
- No synthetic hormones and medicines – Organic farmers don't use synthetic hormones to increase the animal's growth or milk production. They also avoid medicines such as antibiotics to prevent and treat infections.

THE BENEFITS OF EATING ORGANIC

When we take all this into consideration, we can see why organic food is good for us and the environment, too. It doesn't contain high levels of synthetic chemicals and producing it can be less harmful to other plants and wildlife. Furthermore, studies have found organic produce to contain more beneficial nutrients and antioxidants than their non-organic equivalents. Whilst some non-organic foods may not be harmful to us and may still provide us with the vitamins and minerals we need, the benefits of organic food are clear. Whatever you choose to buy, always check the label because if you don't recognise an ingredient, chances are your body won't either.

Mark the sentences T(true), F(false)or DS(doesn't say).

1 People have recently started eating organic food. .....
2 Only items that are 100% organic can have an organic label on them. .....
3 Biological pesticides are not as effective as chemical ones. .....
4 On organic farms, compost is used as a fertiliser. .....
5 Synthetic hormones are used to prevent disease in animals. .....
6 Non-organic foods are higher in antioxidants. .....

10.5.2 **Fill in:** *hormones, compost, ingredients, produce, welfare, pesticides.*

1 Organic farming methods protect animals' ..... .
2 This bread contains some organic ..... .
3 Some animals are given ..... to make them produce more milk.
4 Local ..... is fresher because it doesn't need to travel far before it's sold.
5 Many farmers spray their crops with chemical ..... to prevent pest damage.
6 You can easily make ..... from your kitchen and garden waste.

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