

Organic foods

1. Organic food is very popular. It is also expensive. Some organic foods costs twice as much as non-organic food. New parents and pet owners pay up to 200 more for organic food, some people think organic food is a waste of money.
2. There is one main difference between organic and non-organic food. Organic farms do not use farming chemicals, such as pesticides. In many countries organic foods have special labels. These make sure that the products are natural.
3. Some people think organic means locally grown. Originally this was true. Over time organic farming became more difficult. The demand for organic food grew larger than the supply. Small companies had to sell out to large companies. There weren't enough organic ingredients, such as grain and cattle. This made it difficult for many organic companies to stay in business. Today many large companies have an organic line of products.
4. Is organic food more nutritious? This is part of the debate. Many farmers and consumers believe it is. They think agricultural chemicals cause health problems such as cancer or allergies. Many health professionals disagree. Few studies prove that organic foods prevent health problems. Health specialists worry more about bacteria, such as E. coli and salmonella. These can come into contact with organic and non-organic food. Doctors recommend washing products very carefully. Handling meat carefully is important too.
5. Most people agree that naturally grown foods taste better. Is tastier food the extra money? This is a matter of opinion. Whether it is healthier or not may require more research. However, organic consumers argue it is better to be safe than sorry.

1. Write a title for each paragraph from the passage.

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