



## READING REVIEW

### Exercise 1.- Read the text:

#### Modifying Food: A Modern Approach

Food is not just something we eat to survive; it is also a way to express culture, creativity, and innovation. Over the years, humans have developed methods to modify food to suit their needs, whether for better taste, longer shelf life, or improved nutritional value. But what does it really mean to modify food, and what are the implications?

#### Traditional Methods of Food Modification

Food modification has been part of human history for centuries. Fermentation, for example, is a natural process used to create foods like yogurt, cheese, and bread. Farmers have also practiced selective breeding to grow crops that are more resistant to pests or produce higher yields. These methods have helped societies adapt to changing climates and growing populations.

#### Genetic Modification and Modern Technology

In recent decades, genetic modification (GM) has become a major topic in food science. Scientists can now directly alter the DNA of plants and animals to make them more nutritious, resistant to diseases, or capable of growing in harsh conditions. For example, GM crops like golden rice are designed to combat vitamin A deficiency in developing countries. However, genetic modification has sparked debates about safety, ethics, and environmental impact.

#### Benefits and Challenges

The advantages of food modification are clear. It can help fight hunger, reduce food waste, and even create exciting new flavors. However, critics argue that some methods, especially genetic modification, may harm ecosystems or create long-term health risks. In addition, the cost of developing and distributing modified food often raises concerns about fairness and accessibility.

#### A Personal Connection

Think about your daily meals. Have you ever eaten genetically modified food without realizing it? How do you feel about scientists changing the natural structure of food? These questions

*"And whatsoever ye do, do it heartily, as to the Lord, and not unto men"*

Colossians 3: 23



encourage us to consider our role as consumers and the responsibility we have to make informed choices.

In conclusion, food modification is a complex topic with both benefits and challenges. As science continues to evolve, it is important to weigh the risks and rewards while considering how these changes impact our world and future generations.

**Exercise 2.- Read the text about modifying food carefully, then decide if the following statements are TRUE or FALSE:**

- |   |   |   |
|---|---|---|
| 1. Fermentation is a modern method of food modification.                              | T | F |
| 2. Farmers have used selective breeding to make crops more resistant to pests.        | T | F |
| 3. Genetic modification involves changing the DNA of plants and animals.              | T | F |
| 4. Golden rice was developed to increase protein content in food.                     | T | F |
| 5. One benefit of food modification is the ability to reduce food waste.              | T | F |
| 6. Genetic modification has no impact on ecosystems.                                  | T | F |
| 7. Traditional food modification methods include fermentation and selective breeding. | T | F |
| 8. Critics argue that genetic modification is always affordable and accessible.       | T | F |
| 9. Food modification is only about creating new flavors.                              | T | F |
| 10. The text encourages readers to think about their role as consumers.               | T | F |

**Exercise 3 .- Choose the correct option for each question based on the text:**

1. **What is one reason humans modify food?**
  - a) To grow more colorful crops
  - b) To improve taste and nutritional value
  - c) To stop eating natural food
  - d) To eliminate traditional farming methods
2. **Which of the following is a traditional method of food modification?**
  - a) DNA alteration
  - b) Fermentation

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- c) Chemical processing
  - d) None of the above
3. **What is the purpose of genetic modification in food?**
- a) To make food last longer on the shelf
  - b) To create new types of fruits
  - c) To make plants and animals more nutritious or disease-resistant
  - d) To replace traditional food entirely
4. **Why was golden rice developed?**
- a) To resist pests
  - b) To combat vitamin A deficiency
  - c) To grow in cold climates
  - d) To taste better
5. **What is one advantage of food modification mentioned in the text?**
- a) It reduces food waste
  - b) It stops climate change
  - c) It prevents people from eating natural food
  - d) It makes food look more appealing
6. **What is one criticism of genetic modification?**
- a) It is always too expensive for scientists to research
  - b) It may harm ecosystems or pose health risks
  - c) It does not affect plants
  - d) It prevents food from growing
7. **What has sparked debates about genetic modification?**
- a) Its ability to create new flavors
  - b) Its potential safety, ethical, and environmental impacts

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- c) The difficulty of understanding how it works
- d) The low demand for GM foods

**8. What does the text encourage readers to do?**

- a) Avoid eating modified food
- b) Study genetic engineering
- c) Think critically about food choices as consumers
- d) Support all forms of food modification

**9. Which of the following is NOT mentioned as a benefit of food modification?**

- a) Fighting hunger
- b) Improving ecosystems
- c) Reducing food waste
- d) Creating new flavors

**10. Why do some people worry about the cost of developing modified food?**

- a) It might not be affordable or accessible to everyone
- b) It is more expensive than traditional food
- c) It requires constant maintenance
- d) It eliminates natural farming practices

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