

Organic and Non-organic Food

There is one main difference between organic and non-organic food. Organic farms do not use agricultural chemicals, such as pesticides. In many countries organic foods have special labels. These guarantee that the products are natural.

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 wasn't enough organic ingredients. This made it difficult for many organic companies to stay in business. Today, many large companies have an organic line of products.

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. However, lots of 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 both organic and non-organic food. That is why doctors recommend washing produce very carefully, no matter where it comes from.

You can see the whole curriculum from your teacher, Please ask teacher to send it to you before your class.

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