



Organic Foods

Are organically grown foods the best food choices? The advantages claimed for such foods over conventionally grown and marketed food products are now being debated. Advocates of organic foods – a term whose meaning varies greatly – frequently proclaim that such products are safer and more nutritious than others.

The growing interest of consumers in the safety and more nutritional quality of the typical North American diet is a welcome development. However, much of this interest has been sparked by sweeping claims that the food supply is unsafe or inadequate in meeting nutritional needs. Although most of these claims are not supported by scientific evidence, the preponderance of written material advancing such claims makes it difficult for the general public to separate fact from fiction. As a result, claims that eating a diet consisting entirely of organically grown foods prevents or cures disease or provides other benefits to health have become widely publicized and form the basis for folklore.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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