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Is organic food good for you true or false?

What is meant by the definition of "is organic food good you"?

This is trying to say that if organic food is good for you or is there another alternative to this which better and easier. So I am going to find facts and information to help me with this so I am able to answer this question, I am also going to use three different types of research to help me find this information and make it as accurate as I can.

What is Organic food?

Organic food is food which has been produced to the produce more natural so less chemicals are used and most pesticides are if they are used they are very carefully controlled. Some say organic foods are better than processed food this is because:

- Processed foods can have hidden fats, salt and sugar that can go in during the processing.
- Eaters of organic food think that it tastes better.
- Some people buy organic meat because the animals are treated better.

This is the organic meat price:

Meat & Poultry	Farmers' market	Supermarket
Bacon smoked back (1kg)	9.25	13.20
Pork chops (1kg)	7.50	11.49
Minced beef (1kg)	6.00	8.58
Braising steak (1kg)	7.95	9.18
Lamb (1kg)	9.99	10.49
Chicken breast (1kg)	9.50	15.99
Sub-Total	£50.19	£68.93

What the alternative to organic food?

Well the alternative to organic food is GM (genetically modified) foods. This is where scientists in a laboratory changed the food this is known as artificial. Before plants

have been improved by selective breeding to make better plants this is a natural process which takes years and with GM foods it's done quickly.

There have been angry debates between scientists and campaigners about whether GM foods are safe or not. Campaigners against GM foods say:

- GM foods can damage your health research showed that rats eating them didn't grow properly.
- New diseases could be created by accident.
- Different species are being mixed up. To give a tomato a more reddish colour it may be given parts of a very red fish which seems to be against nature.
- Because GM foods are new there has not been any long-term testing to see if they are dangerous to humans.

Research

Qualitative Research

This is research to inquire the crosscuts discipline and subject matters. It involves an in-depth understanding of human behavior and the reasons that govern human behavior. Qualitative researchers typically rely on four methods for gathering information:

- ✓ Participation in the setting
- ✓ Direct observation
- ✓ In depth interviews
- ✓ Analysis of documents and materials

Quantitative Research

This type of research is often contrasted with qualitative research. Quantitative research is concerned with numbers and measurement rather than using words. It's the collection and analysis of data. Quantitative research is used to find causal relationships between two or more variables using statistical methods to test the strength and significance of the relationship.

Scientific Evidence

This is evidence from scientists that have carried out tests, and making assumptions (hypothesis). They make assumptions by using the evidence they have. They are usually qualified or trained. Also scientific evidence is evidence which serves to either support or counter a scientific theory or hypothesis.

Advantages and Disadvantages

Organic Food

Advantages

- ✓ They are tastier according to some people than GM foods.
- ✓ It's meant to be healthier for according to some scientists.

- ✓ Less CO₂ is released
- ✓ There are no artificial preservatives used.
- ✓ Using green fertilisers means that the soil structure is much better due to increased humus. Increases the water retention of soils and keeps the soil much better.
- ✓ Reduces risk of pest epidemics as over use of pesticides speeds up the process of natural selection
- ✓ Reduced use of artificial nitrogen fertilisers so it reduces the risk of eutrophication.
- ✓ No use of antibiotics in production so it reduces risk of antibiotic resistance.

Disadvantages

- ✓ High labour inputs required
- ✓ Lower crop yield compared to intensive agricultural systems at present although some experts say that the yield of organic farming can meet and exceed these crop yields.
- ✓ There are more costs involved so the food will be more expensive.
- ✓ Insects may feast on the crops, and may not be able to sell them

GM Foods

Advantages

- ✓ They say plants can be bred to fight off weeds and pests so crops are never spoiled.
- ✓ We can then produce more food, like rice, and feed the world's starving people.
- ✓ Food could also be cheaper because there would be more of it.
- ✓ Modified to make them more resistant to unfavourable conditions
- ✓ Use less fertilizer
- ✓ Use less water
- ✓ Pest resistance
- ✓ Herbicide tolerance
- ✓ Increasing food supplies in co-relation with an increasing world population.

Disadvantages

- ✓ We don't know the long term effects.
- ✓ It's not natural so it shouldn't be done.
- ✓ Harmful to environment
- ✓ Harmful to humans
- ✓ Give rise to super weeds
- ✓ Super weeds dominate the fields and affect main crops

- ✓ Genes from the genetically modified food could be transferred to the pests which can make them become resistant to the pesticides and the pesticides become useless.

Conclusion

I think organic food is good for you because scientists have tested this out and the advantages shown show that people like me (human beings) like the food and they find it tastes better. Another reason is that it is fresher and natural than other alternatives like GM foods, and scientists have found out that organic food is healthier than the alternatives.

Sources

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