

Creativity

[Linguistics](#), [English](#)



English Organic Food There is increased demand and interest in organic food. Most retail outlets in the U. S are stocking foods with labels that indicate the food is organic. The organic food production and retail sector is a rapidly growing sector in the agriculture and food industry. Organic foods are legitimate alternatives to conventional food substances (Givens 47). They are defined as products of farming systems, which avoid synthetic fertilizers, additives, growth promoters and pesticides. Organic foods have a growing market, even though they have higher prices than conventional foods (Winter and Davis 118). The high demand for organic foods can be attributed to the benefits obtained from the food substances. Organic foods are nutritious and healthy because they do not contain harmful chemicals in farming.

The main benefits of organic foods can be derived from their healthy and nutritious nature. Organic foods are produced using the best agricultural practices, which do not rely on synthetic fertilizers and chemical pesticides. The foods are also appealing to environmentally conscious consumers. These consumers prefer food substances, which have positive environmental impacts (Williams 21). The production of organic food is based on precise standards and practices of production. The main premise of labeling food substances as organic is the requirement for non-pesticide application (Reed 21). Organic foods refrain from the use of chemicals such as fungicides, herbicides, veterinary drugs, additives, synthetic preservatives and pesticides. As a result, hazardous residues are restricted to the lowest possible levels in organic foods.

Organic foods avoid the use of chemicals and synthetic compounds because

studies have established a negative correlation between exposure to pesticides and the development of dangerous health conditions (Hasler 3774). The presence of pesticides in food substances has been associated with acute health conditions such as eye and skin problems, vomiting, abdominal pains, nausea and headaches (Ungoed-Thomas 1). Long-term exposure increases the risk of severe chronic conditions such as memory deficits, respiratory problems and miscarriages.

Besides the fact that organic foods have low pesticide and chemical residues, they also have high nutritional values and good taste. According to a study conducted in the European region, organic foods such as vegetables, fruits and milk are more nutritious and healthy compared to their non-organic equivalent. These studies found that organic foods had high levels or concentrations of minerals, antioxidants and healthy chemicals. A study by the Washington State University (2009) that involved tasters found that organic foods had better taste than non-organic foods (Paddock 1). The tasters found that organic foods had a smooth texture than conventionally grown foods. The taste of organic foods can be attributed to the quality of soil, which is enriched organically. The soil used to grow organic food has natural nutrients and minerals, in addition to organic matter, which supports the production of fructose in fruits.

The growing demand for organic foods shows an increase in health concern. Health conscious consumers prefer organic foods because they do not contain many chemicals and synthetic compounds. Low pesticide and chemical residues content in organic food reduces exposure to disease causing agents. Organic foods also have positive environmental impacts

because they support biodiversity and improve the quality of soil. The production of organic foods is an expensive venture because the process does not involve the use of cheap synthetic chemicals, which increase productivity. As a result, their price is usually high compared to the price of conventional food.

Works Cited

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