

Nutrition: food borne illness

[Health & Medicine](#)



**ASSIGN
BUSTER**

What I will do differently is to ensure the food is inspected by health care personnel and nutritionist to ensure that no traces of toxins or chemicals are present in it.

2. Do you believe that GM foods should be readily widely distributed to the public? (Make sure to refer to the facts in the article to support your ideas. Address the benefits and risks associated with GM organisms.

Do you think that GMO foods should be clearly labeled? What does it matter? What might happen if they all are labeled?

GM food should not be widely distributed to the public because they might cause health problems this is because genetic foods are produced using poisonous synthetic fertilizers, animal feed antibiotics, and growth hormones that are harmful to human health. Genetically modified foods should be labeled so that people have a choice of what kind of food they want to purchase. However, genetically modified foods are beneficial since they lead to high yields. Proper labeling matters a lot because it reveals the nutritional values of the foods which gives a consumer an easy time deciding whether to buy or not (Crinnion, 2010).

3. Explain the statement “ Pesticides are a necessary evil.” How are organic foods different from foods grown with pesticides? Are organic foods healthier than other foods? Explain.

Organic foods use organic fertilizers, which means they are free from chemical contamination. On the other hand, genetically modified foods are produced using synthetic fertilizers that contain toxins and chemicals. Conventional farming uses synthetic fertilizers made from nitrogen, which in turn finds its way into lakes, rivers, and other ecosystems thus affecting water surroundings (Singer, 2012). Contrary, organic farming does not

<https://assignbuster.com/nutrition-food-borne-illness/>

pollute the ecosystem because farmers use fewer fertilizers and in some cases, they do not use any fertilizers. It is significant to note that the organic method of farming enables the soil to store more carbon thus reducing the rate of carbon dioxide emission to the atmosphere (Crinnion, 2010).

Organic foods are healthier than other foods because Consumers believe that organic foods have fewer poisonous chemicals and higher nutritional value. The levels of nutrients in organic foods vary because of the difference in soil ph and cover. Studies have shown that despite the difference in nutrients, organic foods are rich in iron, vitamin c, and magnesium than conventional foods of similar type. Further, organic foods offer high levels of a number of significant antioxidants' phytochemicals (Crinnion, 2010). More so, they have lower levels of pesticides thus offering more health benefits than conventional foods. In addition, organic foods are not more contaminated like conventional foods because the use of synthetic fertilizers in conventional foods is very risky in that these fertilizers contain dangerous chemicals like phosphorous that affect human metabolism. In addition, organic food encourages biodiversity in the sense that it does not foster the use of intensive herbicides and pesticides that endanger crop species but instead they use no herbicides and apply less pesticide thus increasing the soil organic matter.