

Research problem research paper sample

[Food & Diet](#), [Organic Food](#)



Organic food is an extension of the lifestyle people follow by consuming a healthy, more nutritious diet. The fruits and vegetables, enriched with Vitamins and Minerals, are considered safer in and kinder to the environment. Eatables are grown without the influence of any chemical fertilizers and pesticides in case of organic farming. The organic farming practice is sustainable, and reduces pollution. They are healthier and easier to digest. However, there are unproven claims that there is high phosphorus, and high omega-3 fatty acid content in organic milk and organic chicken as well. The problem is that the organic food has dubious health claims. The Stanford University has done a lot of research on the same and published the result that organic foods aren't actually as healthy as stalwarts since time immemorial have claimed it to be. There is a certain doubt as to the actual quality standard of organic vs non-organic food, and there is hardly any difference as per the report by Dena Bravata and team. The only benefit organic products provide perhaps is the lesser intake of pesticides via food. So, the research problem is whether organic foods provide better quality than non-organic ones.

Hypothesis:

The Stanford University report isn't completely correct. A thorough and further research is needed to actually prove the point. There are several instances that organic food provides better antioxidants than non-organic ones as well as lower levels of pesticides. Scientifically, it is proven that a daily intake of fresh vegetables and fruits is more beneficial to the human health and mind. A 2003 study in the Journal of Agricultural and Food Chemistry found that organically grown berries contained up to 58 percent

polyphenols, which prevent cardiovascular diseases. However, the point remains that just eating fruits and vegetables isn't sufficient. There should be more focus on eating proportionately and in a balanced way.

There should be a greater impetus on a well-balanced diet which consists of meat, milk, vegetables- everything proportionately as well as in appropriate quantities. There should be more importance on cooking the eatables in low-fat oil, to preserve the nutritious values and also keep intact the antioxidants. But organic foods are definitely better than non-organic ones as per the scientific proof collected till now. However, there needs to be further research on the same.

Research Question:

Are organic foods better than non-organic ones?

References:

1. eatingwell. com. Web. 23rd October, 2014
2. Scopeblog. standford. edu. Web. 23rd October, 2014