



Sample Paper 7

Score for Organization _____

Going Organic

If it's organic, it's better for you. At least, that is what many people believe. The definition of organic talks about how the food is grown without using nasty chemicals or pesticides, and the packaging follows the same rules. It just makes sense. Science or common sense. You decide. Either way, it's a good argument. A lot of farmers are trying to get their farms certified as organic because the demand is growing. Not everyone eats organic food, however. Farmers must do many things before they can be certified, though.

In a lot of communities, farmers' markets (during part of the year) let people buy directly from the growers. Moreover, this saves a lot of fuel because food doesn't have to be shipped from across the country or world to get to you. For another thing, you can buy organic meats, vegetables, tea, wine, spices, milk, and even honey. Farmers' markets weren't that popular a few years ago.

When your food does not contain chemicals you are less likely to get certain kinds of cancers. Many people also say it just tastes better and fresher. It costs a lot more to produce organic food, so many people are growing their own organic food. This is not easy to do. You can buy books that show you how.

In conclusion, is organic food really more healthy? That is a big question.



Sources

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