

# Organic and non-organic words

## *Exercise 1*

Listen the audio 31 and say.  
Which relate to organic food production? Non organic food production?



2

10.3.7 10.5.2



Match the two columns to make complete sentences. Tell the class.

### In organic food production...

- 1  biological pesticides
- 2  compost
- 3  animal feed
- 4  good living conditions

- A is GMO-free and has organic ingredients.
- B can help prevent disease.
- C can help reduce pests/ disease.
- D is used as fertiliser.

### In non-organic food production...

- 5  farmers spray chemical pesticides
- 6  animals eat any type of food
- 7  livestock are given antibiotics & hormones
- 8  farmers use synthetic fertilisers

- E to prevent and treat illness and make animals grow faster.
- F to increase the growth of plants.
- G to protect crops from pests.
- H which can contain synthetic substances.

3

10.4.2

10.4.9

Read again and mark the sentences *T* (true), *F* (false) or *DS* (doesn't say).

- 1 People have recently started eating organic food. ....
- 2 Only items that are 100% organic can have an organic label on them. ....
- 3 Biological pesticides are not as effective as chemical ones. ....
- 4 On organic farms, compost is used as a fertiliser. ....
- 5 Synthetic hormones are used to prevent disease in animals. ....
- 6 Non-organic foods are higher in antioxidants. ....

Save the

**ENVIRONMENT**

and eat

**ORGANIC!**



*Some people say 'you are what you eat,' and they might be right. For example, if you only eat unhealthy foods, you're likely to become unhealthy, too! This is why many people are replacing unhealthy snacks with organic foods in an effort to take better care of themselves.*



#### TYPES OF ORGANIC FOOD

We've all seen organic food and drinks at the farmer's market or our local supermarket. There's organic fruit, vegetables, juices, dairy products, grains and cereals, legumes, meat and even chocolate! You can tell which products are organic by looking for the different organic labels on the packaging. Some foods, such as fresh produce or meat are certified 100% organic and other foodstuffs, for example bread, may not be totally organic, but might contain some organic ingredients.

#### PRODUCING ORGANIC FOOD

So, what is organic food? Well, organic food is different to regular food because it is produced without the use of any synthetic substances. Farmers have to follow lots of strict rules in order to produce it. Let's find out what some of those rules are ...