

Navigating Organic Food Labels & Finding Local Sources

Description

The organic food industry has seen a lot of growth, but there are concerns about the accuracy of organic labeling. In an interview with Mark Kastel, he talks about the challenges facing organic consumers and farmers. The 1990 Organic Foods Production Act was meant to protect stakeholders, but the implementation has been problematic.

Kastel explains that big agribusinesses have taken over many smaller organic brands, making organic certification less strict to increase profits. He highlights two types of organic labels: local, direct-from-farmer organics and large-scale commercial organics.

Imported organic products face integrity issues, with fraudulent practices like relabeling conventional products as organic. Group certification for imports is also a problem, allowing large farms to avoid inspections.

When choosing organic food, look for local sources and 100% grass-fed meat. Understand labels and consider nutritional aspects beyond just organic certification. Visit OrganicEye for more information on making healthy food choices and supporting ethical farming practices. Take action to protect organic farmers by contacting your representatives in Congress.

Vocabulary List:

- 1. **Organic** /ɔ:r'gænɪk/ (adjective): Relating to or derived from living matter; cultivated without the use of synthetic fertilizers or pesticides.
- 2. **Certification** /,ss:rtɪfɪ'keɪʃən/ (noun): The process of verifying that a product meets certain standards and regulations.
- 3. **Integrity** /ɪn'tɛgrɪti/ (noun): The quality of being honest and having strong moral principles; the state of being whole and undivided.
- 4. Implementation / Implimen'teifən/ (noun): The process of putting a decision or plan into effect.
- 5. **Practices** /'præktɪsɪz/ (noun): Repeated or customary actions; procedures and methods in various contexts especially in farming or business.
- 6. **Stakeholders** /'steɪk,hoʊldərz/ (noun): Individuals or groups with an interest or investment in a particular company or organization often influenced by its decisions.

Comprehension Questions



Multiple Choice

1. Who highlighted two types of organic labels: local, direct-from-farmer organics and large-scale commercial organics?

Option: Mark Kastel

Option: Ratan Naval Tata

Option: Bill Gates
Option: Hillary Clinton

2. What is one of the challenges mentioned by Mark Kastel facing organic consumers and farmers?

Option: Accuracy of organic labeling

Option: Lack of water supply

Option: Overabundance of organic products

Option: Decrease in organic demand

3. What is suggested when choosing organic food to ensure better quality according to the text?

Option: Look for imported products

Option: Focus on large-scale commercial organics

Option: Consider local sources and 100% grass-fed meat

Option: Ignore nutritional aspects

4. Which act was meant to protect stakeholders in the organic food industry?

Option: 1990 Organic Foods Production Act Option: 2005 Fast Food Regulation Act Option: 1980 Synthetic Food Production Act

Option: 2010 GMO Labeling Act

5. What type of organic labeling is reported to be less strict due to big agribusiness taking over smaller brands?

Option: Local, direct-from-farmer organics Option: Large-scale commercial organics

Option: Imported organic products
Option: Non-GMO labeled products

6. What is one of the integrity issues faced by imported organic products as mentioned in the text?

Option: Relabeling conventional products as organic Option: Group certification improving standards

Option: Increased transparency



Option: Strict regulations on inspections

True-False

- 7. The 1990 Organic Foods Production Act has been implemented effectively without any issues.
- 8. Mark Kastel suggests disregarding nutritional aspects when choosing organic food.
- 9. Group certification for imports has been a solution to fraudulent practices in the organic food industry.
- 10. The text recommends taking action to protect organic farmers by contacting representatives in Congress.
- 11. Imported organic products always maintain the same level of integrity as locally sourced organic products.
- 12. Big agribusinesses taking over smaller organic brands has made organic certification more stringent.

Gap-Fill

12. Big agribusinesses takin	g over smaller organic brands has made organic certification more stringent.
Gap-Fill	g over smaller organic brands has made organic certification more stringent.
14. Kastel highlights two typ	es of organic labels: local, direct-from-farmer organics and
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15. When choosing organic	food, it is suggested to look for local sources and 100%
3 3	
meat.	
16. Group certification for in	nports is mentioned as a problem, allowing large farms to avoid
·	
18. Visit OrganicEye for mor	re information on making healthy food choices and supporting ethical farming
practices to	for organic supporters.

Answer

Multiple Choice: 1. Mark Kastel 2. Accuracy of organic labeling 3. Consider local sources and 100% grass-fed meat



4. 1990 Organic Foods Production Act 5. Large-scale commercial organics 6. Relabeling conventional products as organic

True-False: 7. False 8. False 9. False 10. True 11. False 12. False

Gap-Fill: 14. large-scale commercial organics 15. grass-fed 16. inspections 18. support

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is the process through which a product or service is awarded an official document confirming its quality or meeting specific standards?

Option: Implementation

Option: Organic Option: Integrity Option: Certification

2. Who are individuals or groups that have an interest in the success and outcomes of a business or ESL-NEWS organization?

Option: Practices Option: Stakeholders Option: Menopause Option: Hormonal

3. Which type of live bacteria and yeasts are good for your digestive system?

Option: Fermented **Option: Probiotics** Option: Stamina **Option: Nutritious**

4. What is a medical condition in which bones become weak and brittle?

Option: Therapeutic Option: Moderation Option: Osteoporosis Option: Nutrition

5. Which term refers to inflammation of the brain usually caused by a viral infection?

Option: Weight Option: Regulating Option: Hormones Option: Encephalitis



-	tion: Factors tion: Habits
-	tion: Menopause
-	tion: Hormonal
7. Wh	at mineral is essential for strong teeth and bones?
Opt	cion: Unsaturated
-	cion: Calcium
-	cion: Fermented
Opt	cion: Probiotics
8. Wh	at is the process of providing or obtaining the food necessary for health and growth?
Opt	cion: Metabolism
Opt	tion: Nutrition
-	cion: Therapeutic
Opt	cion: Moderation
9. Wh	ich term relates to the signaling chemicals in the body that control various processes?
Opt	cion: Awareness
Opt	cion: Repellent
Opt	cion: Hormonal
Opt	ich term relates to the signaling chemicals in the body that control various processes? cion: Awareness cion: Repellent cion: Hormonal cion: Osteoporosis
10. W	hich type of fats are considered healthier than saturated fats?
Opt	cion: Limit
Opt	cion: Threat
Opt	cion: Unsaturated
Opt	cion: Nutritious
Gap-F	Fill (Fill in the blanks with the correct word from the vocabulary list.)
11	certification ensures that products are grown without synthetic pesticides or
GMOs	
12 Th	ne successful of new policies requires careful planning and execution.
13. Re	egular exercise can help improve your and overall endurance.
14. Er	njoying treats in is key to maintaining a balanced diet.
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6. What is the stage in a woman's life when menstruation stops typically around the age of 45-55?



15. Hormones play a crucial role in	various bodily functions.		
16. Various lifestyle	can influence your risk of developing certain health		
conditions.			
17. Educating the public can help raise $_{ ext{ iny 2}}$	about the importance of environmental		
conservation.			
18. Using insect	_ can help protect against mosquito-borne diseases.		
19. It is important to	your intake of sugary snacks to maintain good health.		
20. Climate change poses a significant _	to biodiversity and ecosystems.		
Matching Sentences (Match each definition to the correct word from the vocabulary list.)			
21. Businesses should adopt sustainable to minimize their impact on the environment.			
22. Regular exercise can help boost your and aid in weight management.			
23. Maintaining a healthy diet and staying active can help control your .			
24. Developing good eating and exercise early in life can lead to a healthier future.			
25. Choosing foods high in fats can help lower cholesterol levels.			
26. Setting on screen time can promote better sleep and overall well-being.			
27. Certain herbs have properties that can help alleviate minor ailments.			
28. Balancing the number of consumed with physical activity is essential for weight management.			
29. Maintaining the trust of customers requires honesty and in business dealings.			
30. A well-rounded diet should include a variety of foods that are and provide essential nutrients.			

Answer

Multiple Choice: 1. Certification 2. Stakeholders 3. Probiotics 4. Osteoporosis 5. Encephalitis 6. Menopause 7. Calcium



8. Nutrition 9. Hormonal 10. Unsaturated

Gap-Fill: 11. Organic 12. Implementation 13. Stamina 14. Moderation 15. Regulating 16. Factors 17.

Awareness 18. Repellent 19. Limit 20. Threat

Matching sentence: 1. Practices 2. Metabolism 3. Weight 4. Habits 5. Unsaturated 6. Limits 7. Therapeutic

8. Calories 9. Integrity 10. Nutritious

CATEGORY

1. Health - LEVEL2

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