



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** /ɔːrˈɡænik/ (adjective): Relating to or derived from living matter; cultivated without the use of synthetic fertilizers or pesticides.
2. **Certification** /ˌsɜːrtɪfɪˈkeɪʃən/ (noun): The process of verifying that a product meets certain standards and regulations.
3. **Integrity** /ɪnˈteɡrɪti/ (noun): The quality of being honest and having strong moral principles; the state of being whole and undivided.
4. **Implementation** /ˌɪmplɪmenˈteɪʃən/ (noun): The process of putting a decision or plan into effect.
5. **Practices** /ˈpræktɪsɪz/ (noun): Repeated or customary actions; procedures and methods in various contexts especially in farming or business.
6. **Stakeholders** /ˈsteɪkˌhoʊldərz/ (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

14. Kastel highlights two types of organic labels: local, direct-from-farmer organics and _____.
15. When choosing organic food, it is suggested to look for local sources and 100% _____ meat.
16. Group certification for imports is mentioned as a problem, allowing large farms to avoid _____.
18. Visit OrganicEye for more 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 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



6. What is the stage in a woman's life when menstruation stops typically around the age of 45-55?

- Option: Factors
- Option: Habits
- Option: Menopause
- Option: Hormonal

7. What mineral is essential for strong teeth and bones?

- Option: Unsaturated
- Option: Calcium
- Option: Fermented
- Option: Probiotics

8. What is the process of providing or obtaining the food necessary for health and growth?

- Option: Metabolism
- Option: Nutrition
- Option: Therapeutic
- Option: Moderation

9. Which term relates to the signaling chemicals in the body that control various processes?

- Option: Awareness
- Option: Repellent
- Option: Hormonal
- Option: Osteoporosis

10. Which type of fats are considered healthier than saturated fats?

- Option: Limit
- Option: Threat
- Option: Unsaturated
- Option: Nutritious

Gap-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. The successful _____ of new policies requires careful planning and execution.

13. Regular exercise can help improve your _____ and overall endurance.

14. Enjoying treats in _____ is key to maintaining a balanced diet.



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 _____ 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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