

Organic Foods vs. Conventional Foods

Organic refers to the way farmers grow fruits, grains or vegetables and raise livestock. Organic fruits, vegetables and meats are grown without chemical fertilizers or conventional methods to prevent disease in livestock. Instead of farmers using chemical weedkillers they use beneficial insects or birds to reduce unwanted pests. Instead of ranchers vaccinating livestock to prevent disease, they use preventative measures such as clean housing to reduce disease.

The next time you go to the grocery store, look for food products that are labeled “USDA Organic.” This label means that the product is produced and processed according to the USDA standards and that at least 95% of the food’s ingredients are organically produced. (without pesticides, fertilizers, insecticides or hormones)

**Find two food items at the grocery store, an organic and non-organic item.
(Example – Organic chicken breasts and the non-organic chicken breasts)**

What food item did you choose to analyze?

Is there a difference in appearance between the two items? Explain.

Is there a difference in the cost of the two items? Explain.

Look at the Nutrition Fact Label. Is there a difference in the nutritional value between the two items? Explain

(Optional) Is there a difference in taste between the two items? Explain

Organic Food Labels

The next time you go to the grocery store, notice the labels food companies use to advertise the quality of their food. What is the difference between foods labeled “100 % Organic”, “Organic”, and “Made with Organic Ingredients”?

100% Organic

Organic

Made with Organic Ingredients

Outcomes of growing and consuming Organic Foods

How does the growth of organic foods impact the environment?

Hypothesize: Why do Organic Foods cost more than conventional food items?