

# Organic Food - Transcript

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*INTRO: Big Brother is a fictional character in a novel called 1984, written by George Orwell. Picking up some fruit and veg isn't usually a big decision most people simply check out the price and quality but you might've noticed there's another decision shoppers can make. It's called organic and is meant to be a more environmentally friendly way of growing or making things but what makes something organic and how do we know if we're buying the real deal?*

KIRSTY BENNETT, REPORTER: This is a fruit fight. On the one side is traditional fruit and on the other is the new organic.

NON-ORGANIC FRUIT: You're no better than me ooh look at me I'm organic. Pathetic.

ORGANIC FRUIT: Oh yeah? If I'm so pathetic, how come I'm so popular? Bring it on.

KIRSTY: You might not see this on the supermarket shelf but there are two kinds of food fighting for your attention. And it's the Aussie organic food which has been getting stronger recently. Experts think the organic food business will be this year's fastest growing industry. So what is organic food?

The basic idea is that food is made using a set of standards that are supposed to make the food more natural. That can mean fewer, if any, chemicals are used and most pesticides are banned. Tony has been growing organic veg for about 20 years!

TONY SCARFO, ORGANIC FARMER: We farm the way our grandparents did hundreds of years ago without any nasties. We're not allowed to use them at all.

KIRSTY: So Tony how do you get rid of insects? Are they a good thing to have?

TONY: Certainly a lot of insects are there to help you so it's pointless killing them along with the bad insects.

KIRSTY: But if farmers have been doing this for so long, why is it only now that people seem to be turning to organic food in such big numbers?

One of the reasons is food safety. Because organic food may not have been sprayed with chemicals some people reckon it could be healthier. It's also meant to be more environmentally friendly because there are no pesticides going into the soil or ground water. Many small farmers have turned to organic so some think buying their produce helps to support local businesses. But others reckon organic isn't all it's cracked up to be.

The first thing many people notice is the price! All the extra work to grow organic food can mean that produce will cost more. For example normal pears could be about four dollars a kilo but if you purchase organic ones you're looking at six dollars a kilo. Another issue is knowing whether what you're buying is the real deal. At the moment there aren't any laws to stop food from being called organic - so anyone can use the name.

KIRSTY: The key is to look for labels like this. They tell you that it's been checked by someone so you know it really is organic.

As for being better for our health the jury's still out on that one, with lots of research still to be done. The one thing nearly all scientists agree on is that there's nothing wrong with eating a normal piece of fruit. In fact it's really good for you.

So, now you've heard the arguments from both corners. And whether you have a taste for organic or not, there's no doubt that these guys will have to learn to get along, because they're going to be sharing the same space on the supermarket shelves for a long time.

## ***Organic Food - Homework Questions***

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1. Choose five key words from the *Organic food* story.
2. Experts think the organic food business will be this year's fastest growing industry. True or false?
3. How does farmer Tony describe organic farming?
4. Why are more people buying organic produce?
5. Which is a reason for eating organic food?
  - a. Food safety
  - b. Has more vitamins
  - c. It's cheaper
6. Why is organic farming seen as more environmentally friendly?
7. Why is organic food often more expensive than non-organic?
8. Why is it important to check the labels when buying organic food?
9. Name three facts you learnt in the BtN story.
10. What was surprising about this story?