

Name: _____ () Class: _____ Date: _____

You want to find out more about food and nutrition. You have found a health magazine article about genetically modified foods. Read the article.

Text 1 Magazine article

GMOs: What you need to know



① In the debate over GMOs—genetically modified organisms—it can be difficult to separate fact from fiction. Are these crops unsafe? Or should we stop worrying and head for a GMO buffet?

② GMOs are plants and animals that scientists alter in a laboratory. They add genes from other organisms to crops and livestock. This makes them larger, makes them stay fresh longer or makes them more nutritious.



Top 10 GMOs

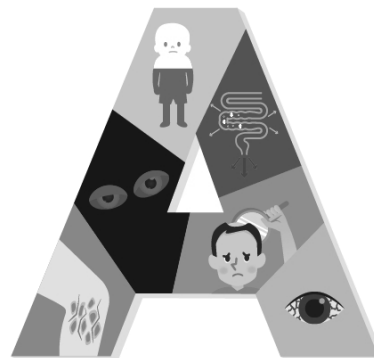
▲ Top 10 GMOs

Rice, Corn, Potato, Yellow squash, Soya beans, Milk, Canola oil, Beets, Tomato, Papaya

③ GMOs first appeared in our food nearly twenty years ago. Yet, the debate on their safety continues. How many times do we have to debate this? Most scientists now believe that GM foods are safe.

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- 10 ④ Some GM crops, such as golden rice, could solve health problems. Last year, nearly 700,000 young children in developing countries died from a lack of vitamin A. Normal rice has no Vitamin A. Steamed golden rice contains enough to solve this problem.



▲ Problems caused by a lack of vitamin A

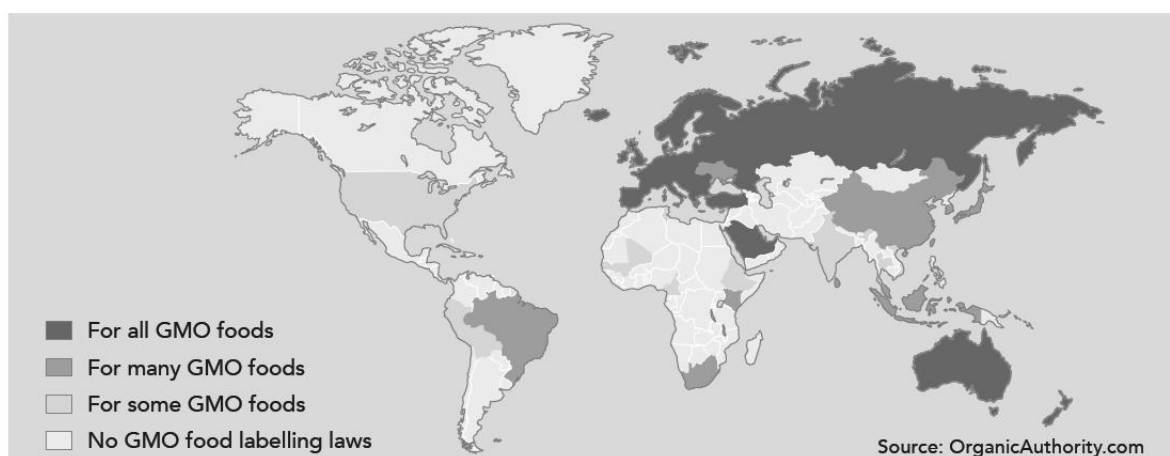
Dry 'bumpy' skin, Night blindness, Anaemia, Diarrhoea, Hair loss, Dry eyes

- 15 ⑤ However, GMOs are banned in 38 countries worldwide. Many people are choosing to only eat all-natural produce. Where does this fear come from? One issue is that GMOs have not been around for very long. We do not know the health effects over a full lifetime. There are also some concerns that there may be unexpected results of playing with nature.

- ⑥ However, GMOs may become necessary in the future. As the world population increases, growing GM crops may be the only way to make enough food for everyone.

- 25 ⑦ In early 2001, the Hong Kong government decided to make labelling products with GMO ingredients optional. Labels give people the choice of whether or not to eat these ingredients. Opponents argue this creates unnecessary fear. This could also raise the cost of food if companies feel they have to use all organic ingredients.

- 30 ⑧ Though the debate continues, it is clear that thoroughly testing GMOs should continue. Also, if it is true that 'you are what you eat', then it is our responsibility to educate ourselves about our food.



Countries with GMO food labelling laws

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Comprehension 1 Your friend is asking you some questions about GMOs. Answer his questions using information from the magazine article. For multiple-choice questions, choose the best answer and blacken ONE circle only.

- 1 According to paragraphs 1 and 2, are the following statements **True (T)**, **False (F)** or **Not Given (NG)**?

Statements	T	F	NG
i) The writer thinks it is difficult to tell what is true or false when it comes to GMOs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ii) The goal of all GMOs is to be larger and tastier.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
iii) Most GMOs that scientists create in laboratories are successful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- 2 What does 'They' refer to in line 4?

- A plants
B animals
C organisms
D scientists

A B C D
☐ ☐ ☐ ☐

- 3 According to paragraph 4, how can golden rice help the children in developing countries?

- 4 Name THREE problems caused by the lack of Vitamin A.

- 5 According to paragraph 5, what are TWO results of people's fear of GMOs?

- i) _____
ii) _____

- 6 In the future, growing GM crops may _____.

- A be the only way to produce enough food for everyone
B be banned worldwide
C raise the cost of food
D endanger our health

A B C D
☐ ☐ ☐ ☐

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7 Which of the following is an argument against labelling GMO ingredients?

A People can choose whether to eat GMO ingredients or not.

B Labels are too expensive to make.

C Labels create fear for the safety of GMO ingredients.

A B C D

D Labels are unnecessary as shoppers rarely look at them.

○ ○ ○ ○

8 Find an expression in paragraph 8 that means 'what you choose to eat affects your health'.

9 Match the main points (A–D) with one of the corresponding paragraphs on the left. Write the correct letter (A–D) on the line next to the paragraph number.

Paragraph no.	Main point
i) Paragraph 4 _____	A GMOs may eventually become necessary
ii) Paragraph 5 _____	B The right to know what you're eating
iii) Paragraph 6 _____	C Why people are nervous about GMOs
iv) Paragraph 7 _____	D GMOs could solve a health problem

10 Complete the following summary using information from the article. Use ONE word to complete each blank.

Scientists create GMOs in a/an (i) _____ in order to produce better quality food. Though GMOs first appeared in our food nearly (ii) _____ years ago, some people still feel that they are unsafe. Currently, (iii) _____ for GMO ingredients do not appear on all food packaging in Hong Kong. Therefore, many of us may be eating these ingredients without knowing it. We should (iv) _____ ourselves about where our food comes from.

11 Find words from Text 1 with these meanings.

i) to change (v., paragraph 2)

ii) huge (adj., paragraph 3)

iii) people who are against something (n., paragraph 7)

iv) completely and with great attention to detail (adv., paragraph 8)
