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<b>Examen : BTS Management des Unités Commerciales</b> <b>Épreuve orale de langue vivante étrangère : ANGLAIS (LV1)</b>	

## **Eating Organic Foods Linked to Lower Cancer Risk**

A large-scale study has found a link between eating a diet based on organic food and having a reduced risk of cancer. If the new results are confirmed, promoting organic food consumption could be a promising preventative strategy against the disease, a team of researchers from several French institutions said.

- 5 Among the environmental risks for cancer, there are growing concerns about exposure to different types of pesticides from farming. The impact of such compounds on the human body are still not well understood but there are some indications that toxic effects can occur even at low concentrations.

- 10 Meanwhile, propelled by environmental and health concerns, the organic food market continues to grow rapidly. Organic food is produced without the use of synthetic fertilizers, pesticides, genetically modified organisms, and the use of veterinary medications.

- 15 "Organic foods are less likely to contain pesticide residues than conventional foods, and studies have shown that an organic diet reduces exposure to certain pesticide," Julia Baudry, lead author of the study from the Centre of Research in Epidemiology and Statistics in France, told *Newsweek*.

"In the general population, the primary route of exposure is diet, especially intake of conventionally grown fruits and vegetables. However, few studies have examined the association of organic food consumption with cancer risk."

- 20 "As would be expected, participants who used organic foods, were on average better educated, had higher incomes and also otherwise healthier lifestyles," she said.

- 25 Furthermore, she notes that organic food is expensive and can be inaccessible to some. Thus, there is a risk that findings like these could act as deterrent\* to fruit and vegetable consumption – an extremely important source of various nutrients including antioxidants and fiber.

"Overall fruit and vegetable consumption is good for you, organic or not," she said.

By Aristos Georgiou, adapted from *Newsweek*, October 23<sup>rd</sup>, 2018

\* deterrent = dissuasive