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Section 1: Proposal.

 In this paper I am going to talk about contaminated food and how the American citizens should be careful with what they eat. I choose this topic because it is very important to aware people about the food we eat and how harmful it can be to our health. There are many procedures to get the products ready in the markets and I want to know what reasons are there to not provide organic food easily and why is it costly. When I first discovered that the labeling can be manipulated, I really wanted to learn more about this and that is why I want to research more on this topic to increase my knowledge.

 There are a few different methods that I will use to complete my paper. I found this article on a website “New York times”. I will add some information from this article. I will also research on google about contaminated food and why farmers produce more local food than organic and also why the meat of the animal can be harmful. I will try to find some good informative videos on YouTube and if I could get some information from there. I also watched a movie called “Food Inc.” and I told my sister to watch the movie. I will ask her what her thoughts are for the movie and add talk about some of her point of view.

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Section 2: Process.

 My process to write my I-Search paper, was to read the article that I found on <http://www.responsibletechnology.org/10-Reasons-to-Avoid-GMOs>. It talked about GMO’s and how bad it is for our health. One of my other resources was another website that i found was <http://www.nytimes.com/1985/10/08/science/organic-farming-moves-toward-mainstream-america.html> “Organic Farming Moves Towards Mainstream America”. This article has good information on what the food specialist say about the food process that happens in America. Another one of my resource was to interview my sister on the movie that she and I watched and the movie is called “Food Inc.”. It is a very informative movie and it clearly shows what the farmers are up to. I asked my sister what are her thoughts on the movie. The strategies that I used to write my paper were to be much focused and start my paper with free-writing. I listed some points to talk about and then added more details on it. I researched on the topic that I am writing in this paper and watched some YouTube videos and i also interviewed my sister on the movie she watched about food processing. One of the strategies that did not work for me was to look up for books in library because i think it was time consuming and I couldn’t find information right away that i needed and it made me lose my focus.

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 Food in America

Section 3: Paper

 There are many of us who doesn’t make the right choice for our health. Many people don’t know where the food comes from and sometimes even the labeling lies. Organic food is not available in every store and it is hard to find. Also it is very expensive and hard to afford. As Robert Rodale, who established the research center with profits from the prolific Rodale Press, put it: “American farming is more than the most productive system ever created. The cast production hides the fact the farming on that pattern is also the most destructive of all systems.” Farmers feed the animals many chemicals to help them grow faster. Feeding the animal’s unhealthy food can cause many diseases and that could transfer to the humans who consume the meat. The farmers in America should produce more organic food than genetically modified food. http://www.nytimes.com/1985/10/08/science/organic-farming-moves-toward-mainstream-america.html

 People in America should consume more organic food rather than genetically modified food. The farmers produce more local food because it is easy for them to make the animals big by feeding corns antibiotics and other chemical, which makes the animal grow faster and have more meat in them. Genetically modified can cause people organ damage. “The American Academy of Environmental Medicine (AAEM) urges doctors to prescribe non-GMO

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diets for all patients. They cite animal studies showing organ damage, gastrointestinal and Immune system disorders, accelerated aging, and infertility”. The non-organic food are causing people to have many deadly diseases like E coli. E coli can cause food poisoning and a person could die. E coli comes from animal’s intestine and if the animal has been fed toxic food. “Genes inserted into GM soy, for example, can transfer into the DNA of bacteria living inside us, and that the toxic insecticide produced by GM corn was found in the blood of pregnant women and their unborn fetuses”. (AAEM) <http://www.responsibletechnology.org/10-Reasons-to-Avoid-GMOs>

 “Food Inc.” the movie directed by Robert Kenner was a very informative movie. It showed what people in America eat, and how the meat has been processed. There are toxins in the soil and plant seeds where crops start from and it contaminates the fruits and vegetables we eat. Michael pollen, who has written many books and articles on food and where it comes from. He has been interviewed in “Food Inc.” and he says, “There are no seasons in the American supermarket. Now there are tomatoes all year round, grown halfway around the world, picked when it was green, and ripened with ethylene gas. Although it looks like a tomato, it's kind of a notional tomato. I mean, it's the idea of a tomato”. People should be concern about what they eat and find out where the food comes from. Chemicals are sprayed on vegetables and fruits to make them look more seasonal. “I think it's one of the most important battles for consumers to fight: the right to know what's in their food, and how it was grown”. (Pollan) <http://www.imdb.com/title/tt1286537/quotes>

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 I think it is very important to know where the food comes from which we eat. Farmers are feeing corns to chickens and cows. It fattens them up quickly and sometimes they can’t bare their own weight. The humans and animal are the same when it comes to eating food. Just like animals and humans don’t know where the food comes from. Many food contains genetically modified ingredient and the labels on the product won’t say it.

 References

1) Organic Farming Moves Toward Mainstream America, By Jane E.Brody. Published: October 8 1985. <http://www.nytimes.com/1985/10/08/science/organic-farming-moves-toward-mainstream-america.html>

2) 10 Reasons to Avoid GMOs. <http://www.responsibletechnology.org/10-Reasons-to-Avoid-GMOs>

3) Food Inc. Quotes (2008), Michael Pollan. <http://www.imdb.com/title/tt1286537/quotes>

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Section 4: Ponder.

 In my research paper I used three different resources. I looked up on websites and picked the websites that worked the best to support my argument. The first resource is a website that I found on google “<http://www.nytimes.com/1985/10/08/science/organic-farming-moves-toward-mainstream-america.html>” this website worked for me because I read what people think of the American farmers. Another one of my resource was “ <http://www.responsibletechnology.org/10-Reasons-to-Avoid-GMOs>” This website talks about genetically modified food and how harmful it is to our body. My last resource was the movie that I watched and it is called “Food Inc.” This movie gave a clear sense of American farming and how we should not always trust the labeling. And I found a website which had Michael Pollan quotes. Michael Pollan is the author of many books which talks about farming in America and food labeling and he was interviewed in the movie” <http://www.imdb.com/title/tt1286537/quotes>”. Some methods that did not work for me was to look up for books in library because some books very hard to understand and it was time consuming. I also tried to look up informative videos online but I could not find the one that I liked and i found them of topic. The methods which worked for me was to write my drafts in my note book and add some notes on the side. I researched related topics online about “GMOs” and food farming in America. Why don’t American government take actions against the manipulative labeling which Monsanto does? Is there any difference between eating Mc Donald and vegetables? What American citizens should do to have organic food supplied with the same price?