

ORGANIC FOOD (НАТУРАЛЬНІ ХАРЧОВІ ПРОДУКТИ)

Самойленко Д.В., гр.ХТ-29

Наукові керівники: канд. техн. наук, доц. **А.О. Колесник**,
доц. **О.О. Мануєнкова**

Харківський державний університет харчування та торгівлі

Organic food is food produced by methods that comply with the standards of organic farming. Standards vary worldwide, but organic farming features practices that cycle resources, promote ecological balance, and conserve biodiversity. Organizations regulating organic products may restrict the use of certain pesticides and fertilizers in the farming methods used to produce such products. Organic foods typically are not processed using irradiation, industrial solvents, or synthetic food additives.

Demand for organic foods is primarily driven by consumer concerns for personal health and the environment. While there may be some differences in the nutrient and antinutrient contents of organically and conventionally produced food, the variable nature of food production, shipping, storage, and handling makes it difficult to generalize results. Claims that “organic food tastes better” are generally not supported by tests.

Organic agriculture has a higher production costs and lower yields, higher labor costs, and higher consumer prices as compared to conventional farming methods. For the vast majority of its history, agriculture can be described as having been organic; only during the 20th century was a large supply of new products, generally deemed not organic, introduced into food production. Early consumers interested in organic food would look for non-chemically treated, non-use of unapproved pesticides, fresh or minimally processed food. They mostly had to buy directly from growers. Personal definitions of what constituted “organic” were developed through firsthand experience: by talking to farmers, seeing farm conditions, and farming activities. Small farms grew vegetables using organic farming practices, with or without certification, and the individual consumer monitored. Small specialty health food stores and co-operatives were instrumental to bringing organic food to a wider audience. As demand for organic foods continued to increase, high volume sales through mass outlets such as supermarkets rapidly replaced the direct farmer connection. Today, many large corporate farms have an organic division. However, for supermarket consumers, food production is not easily observable, and product labeling, like “certified organic” is relied upon.