

Define the following terms:

Sustainable Farming - _____

GMO - _____

Organic - _____

Additive - _____

Pesticide - _____

Preservative - _____

Fertilizer - _____

Natural - _____

Variety - _____

Food Security - _____

Local - _____

Fortified - _____

CSA - _____

Integrated Pest Management - _____

Dirty Dozen - _____

Answer Key/Definitions

Sustainable farming: is the production of food, fiber, or other plant or animal products using farming techniques that protect the environment, public health, human communities, and animal welfare.

GMO: stands for *Genetically Modified Organism*. A *GMO* is an organism whose genetic composition has been artificially modified, which often involves the transfer of genes from one organism into another of an entirely different species.

Organic: organic food is made without the use of artificial chemicals

Additive: substances that change food in some way before it is sold to people. Additives include flavorings that change a food's taste, preservatives, colorings that change the way it looks, and dietary additives, such as vitamins, minerals, fatty acids and other supplements. All processed foods have additives.

Pesticide: is a chemical used to eliminate or control a variety of agricultural pests that can damage crops and livestock and reduce farm productivity. The most commonly applied pesticides are insecticides (to kill insects), herbicides (to kill weeds), rodenticides (to kill rodents), and fungicides (to control fungi, mold, and mildew).

Preservative: is a chemical that extend the shelf life of food.

Fertilizer: is a substance added to soil to help plants grow. Fertilizers can be natural, such as manure, or synthetic chemicals.

Natural: natural food does not having any extra substances or chemicals added.

Variety: having or including many different things.

Food Security: The United Nations says: "Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life."

Local: "Local food" means food produced near the consumer.

Fortified: The World Health Organization (WHO) says fortification means the practice of deliberately increasing essential nutrients, such as vitamins and minerals, in food. The nutrient may or may not be originally in the food before processing.

CSA: CSA stands for Community Supported Agriculture. This type of farming means there is a direct link between local farmers and consumers by allowing people to buy a share of a farmer's crop before it's produced each season. This lets farmers rely less on banks and loans.

Integrated Pest Management: is an alternative to the heavy use of chemical pesticides. Farmers use a variety of techniques to eliminate pests while minimizing environmental damage.

Dirty Dozen: The Environmental Working Group's created the Dirty Dozen that lists which vegetables and fruit carry the most pesticide residue and should be bought organic. The list includes:

- 1) apples
- 2) celery
- 3) sweet bell peppers
- 4) peaches
- 5) strawberries
- 6) nectarines
- 7) grapes
- 8) spinach
- 9) lettuce
- 10) cucumbers
- 11) blueberries
- 12) potatoes

*Definitions have been adapted from Sustainable Table (www.sustainabletable.org). Sustainable Table celebrates local sustainable food, educates consumers about the benefits of sustainable agriculture and works to build community through food.

*Definitions have also been adapted from Merriam-Webster online dictionary.